

Dear families, welcome to our summer term HPL Hub newsletter. At KEVI HWGA, staff and students have been working hard to continue implementing the HPL philosophy not only in lessons but in our everyday life at the academy. We hope you enjoy the series of articles which were mostly written by our HPL Student Drive Team.

Our visit from Deborah Eyre

On the 4th of November 2022 our school was able to hold a meeting with none other than the founder of HPL herself, Professor Deborah Eyre! We discussed many important topics including how we could improve HPL in the academy and ensure that all classes and years have access to equal opportunities in education. Professor Eyre asked us about the many ways in which we are pushing teachers to implement our virtues in every lesson moving forwards and by the end we came up with many ways to improve life in Handsworth Wood Girls' Academy.



Who is Deborah Eyre?

Deborah Eyre is the creator of the High Performance Learning organisation whose main focus is helping students reach their potential and develop high levels of cognitive performance.

The organisation was launched in 2016 to engineer a new system where all students can be HPL students, this new system has been implemented in hundreds of schools around the globe including our own. It has greatly improved classroom education by a large extent, allowing thousands of HPL students to reach their goals and flourish in even the direst situations, no-matter the circumstances!

Zainab Chowdhury

HPL in Maths

In maths, we use a range of different ACPs and VAAs such as connection finding which is being able to use things you have learnt in the past to help you solve an equation or something else. I think that will be particularly useful in maths as well as complex and multistep thinking, as it is all about breaking down a task to form a suitable approach to tackling it. Maths is all about problem solving and finding different methods to solve a problem so resilience would also be quite relevant to keep working on it and not give up.

Nimat Sadiq



How has HPL helped a Y11 student prepare for their mocks?

I've been utilising various ACPs and VAAs to assist me study for my mock tests and pass them. I have used speed and accuracy in my math tests in order to earn excellent grades while attentively answering the problems. In order to complete the last writing a tale or describing a picture question on language paper 1 for my English examinations, I used my imagination. I used fluent thinking for the remaining problems in Language Papers 1 and 2 as well as the Literature Paper to come up with concepts for the poems, previously unpublished poems, An Inspector Calls, the Literature Paper, and the stories that would be included. I have been utilising confidence and perseverance in my scientific examinations to never give up and attempt the questions I could not comprehend so that if I do get them correct, I may get marks.

Taybah Shafique

HPL Year 7 Launch

As part of the student drive team, we are here to push the importance of HPL, the VAAs and ACPs. This term me (Layla), Aaliyah and Yang Yi visited the Year 7s on their student launch day to see how many would understand HPL and the values it incorporates into their everyday lessons. We were all amazed to see that many knew the understanding of HPL with even a few who went above and beyond and could state the VAAs and ACPs meanings and why we use them in our school. We received a lot of feedback from the student such as pushing for more HPL days and teachers informing more about the meaning of HPL.

The purpose of this day was to enlighten the meaning of HPL and how it can be implemented into everyday life, in school and out. HPL pushes everyone to reach the highest levels of achievement as everyone can and should have the opportunity to, no matter your ethnic background, gender, or sexuality. We all should be striving to reach our fullest potential whilst also keeping good characteristics and values which job interviewers also really like to see.

It has also come to our attention that HPL in the younger years is quite difficult to get a hang of so in the Year 7 launch day we decided to take some students out and go through their thoughts and opinions on HPL and how it could be improved. We loved hearing all this feedback from the students and even the teachers and cannot wait to start changing HPL within the school to improve on it! Also, a big thank you to the teachers and students that took part in giving feedback on HPL.

Layla Bunting



What our Year 7s have said about the HPL Launch Day...

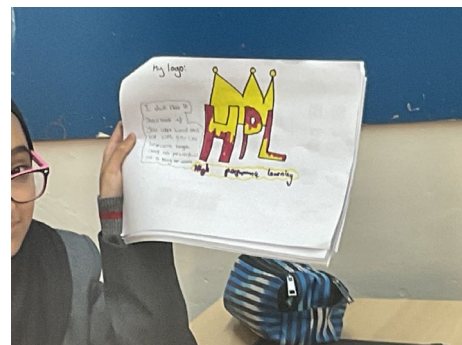
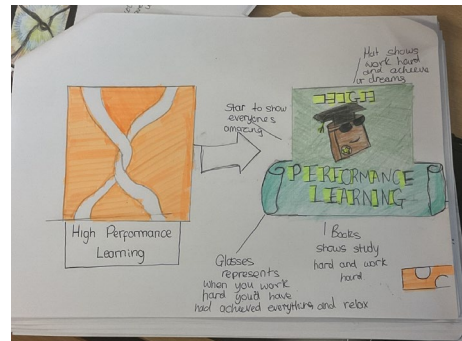
“We were able to be creative with paper-clips”
Amana

“I enjoyed talking about how to show empathy”
Elita

“I liked learning about the ACPs and VAAs”
Zoeya

“It helped us understand expectations of HWGA”
Oumnia

“HPL will help me develop and who I am as a person”
Aizah



Advanced Cognitive Performance Characteristics

<p>META-COGNITION The ability to monitor and regulate one's own cognitive processes.</p> <p>SELF-REGULATION The ability to control one's own behavior and emotions.</p> <p>STRATEGY PLANNING The ability to identify and use effective strategies to solve problems.</p> <p>INTELLECTUAL CONFIDENCE The ability to believe in one's own ability to solve problems.</p> <p>GENERALIZATION The ability to apply knowledge and skills to new situations.</p>	<p>CONNECTION The ability to see relationships between different concepts.</p> <p>BIG PICTURE THINKING The ability to see the overall context of a problem.</p> <p>ABSTRACTION The ability to think about concepts and ideas that are not physically present.</p> <p>IMAGINATION The ability to create mental images of things that are not physically present.</p> <p>SEEKING ALTERNATIVE PERSPECTIVES The ability to look at a problem from different angles.</p>	<p>CRITICAL OR LOGICAL THINKING The ability to analyze information and make logical conclusions.</p> <p>PRECISION The ability to be exact and accurate in one's work.</p> <p>COMPLEX AND MULTI-STEP PROBLEM SOLVING The ability to break down a complex problem into smaller, manageable steps.</p> <p>INTELLECTUAL FLEXIBILITY The ability to think about a problem in different ways.</p> <p>FLEXIBLE THINKING The ability to adapt one's thinking to new situations.</p>	<p>FLUENT THINKING The ability to solve problems quickly and accurately.</p> <p>ORIGINALITY The ability to come up with new and creative ideas.</p> <p>EVOLUTIONARY AND REVOLUTIONARY THINKING The ability to think about how things have changed over time.</p> <p>INNOVATIVITY The ability to create new and useful ideas.</p> <p>SPEED AND ACCURACY The ability to complete tasks quickly and correctly.</p>
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Values, Attitudes and Attributes

<p>COLLABORATIVE The ability to work with others to achieve a common goal.</p> <p>CONCERNED FOR SOCIETY The ability to care about the well-being of others and the community.</p> <p>CONFIDENT The ability to believe in one's own abilities and to take risks.</p>	<p>ENQUIRING The ability to ask questions and seek out new information.</p> <p>CREATIVE AND INTERESTING The ability to think of new and interesting ideas.</p>	<p>OPEN MINDED The ability to be open to new ideas and perspectives.</p> <p>RISK-TAKING The ability to take risks and try new things.</p>	<p>PRACTICE The ability to practice and improve one's skills.</p> <p>PERSEVERANCE The ability to keep trying even when things are difficult.</p> <p>RESILIENCE The ability to bounce back from setbacks and challenges.</p>
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Meet our New Year 7 Ambassadors...

My name is Rhia Kumari from 7H.

I love swimming and talking on my uncle's podcast (it is called 'a crazy little thing called lovedev')

I absolutely love history as I like to compare the present to the past and the changes in society.

I have enjoyed the independence of catching the bus alone and being given new opportunities that you don't get given in primary school.

I was sick for the first HPL day, but I attended school for the PD day. My personal thoughts on the PD day is that I appreciated the lessons as it made me more aware on the certain dangers on the internet and what consequences would be put in place if I was to do this. In power points I recognised that there is always an attached VAA And HPL for the lesson. In some we discuss the meaning of it and how it can put a positive twist on our daily lives.

Hello, I'm Aisha and I'm in 7P.

I am an easy-going person, and I am trying my best to build my confidence by doing many other things in school and outside school. My hobbies are to become a solicitor or a chemist. Reasons why I say this is because I enjoy history, science, maths, and English. I would not say I have a favourite subject but my most liked subject would probably be maths and English as I like solving problems and I love writing. My favourite book would probably be Harry Potter and the Philosopher stone or Murder Most Unladylike as I love mystery. I believe that HPL day is important for us as it teaches us to be a better person that we are today, and I think the HPL days can bring us all together and talk about the schools' expectations. In lesson, the most important values are critical thinking, confidence, and resilience. The reason why we should use these values in lesson is because they can make us show that we can be the best in lessons, and we can show the teachers that we can be the best. My Handsworth Wood Girl school life has been good so far (educational wise) but friendship wise I have had some ups and downs adjusting and finding the right people but then after I had some chats with some teachers here and parents, I've realised that life is not about friends it's about doing good in school and focusing on our studies and being the best person we can be. I am really looking forward to this and I hope this can help you understand what kind of person I am.

Advanced Cognitive Performance Characteristics

META-COGNITION The ability to think about one's own thinking and to use this knowledge to regulate one's learning.	CONNECTION The ability to see connections between concepts and ideas.	CRITICAL OR LOGICAL THINKING The ability to use logical reasoning to solve problems.	FLUENT THINKING The ability to think quickly and accurately.
SEEK REGULATION The ability to seek out and regulate one's own learning.	BIG PICTURE THINKING The ability to see the overall picture of a situation.	PRECISION The ability to use precise language and reasoning.	ORIGINALITY The ability to think of new and creative ideas.
STRATEGY PLANNING The ability to plan and use strategies to solve problems.	ABSTRACTION The ability to think about abstract concepts.	COMPLEX AND MULTI-STEP PROBLEM SOLVING The ability to solve complex and multi-step problems.	EVOLUTIONARY AND REVOLUTIONARY THINKING The ability to think about evolution and revolution.
INTELLECTUAL CONFIDENCE The ability to have confidence in one's own intellectual abilities.	IMAGINATION The ability to use imagination to create new ideas.	INTELLECTUAL PERSISTENCE The ability to persist in intellectual tasks.	INDEPENDENTLY The ability to work independently.
GENERALIZATION The ability to apply knowledge to new situations.	SEEKING ALTERNATIVE PERSPECTIVES The ability to seek out and use alternative perspectives.	FLEXIBLE THINKING The ability to think flexibly.	SPEED AND ACCURACY The ability to think quickly and accurately.

Values, Attitudes and Attributes

COLLABORATIVE The ability to work with others to achieve a common goal.	ENQUIRING The ability to ask questions and seek out new information.	OPEN MINDED The ability to be open to new ideas and perspectives.	PRACTICE The ability to practice and improve one's skills.
CONCERNED FOR SOCIETY The ability to be concerned for the welfare of others.	CREATIVE AND IMAGINATIVE The ability to use creativity and imagination to solve problems.	RISK-TAKING The ability to take risks and try new things.	PERSEVERANCE The ability to persist in the face of difficulties.
CONFIDENT The ability to have confidence in one's own abilities.	RESILIENT The ability to bounce back from setbacks.	RESILIENCE The ability to recover from difficulties.	