



Dear Parent/Carer,

I hope you have enjoyed half term and have had some time to relax and enjoy the sunshine.

I wrote to you before half term with an update on the curriculum that Y9 would study from 1st June. Within the letter we included a suggested timetable that your child could follow, which I have included below.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:00	PE	Science	PE	English	PE
10:05-11:05	Science	English	Maths	Maths	Science
11:10 - 12:10	English	Option 1	Option 2	Option 3	Option 4
12:10 - 12:30	Break	Break	Break	Break	Break
12:30 - 13:30	Maths	Option 1	Option 2	Option 3	Option 4
13:30 - 14:15	Lunch	Lunch	Lunch	Lunch	Lunch
14:15 - 15:15	Consolidating learning	Consolidating learning	Consolidating learning	Consolidating learning	Consolidating learning

As you can see, there are five hours of consolidation time included in the timetable. This is time for them to revise new knowledge and embed it in their long term memory.

We have produced a short 10 minute video to explain the neuroscience of learning and memory. It explains how to learn and some top tips to help your child with this consolidation time. We recommend that you watch it together.

This link will take you to the video.

<https://drive.google.com/file/d/18ter35m3Tp4aP-Xz3PLd9gyP7E4L7d-a/view?usp=sharing>

In addition we have uploaded some resources to help with this. The videos talks about three key strategies to support with this;

1. Dual coding - If your child's learning has been mainly text, they should draw images to support their learning and vice versa. They could find images and practise writing about them



in their own words. We have included resources to help students create timelines and cartoon strips.

2. Retrieval practice - Your son/daughter should regularly practise drawing information out of their brain without looking at their notes. They could do this by writing down everything they have remembered and then checking their notes afterwards. They could also create flash cards and then test themselves regularly. The ones they get incorrect need to be practised more regularly.
3. Spaced practice - It is important to review work over a period of time. Five hours spread out over a week is far more effective than five hours in one go. Make sure your child factors in time to review work one week after studying the content and then again one month afterwards. Topics they struggle to memorise should be revisited more frequently.

You can find some example resources on the Cedars website in the 'consolidation' section in the student area.

If you have any questions or would like any more information about the neuroscience of learning, please do not hesitate to contact us. Here is a link to the website where all of these resources can be found.

Best wishes

M Norman  
Assistant Headteacher

Headteacher: Mr S Palmer