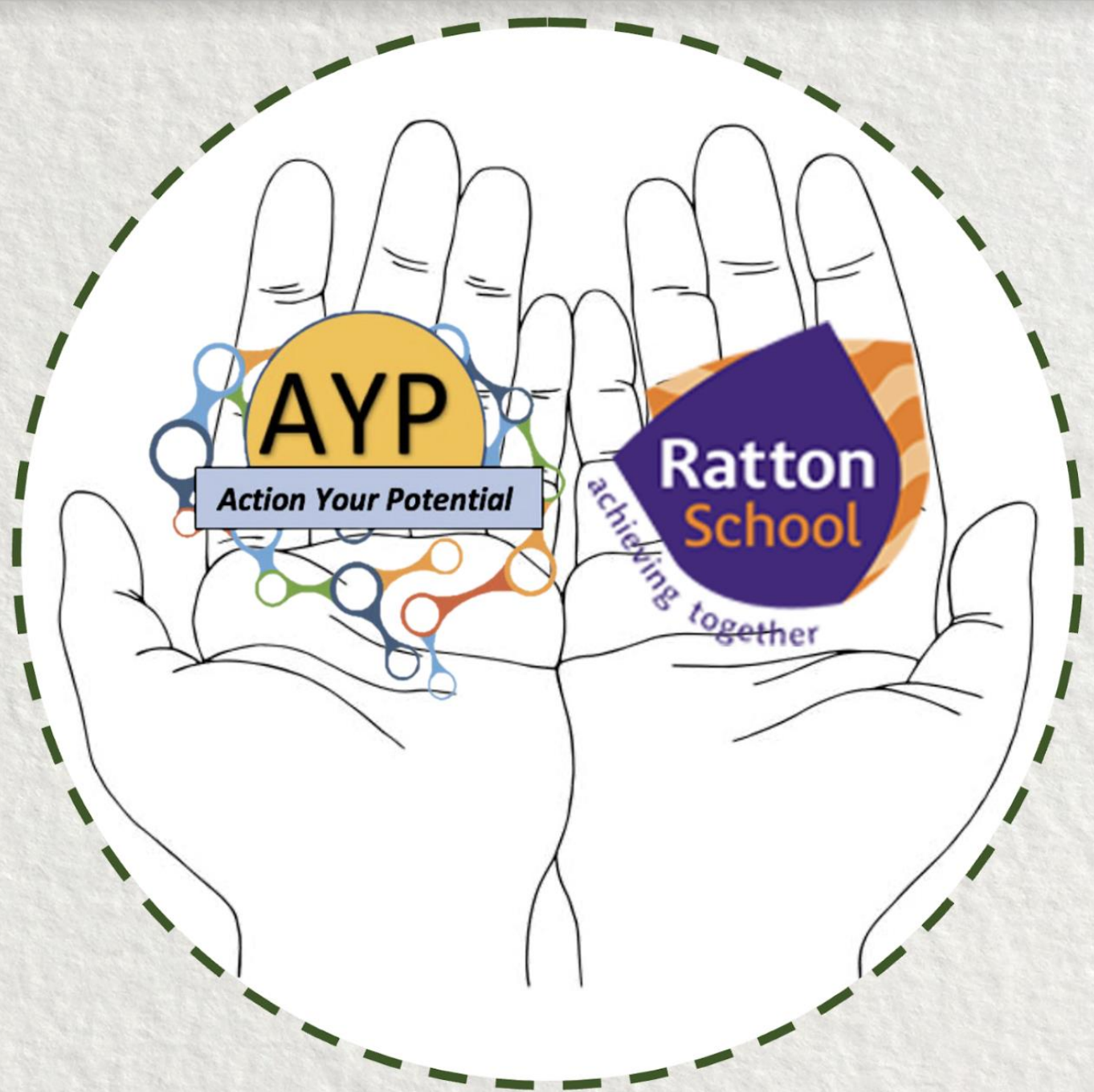


AYP support for
Ratton School students,
parents & carers...





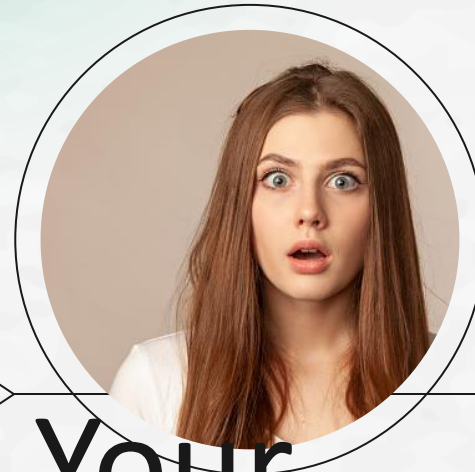
Change Your

Brain



Change Your

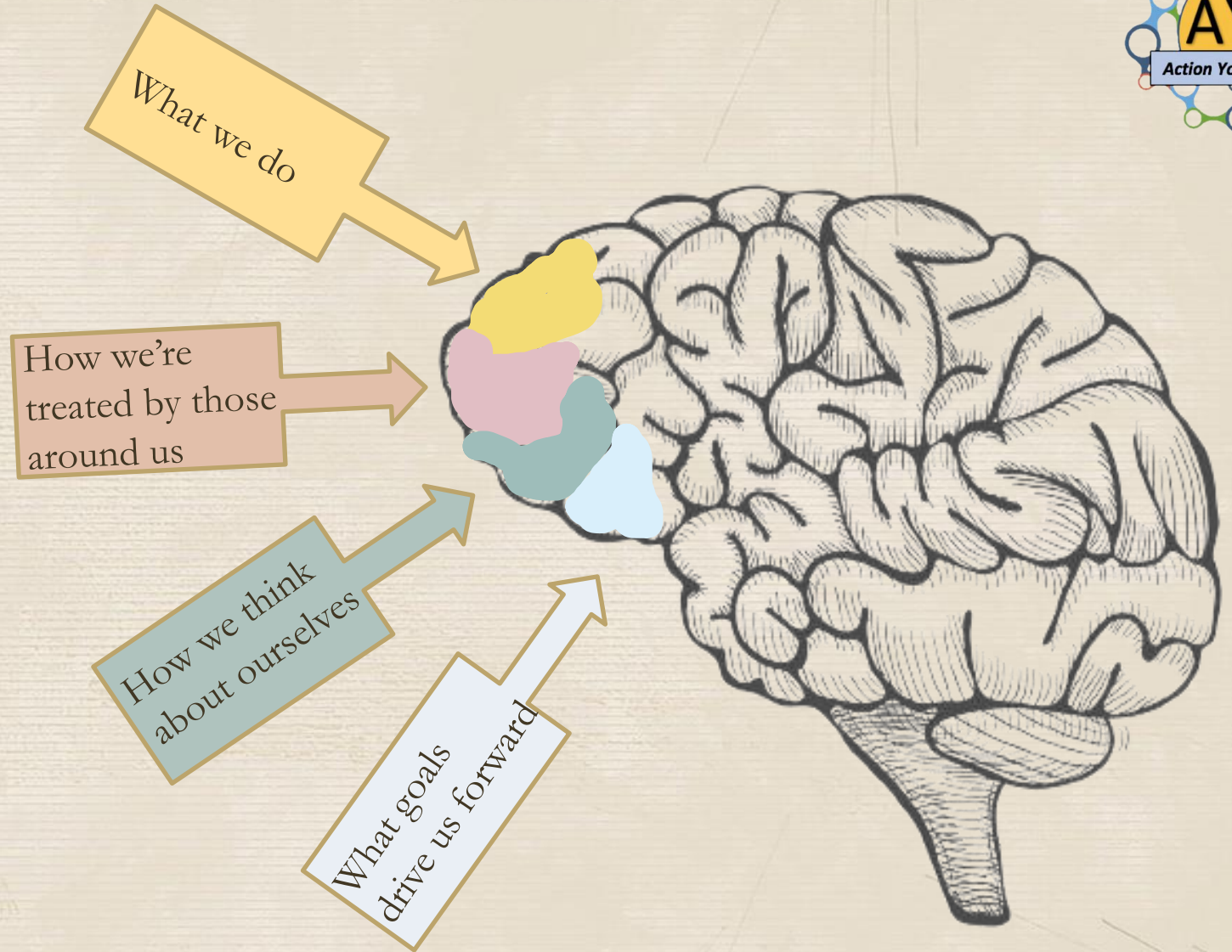
Mind



Change Your

We sculpt the prefrontal cortex of our brains, building models of feeling, thinking and behaviours to respond to the world...

We do that on the basis of...



#NeuroNinja's understand that we are all sculptures of our brain's neural architecture

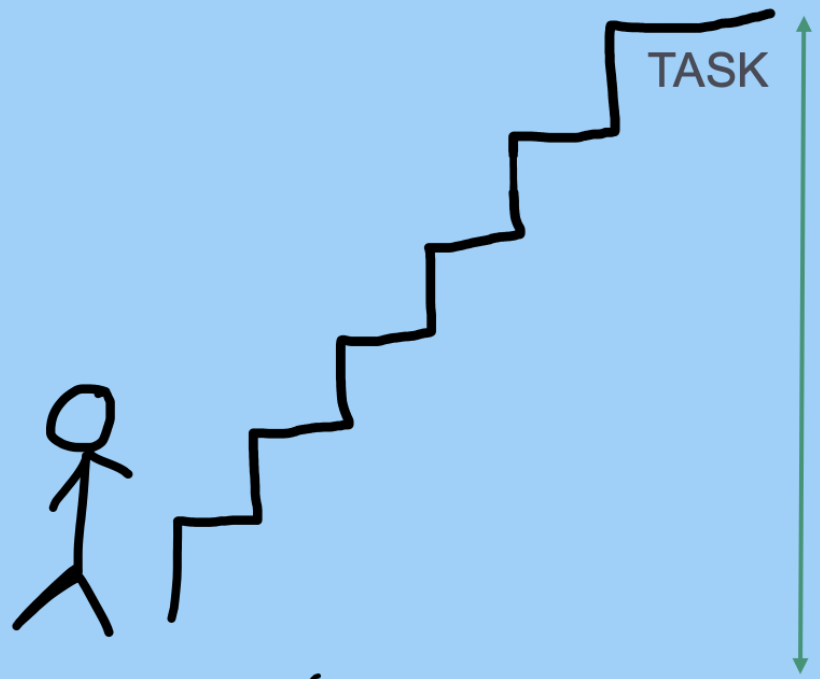
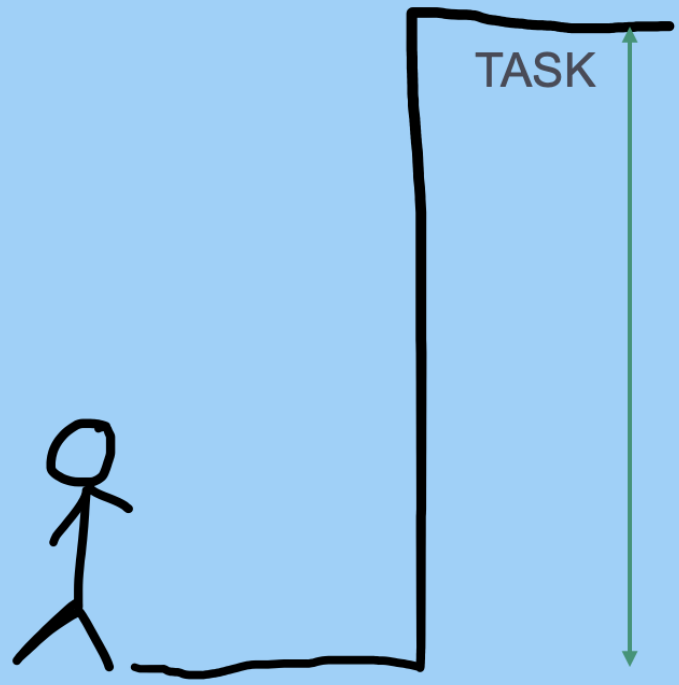
What are you good at?



What do you need to improve on?

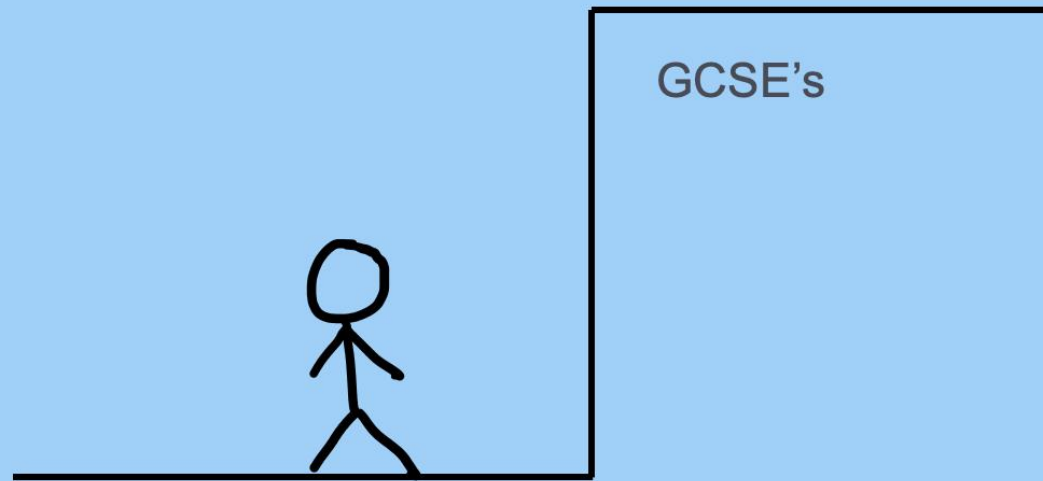


Without a plan Vs With a plan



Graded exposure

If you don't do graded response the future is going to be....





Let's meet Almasi...15 years old



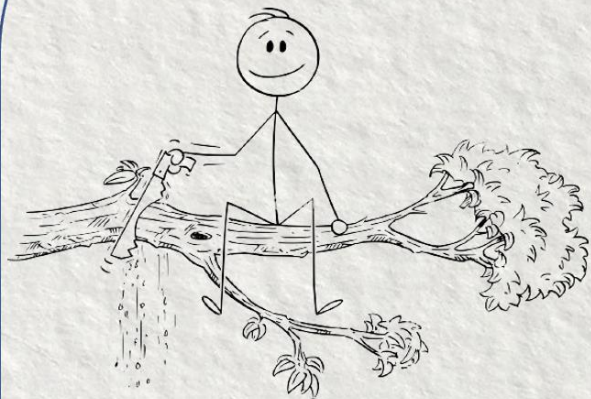
- ▶ 8-year-old brother with epilepsy and ASC, helps her mum look after him.
- ▶ Dad is away in Kenya earning money as a construction worker
- ▶ She wants to be an international lawyer and needs to get good grades in her GCSE's so she can do the A levels to achieve that

Barriers for Almasi

- ▶ Low Mood
- ▶ Feeling overwhelmed
- ▶ No Plan
- ▶ Falling behind
- ▶ Struggling to achieve the grades she needs
- ▶ Distracted
- ▶ Procrastinating



How do you get in your own way?



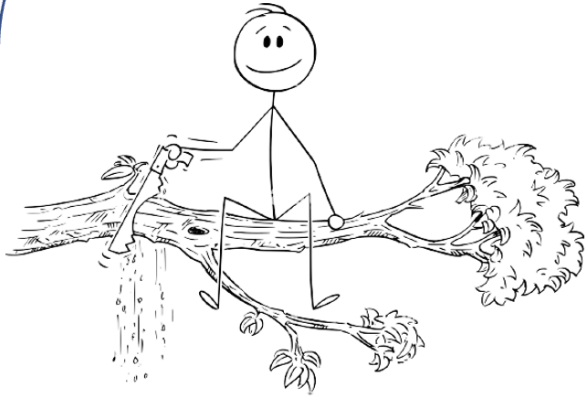
I keep procrastinating

I'm always tired

I get distracted all the time

I make a plan and never follow it

How do you get in your own way?





KS4 Learning Routines - each day

1. Study Capture (5 mins)
2. Flash Cards (5 mins)
3. Mind Map Build / Review (5mins)
4. Effortful Subjects (10 mins)

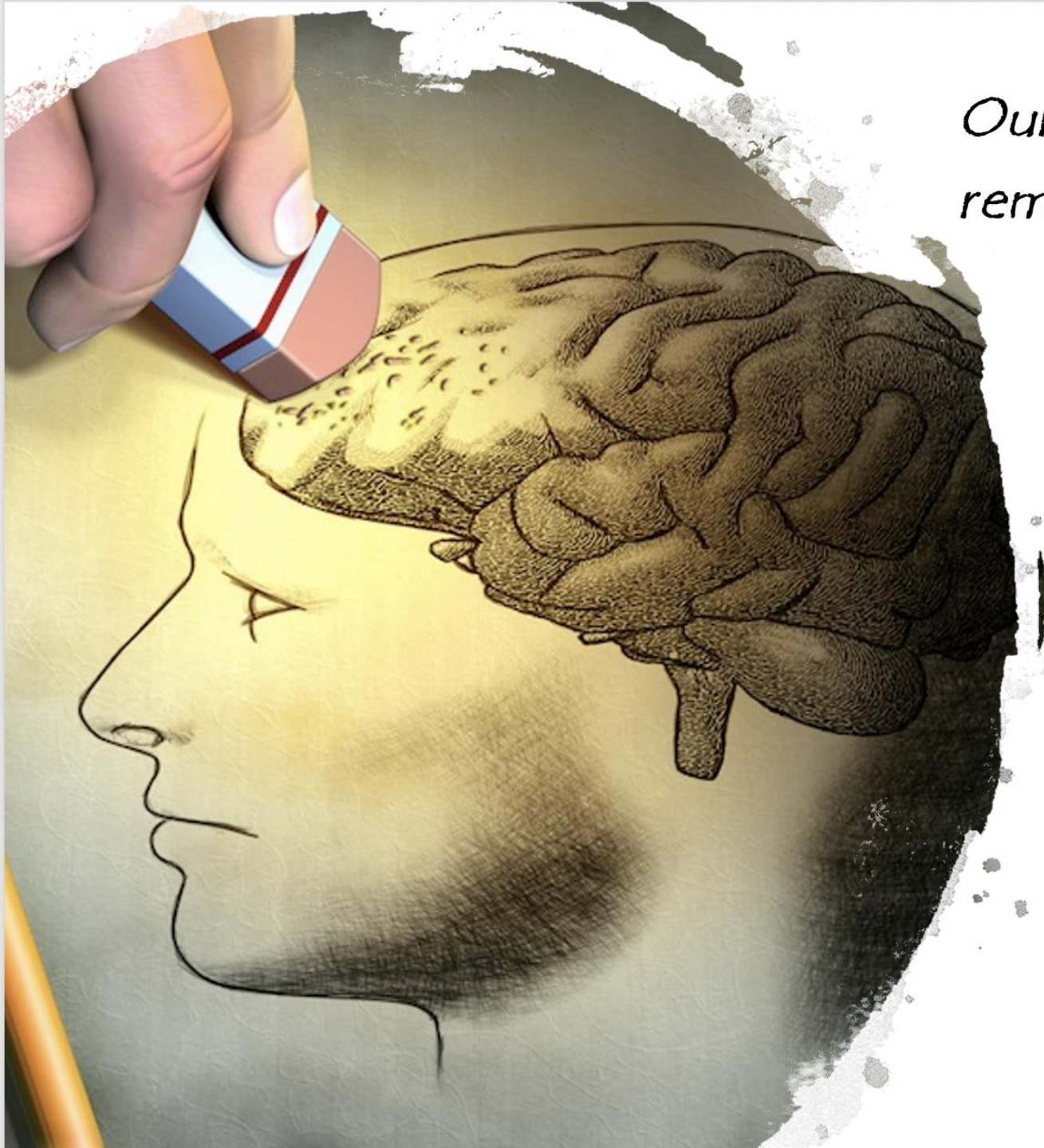


1 - Study Capture

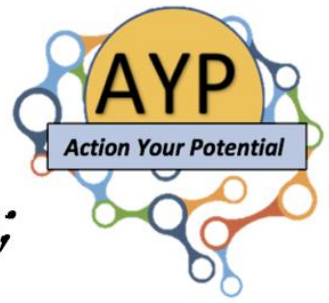


The Study Capture Sheet

Subject	Topic	Key Idea	Key Words	Rating



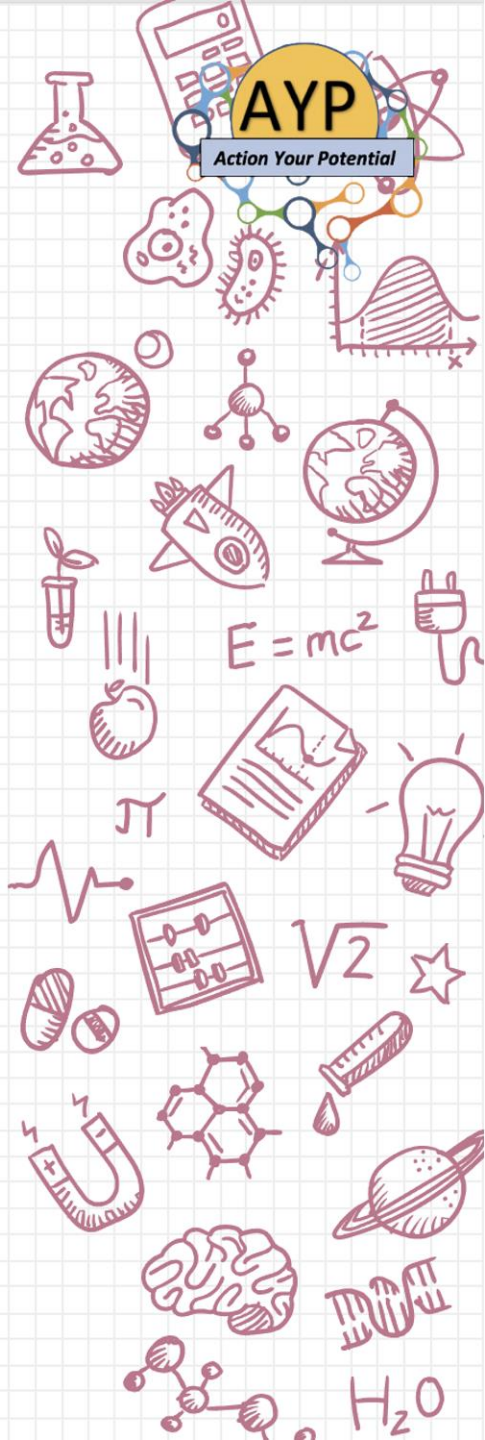
Our Brain finds it easiest to remember information that is;



- 1. Dangerous to us*
- 2. Salient (Interesting to us)*
- 3. Repeated*

So...If you don't repeat, your brain will delete...

Study Revolution: What is the best way to revise?



How does learning work at the level of the brain?

Learning is a process, not an event, learning is;

1

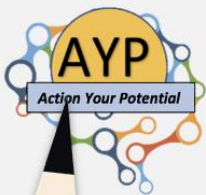
Getting it - (Understanding what you have heard)

2

Practicing it - (Encoding it in the brain)

3

Using it - (Applying the new learning)



What is a study rep?

repetition

A carefully designed study slot that works with the memory and learning systems of our brains to achieve maximum impact for learning, understanding and recall



What is a study rep?

repetition

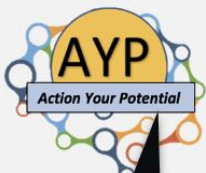
A carefully designed study slot that works with the memory and learning systems of our brains to achieve maximum impact for learning, understanding and recall

Key attitudes for study reps

Grit: Keep going

Attention: 1 thing at a time

Focus: Don't get distracted internally or externally



What is a study rep?

repetition

A carefully designed study slot that works with the memory and learning systems of our brains to achieve maximum impact for learning, understanding and recall

Key attitudes for study reps

Grit: Keep going

Attention: 1 thing at a time

Focus: Don't get distracted internally or externally

Attitude: Can do

Mode: Taking responsibility

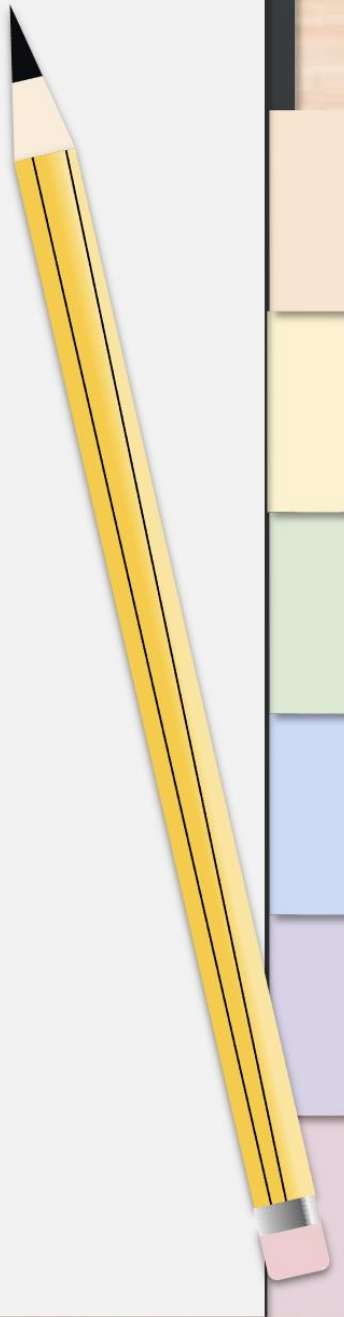


How long should a study rep
take?

→ 25 mins

10 min break

↑
Be active during



How long should a study rep
take?

→ 25 mins

10 min break

Be active during

3 kinds of reps...

① Learning - for learning &
understanding



How long should a study rep
take?

→ 25 mins

10 min break

Be active during

3 kinds of reps...

① Learning - for learning &
understanding

② Practice - for practicing
knowledge and encoding it

③ Testing - for testing recall
and applying knowledge



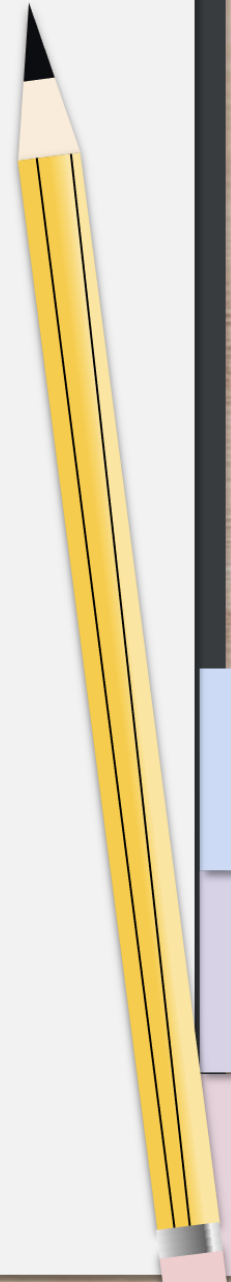
Learning rep - example

Topic: Transpiration

What do I know about this topic?

5 mins

- Something to do with plants
- Water moving through plants
- Xylem???
- Holes in the leaf - st...!!!



Learning rep - example

Topic: Transpiration

What do I know about this topic?

- Something to do with plants
- Water moving through plants
- Xylem???
- Holes in the leaf - st...!!!

5 mins

Study the resource

10 mins



Summarise, mind map or flashcards

Translocation: Movement of food (glucose dissolved in water) around the plant

Phloem: Tubes that run through the plant with pores at each end, allowing cell sap (a sugary syrup) to get around the plant to feed all of the cells

Transpiration: Water travelling up the plant inside xylem vessels

Water molecules are sticky because they have positive and negative end

Transpiration stream: When a water molecule falls out of the hole in the leaf (stoma) it drags the next one behind it

Stoma: Holes in leaf (most in bottom) - plural stomata

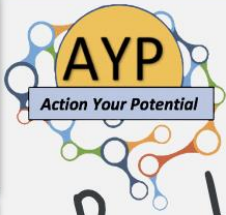
Factors affecting transpiration: Humidity, air flow, temperature, light intensity

10 mins



COGNITO  edu.org

SUB



Practice rep - example

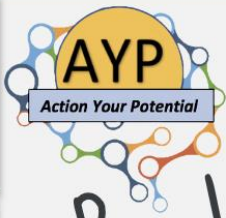
Topic: Transpiration

What are the key ideas?

- Translocation
- Phloem
- Transpiration stream
- Stoma
- Humidity, air flow, temperature, light intensity

5 mins





Practice rep - example

Topic: Transpiration

What are the key ideas?

- Translocation
- Phloem
- Transpiration stream
- Stoma

5 mins

Make flashcards, mind map
or summary notes

15 mins

Translocation: Movement of food (glucose dissolved in water) around the plant

Phloem: Tubes that run through the plant with pores at each end, allowing cell sap (a sugary syrup) to get around the plant to feed all of the cells

Transpiration: Water travelling up the plant inside xylem vessels
Water molecules are sticky because they have positive and negative end

Transpiration stream: When a water molecule falls out of the hole in the leaf (stoma) it drags the next one behind it

Stoma: Holes in leaf (most in bottom) - plural stomata

Read through

5 mins



Frayer Flash cards

Statement

Write a simple statement about what you are making the flashcard about

Elaborate

Give more explanation.

Example

Provide any examples of what you are making the flashcard about

Image

Include an image that represents what you are making the flashcard about

Frayer Flash cards

Statement

Transpiration = Process
of water moving
through plants

Elaborate

Example

Image

Frayer Flash cards

Statement

Transpiration = Process of water moving through plants

Elaborate

Transpiration = Water moves into plant roots through osmosis and into the XYLEM vessels. Some water moves up the xylem by CAPILLARITY. However, it is the evaporation of water through the stomata in leaves that drives the movement of water through xylem. Water molecules 'stick' together in long columns and as water evaporates it pulls the water column to the leaf.

Example

Image

Frayer Flash cards

Statement

Transpiration = Process of water moving through plants

Elaborate

Transpiration = Water moves into plant roots through osmosis and into the XYLEM vessels. Some water moves up the xylem by CAPILLARITY. However, it is the evaporation of water through the stomata in leaves that drives the movement of water through xylem. Water molecules 'stick' together in long columns and as water evaporates it pulls the water column to the leaf.

Example

Add a coloured dye to the water in a celery stick and over the next day the the dye will colour the stem and the leaves of the celery



Image

Frayer Flash cards

Statement

Transpiration = Process of water moving through plants

Elaborate

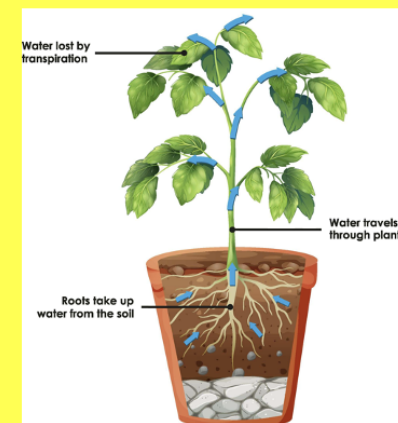
Transpiration = Water moves into plant roots through osmosis and into the XYLEM vessels. Some water moves up the xylem by CAPILLARITY. However, it is the evaporation of water through the stomata in leaves that drives the movement of water through xylem. Water molecules 'stick' together in long columns and as water evaporates it pulls the water column to the leaf.

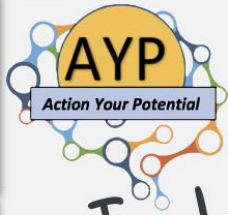
Example

Add a coloured dye to the water in a celery stick and over the next day the the dye will colour the stem and the leaves of the celery



Image





Testing rep - example 

Topic: Transpiration

Find the past paper question and
mark scheme

5 mins

Have a go at the question

15 mins

Question

Define both translocation and transpiration. Include the names of vessels involved in your answer. [2 marks]

Explain the effect of increasing air temperature on the rate of transpiration in a plant. [2 marks]

Question

Describe the conditions that increase the rate of transpiration. [4 marks]

Use the mark scheme to add
what was missed.

5 mins

Which Rep do I do?

Don't understand or don't remember the topic



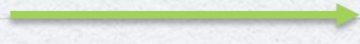
Learning Rep

Understand, but key concepts are hazy



Practice Rep

Understand, and remember pretty well



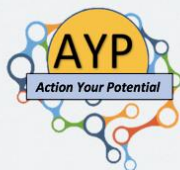
Testing Rep

Reps per day

GCSE Confidence Chart



Subject	Grade You Want	Grade Stretch Goal	Current Confidence level			Rep Spend
English Lang			😊	😐	😞	
English Lit			😊	😐	😞	
Maths			😊	😐	😞	
Bio			😊	😐	😞	
Chem			😊	😐	😞	
Phys			😊	😐	😞	
			😊	😐	😞	
			😊	😐	😞	
			😊	😐	😞	
			😊	😐	😞	
			😊	😐	😞	
			😊	😐	😞	
			😊	😐	😞	
			😊	😐	😞	
			😊	😐	😞	



12 Rocks Of Well-Being – Weekly Check

- Rock 1 – Sleep – 8-9 Hours a night
- Rock 2 – Exercise – 20 mins per day
- Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar
- Rock 4 – Mindfulness – be present without judgement 5-10 mins
- Rock 5 – Mind Wandering – allow your mind to social problem solve
- Rock 6 – Manage Emotions – notice, accept, share with trust
- Rock 7 – Walk Outside in Nature
- Rock 8 – Listen to Music – 20-30 minutes
- Rock 9 – Connect meaningfully with friends and family
- Rock 10 – Gratitude and Kindness- express both explicitly each day
- Rock 11 – Engage in activities important to your life’s purpose
- Rock 12 – Learn, Play, Create, Read

	mon	tues	wed	thurs	fri	sat	sun
total							



If it doesn't
challenge you, it
doesn't change you..



Be in no doubt you
can do this...