

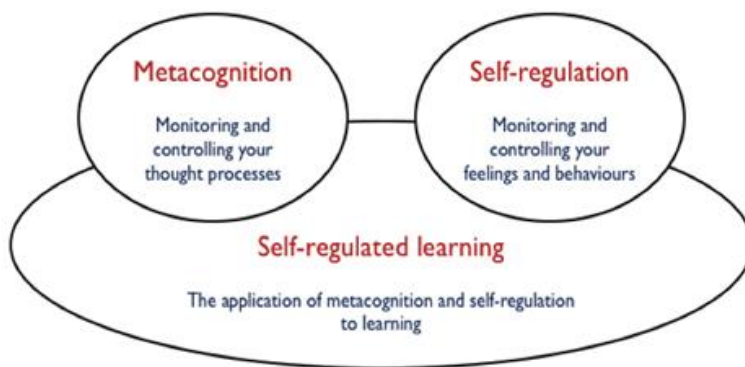

18<sup>th</sup> May 2023

Dear Parents/Carers,

This week's spotlight is on the subject of Metacognition and Self-Regulation: The Essential Tool for Learning.

How can we support our young people to be the very best learners? By learning, I mean in the broadest sense of the word, whether it is our Year 7s learning to navigate new friendships; Year 9 learning to erect a tent for the Duke of Edinburgh award or even our sixth formers learning to drive for the first time. There are two essential skills that can help develop the capacity to learn effectively: metacognition and self-regulation. Metacognition refers to the ability to think about and monitor one's own learning, while self-regulation is the ability to control one's own behaviour and emotions to achieve a goal. These skills are essential for your child's success in lifelong learning.

Metacognition is like having a toolbox. Just like a toolbox contains a variety of tools that can be used for different tasks, metacognition involves knowing oneself as a learner, our preferences, and challenges. By having a variety of strategies and techniques (like self-reflection, goal setting, and time management) we can learn and succeed in different situations. By using these tools effectively and being aware of which ones work best for you, you can become a more efficient and effective learner.

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**Great Questions to Promote Metacognition**

- 1 What should I do first?
- 2 Is anything confusing to me?
- 3 Can I explain what I've learned?
- 4 Should I ask for extra help?
- 5 Why did I get this answer wrong?
- 6 Can I apply this in different contexts?
- 7 How can I do better next time?

Self-Regulation is the ability to reflect on the effectiveness of your tool, change tact and keep motivated to complete the job.

In order to help your child develop these skills, I would like to offer you eight strategies that you can use at home:

1. Think carefully about the task ahead: Encourage your child to explain what success looks like, what they could do if they get stuck and how they will keep motivated.
2. Pause and Reflect: Encourage your child to self-monitor by pausing in the middle of a task and reflect if they are on the right track, what they could do to improve and what they need to do to change course.
3. Evaluate: Encourage your child to consider how effectively they have learned and how this could be applied to other areas of life and learning.



4. **Goals:** Encourage your child to set specific and achievable goals, such as finishing a homework assignment within a certain time frame or achieving a certain grade in a test.
5. **Encourage your child to ask questions:** Encourage your child to ask questions about their learning and seek clarification when needed. This will help them to develop a deeper understanding of the material.
6. **Teach your child to manage their time:** Encourage your child to plan their time effectively, balancing their academic and non-academic commitments.
7. **Help your child to develop self-discipline:** Encourage your child to practice self-discipline by setting clear boundaries and sticking to them, such as limiting screen time or completing chores before engaging in leisure activities.
8. **Model self-regulation:** Model self-regulation by demonstrating how to manage your own emotions, challenges, and behaviours positive way.

By using these strategies, you can help your child to become a more effective learner and develop important life skills that will serve them well in the future. I hope that you find this information helpful, and I look forward to continuing partnering with you to support your child become the best version of themselves!

Sincerely,

Gemma Williamson  
Deputy Principal for Teaching and Learning