Lady Lumley's School
Newsletter
6th January 2017 Issue Number 360

LANGUAGE COLLEGES

SPORTS COLLEGES

Dear Parents, Carers and Friends

Welcome to the first newsletter of 2017 and a Happy New Year to you all. It is been a good start to the term and the students have come back looking refreshed, smart and eager for the new term. We had a very useful staff training day on Tuesday where the main items discussed were coaching and how to make best use of our excellent non-teaching staff to improve student learning. We already have a great deal of sharing best practice within the school and we probably have more shared observations than any other school we know. The coaching model discussed on Tuesday adds another layer as teachers work together on particular areas of mutual interest over the next two terms. The other major topic discussed on Tuesday was led by recent research on maximising the impact of teaching assistants. At Lady Lumley's we are already ahead of the field as our Advanced Teaching Support staff are already operating in ways recommended by the research. As always, we are not resting on our laurels and we are very interested in seeing if we can make what is already good even better.

Over the next few weeks we have examinations for Years 12, 13 and 9, and, of course, the external examinations are only a few months away. The article below is about revision and recollection. Students will have heard much of this in assemblies over the years but, as you will see in the article, it is worth repeating. Richard Bramley

The Curve of Forgetting

The graph shows how we forget new information over time, but how, if we review that information, we remember it for much longer.

Hermann Ebbinghaus was a German psychologist who came up with idea of the forgetting curve in the late 19th century. He demonstrated that there was a clear link between time and how much is remembered. Basically, and we all know this, we forget things!

But there is much more to it than this. If the new material is difficult, if there is a lot of it, if it doesn't make sense to us then we forget it quickly. If we are stressed or not sleeping well then our memory is also poorer. If an event is very vivid or very traumatic, then we will remember it very well for a long time. You can probably think of your own examples of memories which are still with you after many years. But there is something we can do about our memories.

Typical Forgetting Curve for Newly Learned Information

Using mnemonics (for instance Richard Of York Gave Battle In Vain) can help us remember a list which would be otherwise meaningless. Repetition is a fantastic way of improving memory. If you look at the curve of forgetting, every time information is reviewed we remember it for longer. Everybody can remember the alphabet because we're made to say it so many times. People over a certain age will know the Lord's Prayer or the national anthem even if they haven't said it or sang it for quite a long time.

The really exciting part of Ebbinghaus' research is that the forgetting rate was pretty much the same for everybody: nobody has a 'better memory' than anybody else. But some people put more effort into remembering.

I did an assembly in February 2015 about more modern research into what makes revision effective. There are some key techniques which are easy to implement, one of which is practice testing. This technique is pretty straightforward – keep testing yourself (or each other) on what you have got to learn. This technique has been shown to have the highest impact in terms of supporting student learning. Some ways in which you can do this easily:

- Create some flashcards, with questions on one side and answers on the other – and keep testing yourself.
- Work through past exam papers – many can be acquired through exam board websites.
- Simply quiz each other (or yourself) on key bits of information.
- Create 'fill the gap' exercises for you and a friend to complete.
- Create multiple choice quizzes for friends to complete.

The brain loves being tested and you get a buzz when you get things right. This helps things stick until they become (like the alphabet) second nature.
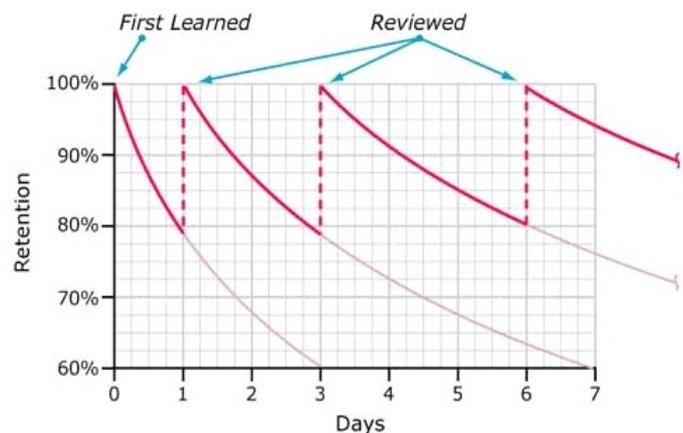
Parent Governor Elections Reminder - There are two vacancies on the school's Governing Body for parent governors. Parents of students in Years 7 to 13 are eligible. Further information about the process is on the school website on the 'Parents' tab - 'Letters to Parents' section. For further details of the role, please contact Kathryn Holbrook at school on 01751 472846 or at kholbrook@ladylumleys.net. **Nomination forms, declaration forms and statements in support of election need to be returned to school by Tuesday 17th January 2017.**

Team Cross-number

Below is an example of a Team Maths Challenge cross-number. This one is from the Team Maths Challenge in 2015, so if you like this and are in Year 8 or 9, see a maths teacher to get involved in 2017! One pair is given the "across" clues whilst the other are given the "down". Find a friend and have a go!

DOWN
1. The largest prime factor of 2015 (2)
3. A multiple of 9 ACROSS (2)
4. A Fibonacci number (3)
5. $9^3 + 10^3$ or $12^3 + 1^3$ (4)
6. The sum of its digits multiplied by an even number (3)
7. A cube (3)
10. A multiple of 10 ACROSS (3)
12. The product of 13 ACROSS and 16 ACROSS (3)
14. A number equal to the sum of the cubes of its digits (3)
15. The mean of 6 ACROSS and 7 DOWN (3)
16. 2 ACROSS plus 26 ACROSS (4)
18. A multiple of 11 (3)
19. 14 DOWN minus 9 ACROSS (3)
20. A number that makes the sum of the six digits in its column equal to 17 ACROSS (3)
23. The product of 17 ACROSS and a square (2)
25. Both a square and a cube (2)
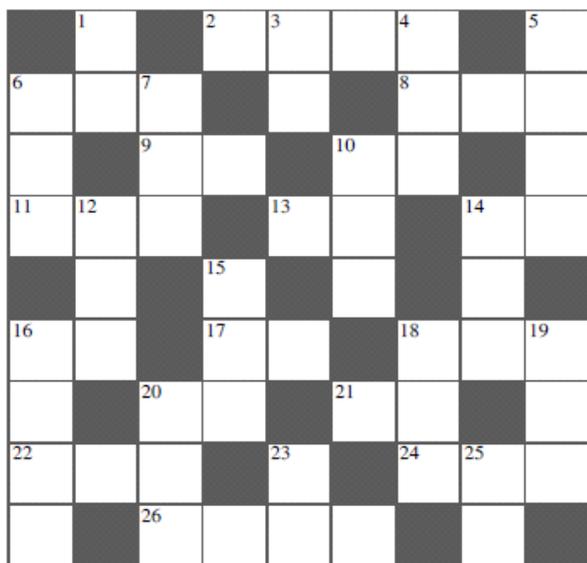
ACROSS
2. The smallest 4-digit palindromic cube (4)
6. A square plus its square root (3)
8. A number equal to the sum of the cubes of its digits (3)
9. $\sqrt{(13^2 - 5^2)}$ (2)
10. A factor of 10 DOWN (2)
11. The remainder when 26 ACROSS is divided by 22 ACROSS (3)
13. Four more than 1 DOWN (2)
14. A multiple of 17 ACROSS (2)
16. The square of a prime factor of 2015 (2)
17. The highest common factor of 26 ACROSS and 2015 (2)
18. 14 ACROSS plus 25 DOWN (3)
20. A Fibonacci number (2)
21. 23 DOWN plus a non-trivial factor of 18 DOWN (3)
22. A multiple of 23 DOWN (3)
24. x where 4 = 5(x - 2) - 26 ACROSS (3)
26. 6 ACROSS plus 15 DOWN (4)

Solutions in next week's edition. *(source: www.ukmt.org.uk)*

House Event - Tuesday 10th January
Come and have a go at the Xbox 360 Kinect Pop Up Challenge in Learning Support on **Tuesday 10th January** at lunchtime. Challenge opponents to any of these games: Zumba fitness; Fitness evolved; just dance 3; and London Olympic.

Headlice
It is that time of year again. We would be grateful if parents and carers could be vigilant about checking their children's hair for unwelcome visitors!

Word of the Week - Revise. Dictionary.com says the British definition of revise means "*to reread (a subject or notes on it) so as to memorize it, esp in preparation for an examination*". This is one of my least favourite words as it tends to mean "read through your notes the night before and hope that you remember enough stuff for the next day". This is not an effective way of learning material and not an effective way of preparing for examinations. Effective revision is by regular review of the material you have covered using techniques like practice testing. Whenever your examinations are, the time to start proper and effective revision is now, not the night before. Try it, it works.

USEFUL CONTACT INFORMATION
Main School Office: 01751 472846
Attendance Officer: 01751 472846
Finance Office (ParentPay): 01751 470043
Specialist School Nurse: 01609 798150/146

IMPORTANT DATES

Tuesday 10th January
Y10 Consultation Evening 4:30-7:30pm

Thursday 12th January
Y12 Trial Exams

Friday 13th January
Y12 Trial Exams
GCSE Drama Unit 1 Assessment (in lesson)

Upcoming Events…
Monday 16th January - Y13 Trial Exams start (16th to 19th)
Tuesday 17th January - Y8/9 Digital Leaders Conference
Tuesday 17th January - House Bake Off Round 1
Thursday 19th - Peru Outlook Expedition Meetings :
4:30pm students, 6pm parents/carers and students
Thursday 19th January - Y6 Roadshow, PCJS
Friday 20th January - Spanish Exchange Trip departs
Friday 20th January - Y7 Drama Theatre Trip 'The Witches'
Tuesday 24th January - House Bake Off Round 2a
Thursday 26th January - Y6 Roadshow, St. Joseph's
Friday 28th April - Outlook Expeditions Training (28th to 30th)
Monday 30th January - Y9 Exams start (30th Jan to 3rd Feb)
Tuesday 31st January - DT Aston Martin Trip
Tuesday 31st January - House Bake Off Round 2b
Wednesday 1st February - Y13 Drama Unit 3 Assessment
Rehearsal and Performance (1st to 2nd Feb)
Thursday 2nd February - Intermediate Maths Challenge
Thursday 2nd February - Y6 Roadshow, Sinnington
Monday 6th February - Y10 Battlefields Experience (6th to 11th)
Tuesday 7th February - House Bake Off Final
Tuesday 7th February - Parent Forum tbc
Wednesday 8th February - Y8 Consultation Evening 4:30pm
Thursday 9th February - Y6 Roadshow, Thornton Le Dale