



NAME:

TUTOR:

Dear Parents, Carers and Friends

Happy New Year and welcome back. I hope everyone had a restful break although it may already seem to be some time ago! The new term has started well and it has been business as usual since Day 1. On Monday we had a staff training day where we all worked together to further develop our skills working with your children. The students arrived on Tuesday and immediately settled into the new school year. Year 12 were straight into trial examinations whilst Year 13 have their last ever school examinations starting next week. We welcomed Sue Robinson who joins us a teacher in the PE department and over the next few weeks Demi Simpson and Kate Gibbs will be joining the Advanced Teaching Support Team. We also welcomed back Emma Watson who will resume her duties as Teacher of RE next week and we say a heartfelt thank you to Sue Morris who has done a sterling job looking after Mrs Watson's classes whilst she was away. We wish Mrs Morris all the best in her next school. Later in the Newsletter I have reprinted an article I first wrote in January 2017. Based on research it gives really good advice on revision techniques. Possibly the most important being **START NOW!** Richard Bramley

### It's Learning

This is the school's new Virtual Learning Environment and has now replaced Fronter. In assemblies this week students were introduced to the new platform and, as a technology savvy generation, seem to have picked up on its use very quickly. As parents or carers, you can get information from Its Learning about the work your child is doing. You will need your child's login name and password for the school system (not the old Fronter login which is now no longer needed). This will allow you to see the home learning set for your child and other important information which he or she will have received during the day. There is even a mobile app so you can keep an eye on things away from the computer. Just go to whichever Apps store you use and type in "Its Learning". When it downloads type in Lady Lumley's School (it finds us after Lady) and choose "Azure Connect" as your login provider. Sign in with your child's network username and password and then you're good to go.

### 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 19<sup>th</sup> 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.

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.

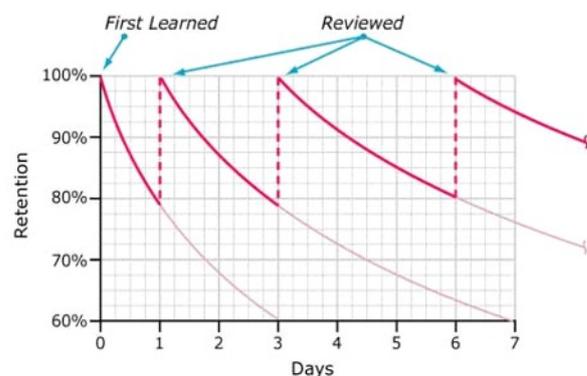
The really exciting part of Ebbinghaus' research is that the forgetting rate was pretty much the same for everybody: nobody has a 'better memory' than anybody else. But some people put more effort into remembering.

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.

Typical Forgetting Curve for Newly Learned Information



**Word of the Week** - Well, words of the week actually. **Effect** and **affect**. Two words whose use is easily (and often) confused. This week, for a change, I have taken expert advice from the on-line Oxford dictionary. Affect and effect are different in meaning, though frequently confused. Affect is chiefly used as a verb and its main meaning is 'to influence or make a difference to', as in the following example sentences:  
The pay increase will greatly affect their lifestyle.  
The dampness began to affect my health.  
The weather will affect my plans for the weekend.  
Effect, on the other hand, is used both as a noun and a verb, although is more commonly used as a noun. As a noun it means 'a result or an influence', as in:  
Move the cursor until you get the effect you want.  
The beneficial effects of exercise are well documented.  
Over time the effect of loud music can damage your hearing.  
Effect as a verb is most commonly used in formal, rather than spoken, English. It means to 'bring something about as a result' e.g The new policies did little to effect change.  
The key thing to remember is that effect is most commonly used as a noun, whereas affect is typically used as a verb.

#### **Drama News**

##### **Rosedale Devising Project**

There is a meeting on Monday 14th January 6PM in Dr1 for all students and parent/ carers taking part.

##### **Young Americans**

Families who signed up for a home stay should have received letters this week with further information .

A reminder that the final balance was due at the end of last term.

Information with timings, etc will be sent out once we receive the final itinerary from the Young Americans Mrs Goodwill

#### **CoPE Christmas Fair**

Thank you to all who came and supported the CoPE Christmas Fair on Friday 14th December. We raised nearly **£200** for Centrepoint which will help to sponsor a room for a young person for a whole year!

#### **Immunisations**

The Childhood Immunisation service delivers routine immunisations in educational settings and will also offer catch up immunisations. The Childhood immunisation team come into school to deliver immunisations to those for whom consent has been obtained. They deliver: HPV vaccinations to girls in year 8, Men ACWY vaccination for all children in year 9, DTP vaccination for all children in year 9 and MMR vaccinations for any child aged 5-19

Please complete the online form to consent:  
[www.hdft.nhs.uk/immsconsent](http://www.hdft.nhs.uk/immsconsent)

The code for Lady Lumley's school is: 8GCV2.

Please refer any queries to the childhood immunisation team on [01423 542360](tel:01423542360) or email [childhood.immunisations@hdft.nhs.uk](mailto:childhood.immunisations@hdft.nhs.uk).

#### **Address and contact details**

Please ensure that you advise school of any change of address/contact numbers either in writing or [admin@ladylumleys.net](mailto:admin@ladylumleys.net).

#### **Uniform**

Please ensure that all items of your child's uniform are clearly labelled so that, in the event of any property being lost, we will be able to return the items to them.

#### **Useful Contact Information:**

Main School Office: 01751 472846

Attendance: 01751 470005

Finance Office (ParentPay):  
01751 470043

Twitter @ladylumleys

#### **IMPORTANT DATES**

##### **Monday 14th January**

Y12/13 Trial Exams

Y9 Drama Devising Parents Meeting, DR1 6 - 7PM

##### **Tuesday 15th January**

Y12/13 Trial Exams

Y9 Basketball, LLS 4 - 6PM

##### **Wednesday 16th January**

Y12/13 Trial Exams

Y8 Basketball, LLS 4 - 6PM

##### **Thursday 17th January**

Y12/13 Trial Exams

Y11 English Language Trial Exam , 9 - 10.40AM

Y6 Roadshow, PCJS 7 - 8PM

##### **Friday 18th January**

Y9 Drama Devising Project, Leave 4PM - Return 20/01/19  
1.30PM

#### **Upcoming Events...**

w/c 21st January - Y9 Exams (in Lessons)

24th January - Y6 Roadshow St Joseph's

28th January - House Mastermind

29th January - Y10 Consultation Evening

30th January - Y11 Poetry Live, Harrogate

30th January - 7th February -

Y10 -13 Austrian Exchange

31st January - Y6 Roadshow, Thornton

4th - 5th February - Y11 FT Practical Non Exam Assessment

6th February - Y9 Drama Devising Project Rehearsal and Performance

7th February - Y9/10 Intermediate Maths Challenge , In Lessons

7th February - Y9 Drama Devising Performance

8th February - Y9 Drama Devising Project

w/c 11th February - Y12 AS Geography Fieldwork