

Top Tips for Parents



Expect your child to have the ability to achieve highly and show them that you have confidence in them.

- Praise your child for their efforts because this encourages a 'growth' mindset. Say 'well done for having a go or sticking at that' or 'you are so much better at that than you used to be' or 'do you remember when you could only...', etc.
- Encourage curiosity.
- Help your child develop empathy.
- Talk and read with your child and help them connect up ideas.
- Give them responsibility and don't worry if they make mistakes.
- Establish a regular time to talk - on the way to school, at mealtimes, etc.
- Show that you like learning as well.

HPL in our community

A Year 6 Parent shared...

"My daughter was recently involved in the tennis tournament as a "ball kid". She had to practise a lot and she showed she had excellent resilience and she overcame her nervousness in front of 5000. She also developed a new skill and built her automaticity with the things she was taught. I was very proud of her."



High Performance Learning



at GEMS Royal Dubai School





What is High Performance Learning?

We are very proud at GEMS RDS that we were one of the 4 schools in the UAE to achieve the High Performance Learning (HPL) accreditation as being a World Class HPL school first.

In 2010, Professor Deborah Eyre published a policy paper for the independent Think Tank Policy Exchange, in which she suggested that evidence from neuro-science and psychology demonstrated conclusively that the brain is exquisitely plastic and we can grow our intelligence.

She challenged the system to stop categorising students by ability and instead expect high performance from everyone and systematically build towards it. Rather than a system which focuses on early detection of signs of failure, with pupils guided immediately into less demanding work, the system should be structured to provide the conditions that generate high performance and pupils steered towards this objective.

She called this approach High Performance Learning and created a framework based on her lifetime's academic research on cognition. It identifies attributes, values and practices that can be developed in schools to enable more students to achieve highly to help schools make the philosophy a reality.

ACP's and VAA's

At the basis of the Framework are the Advanced Cognitive Performance Characteristics (ACPs) and the Values, Attitudes and Attributes (VAAs) that students can develop to become high performers.

Advanced Cognitive Performance (ACP).

These are the first of two sets of core characteristics that students can develop to become high performers. The ACPs are 20 ways of thinking (grouped into 5 categories) associated with high performance.

- Meta-thinking
- Linking
- Analysing
- Creating
- Realising



Values Attitudes Attributes (VAA).

The VAAs are the learner behaviours that students need to exhibit if they are to become high performers in all areas of life. They create the thinking caring person that world class schools want to create.

- Empathetic
- Agile
- Hardworking



They are developed and used in combination with the Advanced Cognitive

RDS HPL Website



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