

## Learning Heroes

You are your child's first learning hero!

You have learnt LOTS in your life—learning is not just about school work! Driving, jobs, sports, hobbies, and socialising all need to be learnt! Share a story or two about how you have done it. By talking with your child about how you learn and stick at things when you get stuck, the more your child will be able to imitate your good learning habits.

We learn really well when we imitate what other good learners do, so remember to be a good learning role model for your child. Being STUCK and finding things hard is OKAY, so help your child to enjoy STUCK and give them strategies that they can use to get unstuck!

## St. Luke's Catholic Primary School

### An Introduction to **Building Learning Power**



### A Guide for Parents

Learning is at the heart of what we do at St. Luke's Catholic Primary School so that we can help our children to develop the learning skills and habits that they need to become happy, confident and successful in the future.

To help us build their learning habits in school, we are working on '**Building Learning Power**' through the development of the **4Rs: Resourcefulness, Reflectiveness, Reciprocity and Resilience.**

*'Helping young people become better learners.'*

## Resourcefulness

The Resourceful muscle is made up of...

### Questioning and Making Links

- \* Asking questions to help you understand more
- \* Linking learning from different parts of your life

### Perseverance

- \* Imagining how things are or how they could be
- \* Using your mind's eye to see things in your head
- \* Thinking hard about things
- \* Working things out by using things you know
- \* Thinking in sensible steps

### Capitalising

- \* Making the most of resources and opportunities, including people



### How can you help at home?

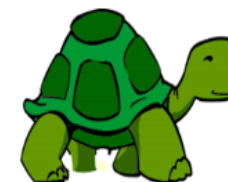
- Encourage questions
- Demonstrate making links between different ideas
- Don't allow your child's imagination to shrivel up!
- Help them to find ways of using resources such as reference books, dictionaries and the Internet

## Resilience

The Resilience muscle is made up of...

### Absorption, Managing Distractions and Noticing

- \* Enjoying being wrapped up in learning or a task—time passes quickly.
- \* Being able to block out distracting thoughts or distractions.
- \* Noticing how things work, the details and patterns.
- \* Using all our senses.



### Perseverance

- \* Being able to cope when things get hard.
- \* Having lots of different ways of trying things so that you can stick at it.

### How can you help at home?

- Demonstrate/model sticking at things even if they are difficult
- Talk about how you feel when you are taking on challenges
- Praise your child when they persevere but also encourage them to take a break when they have had enough
- Help them to find interests and activities that they are absorbing
- Talk with them about what helps them to concentrate and manage distractions

## Why are we Building Learning Power?

We believe that **BLP** is beginning to allow us to develop a common language for learning across the school. The language is used in all classrooms, with all children. This helps everyone talk about understanding learning to learn. We hope that this understanding will begin to spill over into life outside school, where you will be able to reinforce the ideas by encouraging the children to use their learning language in their everyday lives.

The idea is that the **4Rs** are like a group of 'learning muscles.' Just as we can build our physical muscles with the right kind of exercise, learning muscles can also be developed and can grow in strength and stamina. We are aiming to develop this in our children.

## What does BLP look like?

You may have heard your children already using some of the language that has been introduced in school. Professor Claxton suggests that there are four main learning dispositions—the **4Rs**.

**Resourcefulness**—being able to use a range of learning strategies and knowing what to do when you get stuck

**Reflectiveness**—being able to think about yourself as a learner and how you might be able to do this better

**Reciprocity**—being able to learn with and from others, as well as on your own

**Resilience**—not giving up

## Reflectiveness

The Reflective muscle is made up of...

### Meta-learning, Monitoring and Revising

- \* Understanding yourself as a learner—knowing your strengths and weaknesses and being able to make good learning choices.
- \* Checking how your learning is going and making changes to what you are doing to make it better.

### Planning and Distilling

- \* Thinking about what you need to do and how you'll do it before you start.
- \* Taking away something new from a learning  
Input or experience



### How can you help at home?

- Encourage them to take responsibility for preparing for school
- Ask not what they did at school but what they learned
- Help them to think about, and plan, activities
- Encourage flexibility and the ability to change a plan if necessary

## Reciprocity

The Reciprocity muscle is made up of...

### Independence and Collaboration

- \* Knowing when it's best to learn alone or with someone else.
- \* Know when it's time to socialise or work.
- \* Knowing how to work and learn with others.

### Empathy, Listening and Imitation

- \* Being able to listen attentively to learn and knowing how to put yourself in someone else's shoes
- \* Being able to copy how another learner learns so that you can get better.



### How can you help at home?

- Demonstrate/model being a good learner
- Work, play and learn alongside your children, enabling them to pick up good habits through imitation
- Make expectations of turn-taking and co-operation clear

## What is Building Learning Power?

**Building Learning Power (BLP)** is an approach to learning that we have begun to implement at St. Luke's Catholic Primary School. This approach was created by Professor Guy Claxton. It is based on the idea that we are all capable of becoming better learners. **BLP** applies this idea directly to the work of teachers in the classrooms, to provide a practical framework for fostering lifelong learning in all young people.

### Key Principles

- It is learning culture that encourages children and teachers to become better leaders.
- It allows children to approach difficulties in learning without failure.
- It allows the children to take small steps within learning.
- It develops confidence.
- It is not additional to teaching but should be grounded within everyday teaching and learning.
- It gives clear labels for the children to use and develop understanding of learning processes.