

Mastering Learning: Just Show Up

Monday 11th September 2023

While we are waiting, please could form tutors hand out PSHCE books.

Students to write on the front:



Your Name

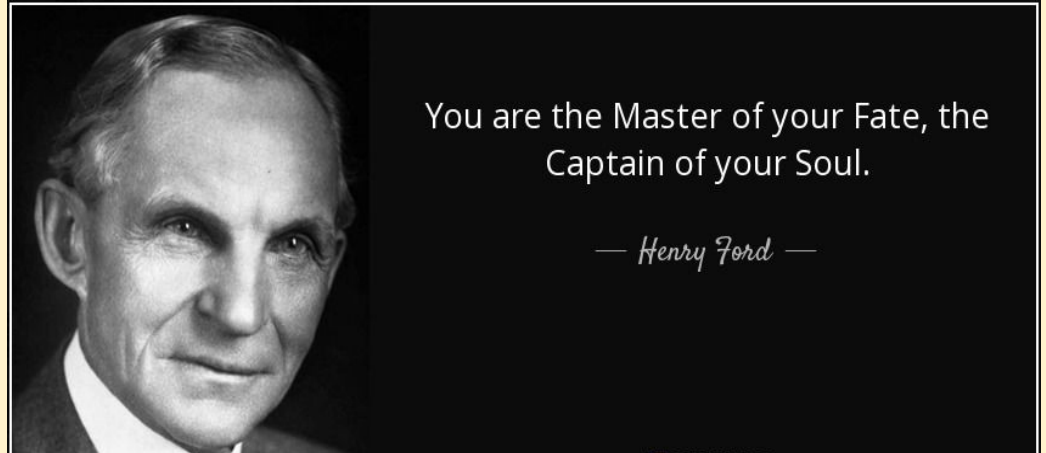
PSHCE - Tutor group

Tutor name - Room number

Mastering Learning: What is it?

Teaching you to master your learning, in school and beyond...

Helping you to be the masters of your learning (and your fate!)



Mastering Learning: What is it?

What does mastering learning include?

- ★ 1 x **PSHCE session** per half term
- ★ **Book looks** - taking pride in your learning
- ★ **Feedforward** - taking ownership of your improvement
- ★ Homework / independent work / projects / reading

Mastering Learning: What is it?

What sessions did you have last year? (8-10 only)

Can you remember? Type into the chat.

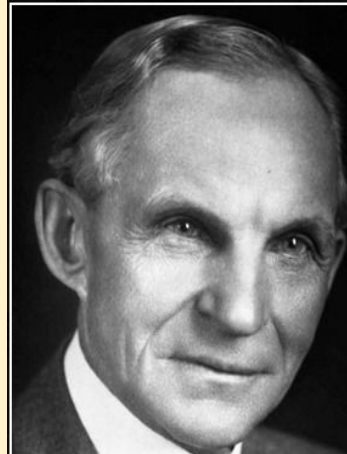
1. Attendance & Punctuality
2. Technology
3. Choices
4. Extra-curricular
5. Mindset
6. Ready for Assessments

Mastering Learning: What is it?

What is our focus this year?

Teaching you the qualities you need to...

- Succeed at school
- Succeed at university / in training / apprenticeship
- Succeed at work
- Succeed in life



You are the Master of your Fate, the
Captain of your Soul.

— Henry Ford —

What will we cover this year?

1. Just Show Up

2. Feedforward

3. Mental Wellbeing

4. Presenting yourself

5. Being Organised

6. Revision Skills & learn how you learn

Just Show Up

Why is it important to show up?

- For school
- For football training / clubs / extracurricular
- To parties / socials
- To support friends / family

3 minutes

1. Write the title and date in your PSHCE books and underline them.

PLEASE WORK FROM THE BACK.

2. Work in pairs to make a list of reasons in your PSHCE books.

Have a look [here](#).

PE Timetable

PE Enrichment Timetable Autumn 1 2023-24

Week 1	Lunchtime A Year 7, 8, 9 12.20 - 1pm Astro	Lunchtime B Year 10, 11 13.20 - 2pm Astro	After School 3.10 - 4.10pm Sports Hall	After School 3.10 - 4.10pm MUGA	After School 3.10 - 4.10pm Astro	After School 3.10 - 4.10pm Field	After School 3.10 - 4.10pm Other
Monday	Recreational Football - RH	Recreational Football - SB	Recreational Table Tennis/Badminton		Girls Football		
Tuesday		Recreational Football - GLI	Y7-8 Handball - RH		Y9-10 Football - CL		Cheerleading - SB
Wednesday	Recreational Football - CLE	Recreational Football - SB	Y9-10 Handball - RH	Y7-8 Netball - GLI		Y7-8 Rugby - MW	Fitness/Well-being - SB
Thursday	Recreational Football - SB	Recreational Football - CLE	Girls Handball - RH			Y9-10 Rugby - MW	
Friday	Recreational Football - RH	Recreational Football - GLI	Northwood Gymnastics	Y9-10 Netball - SB	Y7-8 Football - CL	Y7-8 Girls Gaelic Football - RB	

Week 2	Lunchtime A Year 7, 8, 9 12.20 - 1pm Astro	Lunchtime B Year 10, 11 13.20 - 2pm Astro	After School 3.10 - 4.10pm Sports Hall	After School 3.10 - 4.10pm MUGA	After School 3.10 - 4.10pm Astro	After School 3.10 - 4.10pm Field	After School 3.10 - 4.10pm Other
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Wednesday	Recreational Football - SB	Recreational Football - RH	Y9-10 Handball - RH	Y7-8 Netball - GLI		Y7-8 Rugby - MW	
Thursday	Recreational Football - GLI	Recreational Football - SB Field	This Girl Can - SB		Recreational Football - RP	Y9-10 Rugby - MW	
Friday	Recreational Football - CLE	Recreational Football - SB	Northwood Gymnastics	Y9-10 Netball - SB	Y7-8 Football - CL	Y7-8 Girls Gaelic Football - RB	

Just Show Up

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Feedback

1. Write the title and date in your PSHCE books and underline them.

2. Work in pairs to make a list of reasons in your PSHCE books.

Just Show Up

The most successful people in life just show up.

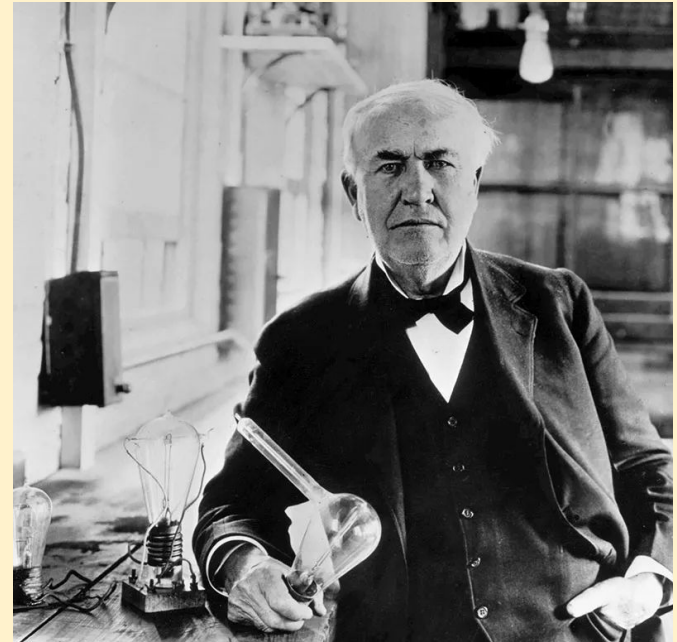
Venus and Serena Williams were up hitting tennis balls at 6 A.M. from the time they were 7 and 8 years old



Just Show Up

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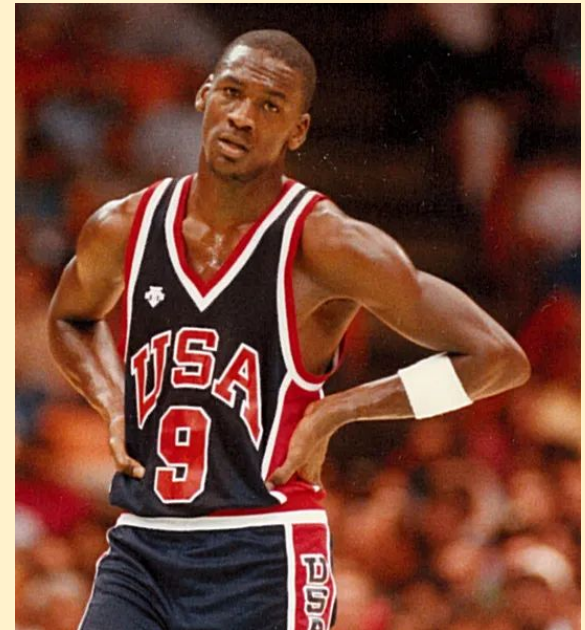
Thomas Edison was told he was told by his teachers that he was “too stupid to learn anything.” After more than 1000 attempts, he invented the light bulb and is now remembered as one of the most successful inventors in the world.



Just Show Up

The most successful people in life just show up.

**NBA legend Michael
Jordan spent his off
seasons taking hundreds
of jump shots a day**



Just Show Up

The most successful people in life just show up.

Cristiano Ronaldo has a reputation for being the first and last on the training pitch every day.

Just watch until 2.55 -
"The records follow me"



15 minutes

Year 7 & 8

1. Read [this article](#) on the power of hobbies.
Make some notes as a form on the key messages of the article.
2. What are you going to show up for this year?
Have a look through the extra curricular calendar again and decide on 2 clubs to attend.
Share this with your tutor.

Year 9 & 10

Why is it so important to show up every day when you have a job?

1. As a form, read [this article](#) (taken from LinkedIn)
2. As a form, work together to make some notes in your PSHCE books about why this article says it is so important to **Show Up** for work.

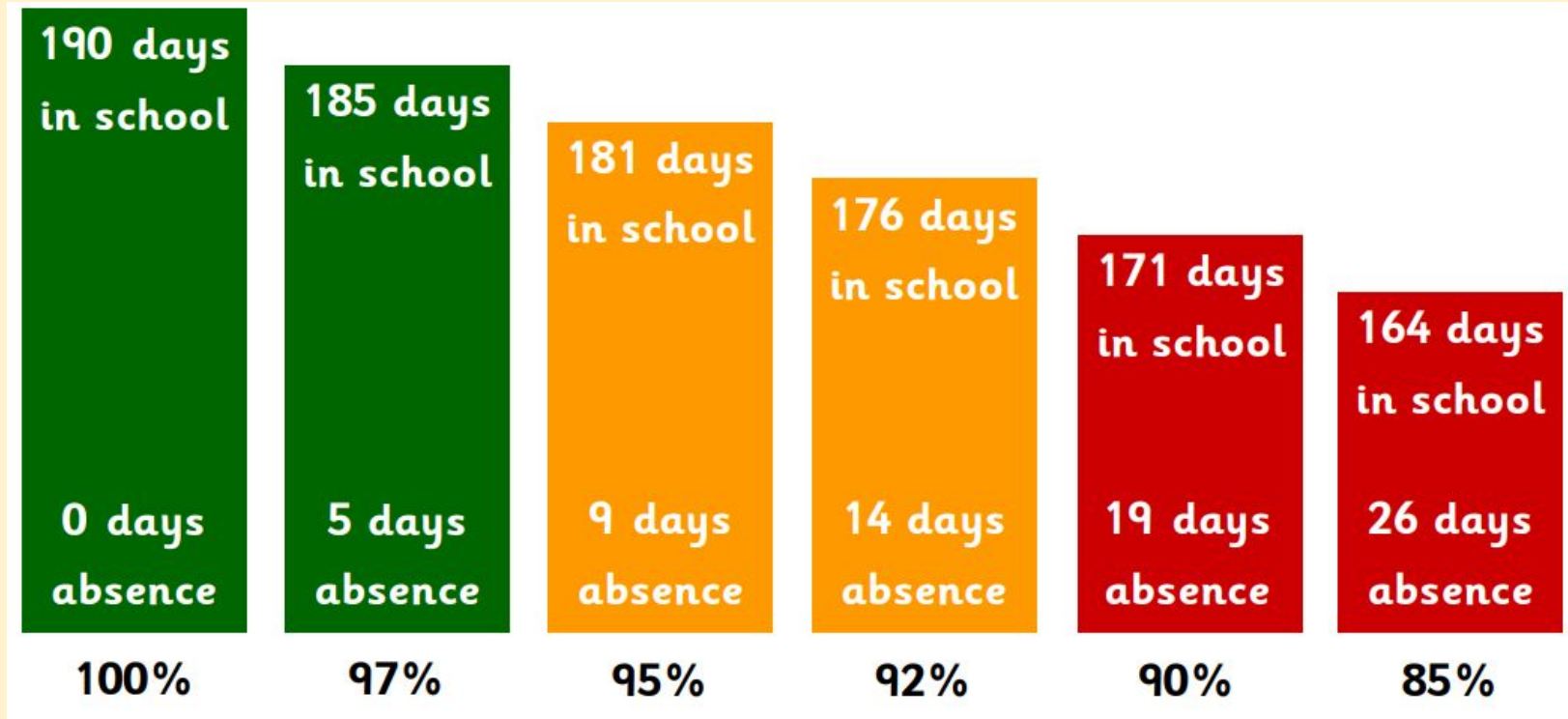
Just Show Up

The most successful people in life just show up.

How does this link to school?

Why is it so important to just show up?


What does just showing up for school mean?



How can a couple of days have an impact?

Look at the table below. Is there anything that surprises you?

Attendance During One School Year (190 days)	Equivalent Days/	Equivalent Weeks	Equivalent Lessons Missed
98%	3 Days	Over half a Week	15 Lessons
97%	5 Days	1 Week	25 Lessons
95%	10 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	95 Lessons
85%	28 Days	6 Weeks	140 Lessons



Consider the impact of missing so many lessons

What impact can being absent have?

- Missed learning
- Harder to catch up
- Affect your reading age
- Missed opportunities
- Less time for teachers and staff to support you
- Can increase anxiety about school



Pupils with no absence are over twice as likely to achieve 5 or more GCSEs at grades 5-9 including English and Mathematics...

So how can you just show up for school?

Can you make a list of top tips for yourself/your friends to ensure you just show up for school every day?

1. Get enough sleep so you can get up in the morning
2. Enjoy school - speak to someone if you have a problem
3. Be ambitious like Cristiano and know that hard work pays off
4. ...
5.



5 minutes

So how can you just show up for school?

- **Regular, appropriate bed-time** (NHS recommends **minimum 9 hours** sleep for teenagers)
- **Minimise screen time** before bed. NHS guidance: **30 mins away from screen time before sleep**
- **Good routine** - no need to rush
- **Good and reliable alarm clock**
- **Pack bag the night before**
- **Healthy, balanced diet.** Avoid caffeine, especially energy drinks.
- **Exercise regularly**
- **Take multi-vitamins** to help support immunity
- Complete all **homework the night it is set**
- **Talk to your form tutor** if there are things concerning you
- **Talk to your parents and family** about school regularly
- **Be resilient** - only take time off when absolutely necessary.
- Make **appointments after school/ holidays** to avoid disruption to your learning

Choose your top 3-5 and write them into your PSHCE book.

5 minutes

This is your best friend. What would you advise her to do?

Tamara is coming in late to school about twice a week. She is always stressed in the morning and exhausted. She has gotten really into gaming and plays online until midnight every night. She then finds it takes her about an hour to get to sleep. She has been feeling increasingly anxious about school, but she is not really sure why. She has recently stopped going handball club, even though she loved it last year.

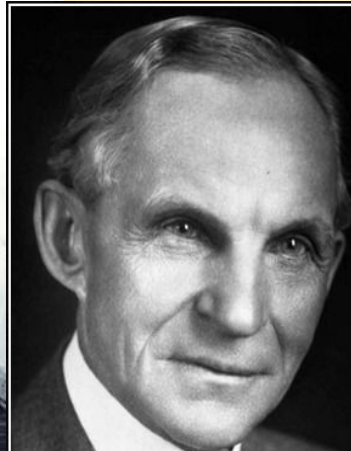


5 minutes

**Think
Pair
Share**

Well done for showing up!

**90% OF ALL
SUCCESS IS
SHOWING UP**



You are the Master of your Fate, the
Captain of your Soul.

— *Henry Ford* —