

High Performance Learning Top Tips for Parents

Your children are being rewarded for showing the following behaviours (Values, Attitudes and Attributes or VAAs):

- Confidence
- Collaboration
- Concern for society
- Creative
- Enquiring
- Open-minded
- Practice
- Perseverance
- Resilience
- Risk-taking

How can you help?

- 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 and the VAAs used because this encourages a 'growth' mindset
- Encourage curiosity to learn
- Help your child develop empathy and talk to them about their emotions
- 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 - your positive mindset will encourage them to think the same.

Encouraging phrases

- ✓ I know it's hard, but you can keep trying
- ✓ Well done - you never gave up, even when it was hard
- ✓ How are you going to tackle this?
- ✓ How can you check you're doing it right?
- ✓ You're really good at that now, what's the next step up?
- ✓ You really tried hard and persevered.
- ✓ You have such a positive attitude.
- ✓ That's a creative piece of work.
- ✓ You handled that situation well
- ✓ Give it a go independently.
- ✓ Well done for having a go, let's try again another time