



Milne's High School

Education, Communities & Organisational Development

Miss Jemma Playfair- Head Teacher

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16 November 2022

S5/6 Live-N-Learn

Dear Parent/Carer,

We have managed to secure a slot with Live-N-Learn this term for all of our S5/6 pupils. On Tuesday 22 November S5/6 pupils will complete the "Mindset for Exams" workshops led by Jen Kemp from Live-N-Learn.

Later that evening there will also be a health & wellbeing workshop being delivered by Live-N-Learn for all S5/6 parents, taking place at Milne's High School, in the GP Hall, on 27.09.22 from 4pm-5pm.

Live-N-Learn will be in school during this day delivering their Mindset for Exams to pupils and staff. This session is for you and it aims to offer a flavour of the experience your children will have had. You will hear first-hand some of the important messages delivered and learn practical advice & useful tips on building resilience, developing personal responsibility and fostering a 'growth mindset'.

Pupil Workshop: "Mindset for Exams"

Course outcomes:

Inspirational study skills workshops are customised to the context of each groups challenges and focus. Students experience a variety of practical & effective study tools & techniques required to achieve success. By tackling the challenge of 'how to study', young people recognise how their attitude towards their own capacity for improvement, plays a key role in their motivation to revise independently and persist in the face of setbacks. This is about revising and planning, not all about the final exam itself, programme could be called 'attitude to learning' or 'mindset for studying', so ideal as an induction to senior school. This can also be a daunting time full of anxieties, so Live-N-Learn can offer a perfect timely motivational boost to help your students achieve their potential.

Topics covered:

- Taking personal responsibility and 'making it happen'
- Time management & prioritisation
- Developing a growth mindset & building resilience
- 4 step revision process with 30 study strategies
- Overcoming distractions
- Grasping opportunities

We appreciate this may be late notice for some parents/carers to attend this session next week, however we have managed to secure this slot this week.

If you are able to attend can you please email admin.milneshigh@moray-edunet.gov.uk to confirm your attendance.

We look forward to seeing you on Tuesday evening.

Many Thanks,

A handwritten signature in black ink, appearing to read 'Jemma Playfair', written in a cursive style.

Miss Jemma Playfair
Head Teacher