

Happy New Year and welcome back!

Routines

The time between Christmas and New Year is all kinds of confusing.

Like, is it a work day? Is it Wednesday? Is it January already?

If it is like this for you imagine how the students are feeling.

January is the time for reminding and establishing routines

[Garrett Confronts Richie
While Polishing Forks -
Scene | The Bear | FX
\(youtube.com\)](#)

It is more than that though.

It is about the **small** things:

Is your **whole** class giving 100% attention?

Is your tutor group lined up in alphabetical order with **immaculate** uniform?

Is your class entering your classroom in a **calm** manner and taking their seats and **ready to learn**?

Do you walk past a student with their shirt out and **ask them** to tuck it in?

Punctuality to lessons

- To monitor lateness to lessons following social times, please **record students as late for P2 and P4 if more than 3 mins after the lesson start.**
- Use your desktop / laptop clock to indicate correct time.
- **Record as 'L' on your Class Charts register.** Add number of minutes late.
- Students will be recorded as late if **3 mins + late** to your lesson.
 - **Period 2: 10:53** (or later) = late to lesson
 - **Period 4: 14:03** (or later) = late to lesson

Standard operating procedures



'Deliberate silence'

Research suggests that silence itself is beneficial both physically and psychologically.

Spending time in silence has been found to have positive effects on the body in terms of reducing blood pressure, boosting the immune system, reducing blood cortisol, promoting hormone regulation and prevention of arterial plaque formation.

Psychological benefits of silence can include enhanced creativity, focus, self-control, self-awareness, perspective and spirituality.

'Deliberate silence'

If you ask for deliberate silence, then **maintain it**. It should not mean low level chat (If you want students to discuss something use the turn and talk strategy).

Tell students **why** it is deliberate. 'Being silent helps us to learn without distraction' or 'silence helps creativity' or 'silence helps you to learn more deeply and process easily'.

Do not interrupt your own silence.

1. Recap	Recap, retrieval and recall free up working memory space and build secure schemas . Systematically planned Recap supports the curriculum.
2. Model	Expert explanations and modelling are necessary for learners to be guided through concepts, especially novice learners.
3. Practise	Practice is crucial to reduce forgetting and prevent cognitive overload.

