



Winning habits

# Winning habits



- Things have been tough for all of us over the last few months, especially when we consider habits and routines.
- Some of us have struggled establishing a regular pattern to our days; not sleeping well, staying up late, sleeping in, lacking motivation, irregular eating patterns, lack of exercise, not having any will power, or feeling flat.
- It is no surprise that many of us have also struggled settling back into our school routines and habits too.



## Winning habits

- Having our school community back is great, school has not been the same place without our pupils in it.
- Coming back to school has been beneficial to everyone, despite having to think about and practice our *staying safe actions*; meeting up with classmates, socialising, being able to talk to other people, filling the day with productive things and taking part in activities that are great for your wellbeing.

A top-down view of a person sitting on a patterned rug, working on a laptop and writing in a notebook. The person is wearing a light blue shirt and light blue jeans. The laptop screen shows a video of a man in a suit. There are several notebooks and papers scattered around the person. The background is a brown and beige patterned rug.

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- After a few weeks back, many of your teachers have noticed one major habit that pupils from all year groups have struggled to refamiliarize themselves with, *organisation and competition of homework tasks*.
- Please be aware that doing homework is not an option.
- Homework is so important in your progress as it complements the work you do in class.

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- Over the next few weeks school is going to introduce a new procedure of staying connected with your family.
- At present your family receives all your praises that are given to you by your teachers for your positive approach to learning and display of great characteristics in lessons.
- Soon we will also be sending home all the concerns that you are picking up in an effort to help you adopt more '*success habits*'.



BE THE  
BEST  
VERSION  
OF *you*

DO THE BEST YOU CAN

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- We want everyone to be successful and be 'the best that you can be'.
- In order to do this it has to be a true team effort.
- Your teachers will try to deliver inspiring lessons, challenge you, stretch you and support you.
- In return you will give your best effort each day you come to school.



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- Many entertainers, sports personalities and businesspeople have shared their thoughts as to what makes people 'successful'.
- No major secrets or magic recipes, apart from good old fashion *hard work*, the following were in their top 10.



## Winning habits

**1-Don't multitask.** Studies have shown that trying to juggle too many tasks is physically impossible. Concentrate on getting one thing right and then moving onto the next.

**2-Divide it up.** Splitting your work into manageable chunks and rewarding yourself when you finish each chunk will make studying (more) fun.

**3-Sleep.** Don't underestimate the importance of those eight hours of zzz's every night! Getting a good night's rest will sharpen your focus and improve your working memory.



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**4-Set a schedule.** Do you work better right after school or after you've eaten dinner? Are you more productive in 90-minute blocks or half-hour spurts? Find a schedule that works for you and stick to it.

**5-Take notes.** Taking high quality notes will not only keep you more engaged during class but will also help you narrow down what you need to study when exam time rolls around. It's much easier to reread your notes than to reread your entire textbook!

**6-Study.** This one might be obvious, but did you know that there's a right and a wrong way to study? Review your material several days ahead of time, in small chunks, and in different manners (write flashcards one day and take practice tests the next). In other words, don't cram.

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**7-Manage your study space.** Find a place that will maximize your productivity. Look for places away from the television and other distractions. Whether it's your local library or just the desk in your bedroom, set aside a study space that you'll want to spend time in.

**8-Find a study group.** Sitting down with a group of people who are learning the same things as you is a great way to go over confusing class material or prepare for a big test. You can quiz each other, reteach material, and make sure that everyone is on the same page. After all, teaching someone else is the best way to learn.

**9-Ask questions.** You are in school to learn, so don't be afraid to do just that! Asking for help - from a teacher, a tutor or your friends - is a sure way to make you truly understand the material.

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## 10- SURPRISE SURPRISE!!!!

### Get Organized

Planning for what you are going to do, what you must do, what your deadlines are and when you are going to do it will make sure you are always ahead and experiencing less stress too.





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- Great advice on getting yourself ORGANISED
- 5.10mins
- <https://youtu.be/88MjoZalHpM>