

# ©LEVER ©LOGGERS

## Evaluation Report



School: xxxxxxxxxxxxxxxxxxxx

Year Group: P7 + Parents

Programme Date: 14th May 2015

Presenter: xxxxxxxxxxxxxxxx

[www.amazingbrains.co.uk](http://www.amazingbrains.co.uk)

## Programme Overview

Moving from primary to second-level education can be an intimidating prospect for many young pupils. Some feel nervous and apprehensive while others are genuinely terrified at the prospect of being forced out of their comfort zone. Even simple things like making new friends can often prove difficult not to mind the process of understanding the many new demands associated with second-level education.

The **Clever Cloggers** Transition Programme addresses all of these issues in a systematic and engaging manner to ensure that, by the end of the programme, young people will feel equipped empowered and excited about the year ahead.

The programme consists of six themed progressive workshops. These are: Mindset Matters; Fuel for the Brain; Neurofun; Memory Master; Circle of Friends; and, Game On. In addition, parents are invited to attend a **Parent Power** workshop to equip them with the skills and tools to help their children with the transition to *big school*.





# Programme of Activities

## Mindset Matters

Ever heard of a Growth Mindset? It's the concept at the heart of everything we do. We don't think intelligence is fixed, we believe it's malleable and therefore every child through hard work and application can achieve great things. When children understand that they can actually grow their intelligence they feel extremely empowered and are much more likely to demonstrate resilience. **Mindset Matters** is an inspiring workshop that draws on the wonderful research carried out by Professor Carol Dweck from Stanford University. Mindset really does matter and we show students how having a growth mindset is key to success at secondary school!

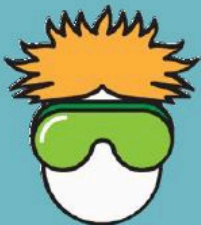
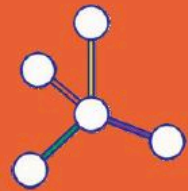


## Fuel for the brain

The food we eat has a direct impact on our brain. Different foods can help or hinder concentration, focus and memory. If we want to perform at peak levels we need to look after our command centre!! So how can we do this? Are there ways we can improve our brainpower *and* our performance? Oh yes! **Fuel for the brain** looks at all of the wonderful ways in which students can keep healthy and firing on all cylinders! In a fun way we'll cover: the right foods to eat; the ones to avoid; hydration; exercise required; relaxation and lots of other wonderful stuff!

## Neurofun

Did you know that there are over 100 billion neurons in your brain? Did you know that anything you've ever learnt in your life, you've done by making brain connections? Now we've found out about what our brain does and how to keep it fit and healthy, it's time to find out how it works. This really practical session will get your pupils buzzing as they build their own brain cells and connect them together. Neurofun will capture the imagination of your students as they learn that they all have amazing potential and can achieve anything at secondary school if they put their mind (or brain) to it!



## Memory Master

Your memory is your brain's filing system and it can store an amazing amount of information. It contains everything you have ever learnt! Sometimes it can be difficult to retrieve all that information but the Clever Cloggers can help. In Memory Master we show students how to use 'active' techniques to aid memory and recall. Students will develop memory skills that, if practised, can become memory habits that will stay with them for their entire lifetime! This is an empowering workshop that builds students' academic confidence as well as preparing them for the new chapter in their lives.

## Circle of friends

Making friends can be a daunting and sometimes even terrifying prospect for children transitioning to secondary school. In Circle of Friends we offer students tips and techniques on how to make new friends but also on what to do and how to seek help if they or anyone they know are subjected to bullying. In Circle of Friends we also introduce the concept of study groups and help students understand that their peers are one of the biggest assets they have to help them learn! We demonstrate the power of people, the real power of sharing ideas, asking questions, teaching others and combining brainpower.



## Game on

In the final workshop of the transition series we pull all of our ideas, reflections and learning together. Through a number of short games we help students plug the gaps, ensuring they feel *transition-ready*. We address any remaining apprehensions and fears they might have, but most importantly we enable them to feel excited, enthused and equipped about their new challenge. We finish with a short celebration event!



## Clever Cloggers Transition Programme




The specific objectives are aligned with the individual activities/tasks completed, on a staged basis, over the course of the programme. These are to:

- introduce pupils and parents to the growth mindset and its' importance in taking on new challenges, to success in education and in life;
- Investigate what resilience means and help students understand the self-satisfaction to be gained from persisting and persevering with tasks;
- explore the impact of different foods on concentration, focus and memory;
- engage participants in the construction of brain cells and neural pathways and, in so doing, understand the ways in which our brains make connections when in learning mode;
- show learners how to use active techniques to aid memory and recall;
- introduce study groups and the potential positive impact of interdependent/peer/collaborative learning; and,
- reflect on the main learning points and any apprehensions through a series of short and active games, and celebrate participants' readiness for transition.



## Student Feedback

After today ...

	Agree 	Disagree 	Not Sure 
I understand more about how my Amazing Brain works:	100%	0%	0%
I understand how I can be smart in many ways:	100%	0%	0%
I understand how my memory works best:	93%	0%	7%
I know why it is important to eat healthily:	100%	0%	0%
I am more confident about making new friends in school:	100%	0%	0%
I feel better prepared for starting my new school.	93%	0%	7%

### Student Comments

- “Today made me look forward to going to a new school more.”
- “Today was really fun and we did lots of activities”
- “I liked the memory activities”
- “It was very helpful. I had fun”
- “The amazing brain experience has been great so please come back”
- “It was a great experience”
- “Good programme. Hopefully I can do it again next year.
- “Today was really fun and really interesting.”
- “I really enjoy today and it was very fun”
- “Thank you today was the best.”
- “Thank you very much.”
- “It was fun and helpful.”
- “Please come back, this was awesome.”



## Parent Feedback

After this session, I ...

	Agree 😊	Disagree 😞	Not Sure
Feel more able to support my child through school (practically and emotionally)	100%	0%	0%
Will be able to help my child to organise his/her time better	90%	0%	10%
Will be able to help my child make good decisions about school and the transition	90%	0%	10%
Feel more confident of discussing my child's progress with his/her teachers	100%	0%	0%

### Parent Comments:

- “Very good programme. Well done. Probably help my memory too. Thank you.”
- “Fun and interesting programme with some positive effective tips which parents and their children can put into use on a daily basis and also help with transitions.”
- “Very well delivered ad a great idea – My son really enjoyed it – Thank you.”
- “A short handout would be useful/email. Hints and tips maybe.”
- “Good programme, very informative, easy tips to put into practice in the future.”
- “A good eye opener to help myself and kids work better together.”
- “Very good.”
- “Michelle was excellent.”





## Our Commentary

Amazing Brains is **one professional partner** in the network of support and encouragement needed by pupils to realize their full potential. Where schools, parents and other stakeholders are committed to seeing pupils strive and grow, we can give them the tools, mindset and advice to enable *them* to make a difference.

