



Headteacher: Mrs Lucy Miles  
NWD/sby

24<sup>th</sup> February 2021

Dear Parents and Carers

**Do you think your children might benefit from a boost to their motivation to learn?**

**Would you appreciate extra help in supporting your children through these strange times for education?**

**Motivation Reframed: A Presentation for Parents of Students in Years 10-13**

With the current Covid-19 restrictions, we are very much aware that children and parents need to make unprecedented changes to their daily routines. For many this is a testing time and it can be very challenging to keep up motivation levels.

With this in mind, we are fortunate to have been able to engage a speaker, Dr. Martijn van der Spoel, to talk to the parents and carers of students in Years 10-13 about supporting your child to develop effective motivation strategies that will help them engage more effectively with their learning. This presentation will be delivered remotely, through Zoom, and will last for 45 minutes. It will be held on the 10<sup>th</sup> March 2021 at 6pm.

Dr. van der Spoel is a chartered psychologist, who specialises in using the mind as an effective tool for life learning. He will talk about how you can help your child to learn to balance focus, motivation and study behaviour. The presentation has a significant, but accessible, emphasis on the psychology behind the strategies of learning. You will leave the session not only with the "how" but also with the "why" of effective learning. Examples and insights from research will be used to illustrate how you can support your child's motivation. Please see the attached flyer for more information.

We do hope you will be able to join us on the 10<sup>th</sup> March 2021 at 6pm. We would be grateful if you would email [admin@highfield.herts.sch.uk](mailto:admin@highfield.herts.sch.uk) to let us know if you do intend to attend and we will send you the link for the session.

Yours faithfully

Mrs Norwood  
Assistant Headteacher

Mr Clark  
Head of Year 10

Mr Nichol  
Head of Year 11

Mr Burton  
Head of Year 12

Mr Holmes  
Head of Year 13

