



HOOK JUNIOR  
S C H O O L

# Weekly Newsletter

## Friday 14 March 2025

### **Metacognition – how you can help support your child at home**

In January, our inset day was used for all staff to further develop their understanding and teaching practice around metacognition. We had Nathan Burns, also known as 'Mr Metacognition', join us for the day to share his expertise.

Metacognition refers to a learner's ability to reflect upon their own learning: it requires learners to have a clear knowledge of the task, effective strategies they could use and an awareness of their own strengths and areas of weakness. It also supports to develop learner's ability to plan, monitor and evaluate their own learning. Evidence shows it has a great impact on supporting to develop resilience, independence and improves attainment for all ages and abilities.

In class, we have been working on strategies to develop metacognition in teaching practice and pupil learning across the curriculum. But how can you support at home?

#### **Nathan Burns wrote a recent article which we thought would be useful to share:**

'What did you do at school today?' It's a question many of us ask our children almost daily, and we quickly get used to unsatisfactory answers! It's not that what they had for lunch or who they played with at break isn't interesting, but most parents are desperate to know more about the actual learning their children have been doing...

However, there is a way to make talking about learning much more productive and helpful, to boost children's progress, and to help bridge the gap between parents and school work. This is my specialist area: metacognition. An easy way to think about it is learning about learning. It's a widely known area of theory, but not widely understood. I 'discovered' it during my initial teacher training and it excited me straight away. Metacognition refers to any approach or activity where students are reflecting on their own learning approaches as well as studying the material at hand. You can increasingly see it at work in the classroom, where the science of learning is making more inroads. And it's an approach we can foster at home.

So actually, it turns out that parents are right to ask their children all about school!

Metacognition gives us a way of talking about, and intervening with, children's learning in ways that make it more effective and turn them into resilient, independent learners. It also allows parents a way of interacting with their children's schoolwork that doesn't require them to be experts in what is being taught. Few parents could achieve a high grade in many GCSE subjects without revising material from their own school days!

But we can help children to articulate their own learning process as a way to build their confidence and ability to do well.

Metacognition lifts the lid on our own thinking. It happens when we help children to think about their own learning and how to learn more effectively. You've probably heard about the importance of developing a "growth mindset" with children: a belief that they can overcome obstacles and get better even at things they find difficult. This is an example of what metacognition is. Metacognition helps to develop "self-regulated" learners who are active participants in their own learning and who reflect on the strategies they use. They are better at organising and managing their own time.

### **Motivate**

Education so often feels like a game of marginal gains. Little things that we can do in school or at home to gain an extra mark here, an extra mark there. If you've had a child go through any exams then you'll know the feeling, and it's very familiar to teachers too!

But metacognition is perhaps the final major gain. The Education Endowment Foundation – the leading body for assessing the effectiveness of education initiatives – have declared that metacognition is more powerful than any other teaching practice that we can develop. It can, if done well, lead to a 7 month increase in attainment: almost a whole school year. The benefits of metacognition work for all students, regardless of their demographics, prior attainment, or socio-economic backgrounds.

Metacognition makes learning more efficient and more effective by empowering children to understand and take charge of what they're doing and how they're progressing. Metacognition develops more independent learners who have strategies for acquiring new skills in an effective way. It helps to develop self-regulation skills and resilience in the face of challenging tasks. Students trained to learn this way revise more effectively, because they know to concentrate on the right things, not just the easy things.

The great news is that, just as I train teachers in effective ways to bring metacognition into the classroom, it's easy to start using it at home. In fact, supporting the development of metacognitive abilities at home could be just as powerful as supporting them in school.

### **Support**

These are some easy ways to bring in metacognition and talk about learning at home, in ways that support the work children are doing at school.

A great place to start is by talking with children about their learning. This can begin from a young age. Experts in metacognition talk about planning, monitoring and evaluation. What do they want to do, how are they getting on with it, and how did it go? If something is hard, what might make it easier? Are we happy with the job we've done, and is there a way we could make it go better next time?

**Talk about school.** Move beyond general questions and encourage children to talk about what they learnt and how. What were the sticking points in the day and how did they overcome them? What sort of help did they need and did they know how to ask for it?

**Justify their choices.** Imagine your child has a piece of descriptive writing to do for homework. Encourage them to talk about the choices they're making. Why did they choose a particular word? Why did they start a new line? When they read back through their introduction how could it be better?

**Find connections.** Our mental schema of a topic is the way that our knowledge fits together. We can strengthen them by finding connections between the information we know. Think of a vocabulary word they've learnt. How well does it apply to a character in a book? What about a figure from history?

**Key word quizzing.** Before children begin a task, ask them about the key terms in the instructions. If children think carefully about what is being asked of them before they begin, they're likely to produce better work and plan more effectively.'

## **HSCA News**

### **Pre-Loved Uniform**

A big thanks to everyone who visited our uniform sale last Friday! If you weren't able to make it to the sale, remember you can [purchase pre-loved logo uniform from our Online Shop](#) anytime during term time and collect your items at school.

### **Gift Sale**

Our Gift Sale for Mother's Day and other V.I.P.s will be on Thursday, 27 March. During the school day, the children will have the opportunity to purchase pre-bagged gifts for their Very Important People. All gifts are £2.50 and there will be a variety available to help prevent sibling duplicates. If your child wishes to participate, please send £2.50 per gift required into class with your child on the day of the sale. For ease and safe keeping please send the money in an envelope or purse. For more details please see our website.

### **Summer Fair Sponsorship Opportunities**

The Summer Fair team is already busy making plans for this year's fair on 28 June and we are interested in hearing from anyone who wishes to sponsor one of our key attractions - new and returning sponsors welcome! Full details and benefits of sponsorship can be found here. If you are interested in promoting your business through our school community please get in touch at [events@hsca.org.uk](mailto:events@hsca.org.uk).

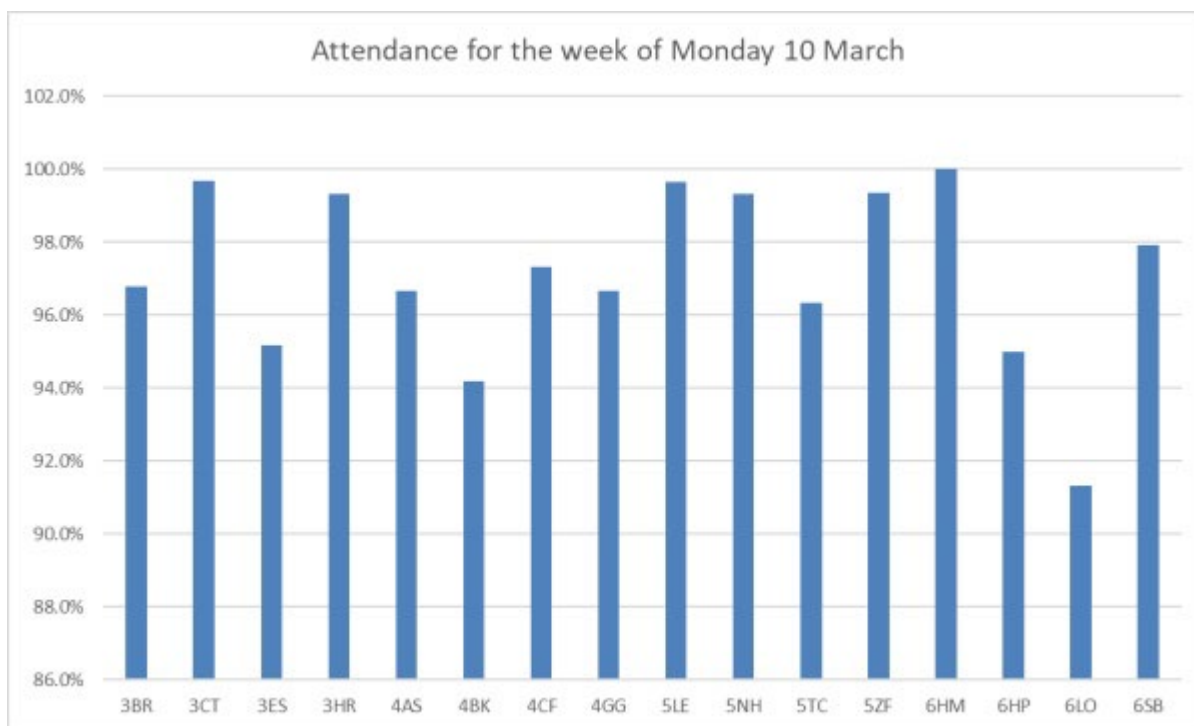
## **RMS Open Day**

Robert Mays School have changed the date of the Year 6 Parent/Student Open Evening Tours event from Wednesday 17th to Tuesday 16th September as we have been made aware of another local school event that is happening on the same date. We do not want anyone to miss out on the opportunity to visit our school and experience the wonderful activities that are available to new Year 7 students when they join.

## **Koosa Holiday Club**

KOOSA Kids are pleased to be operating an Easter Holiday Club at Hook Infant School from Monday 7th to Thursday 17th April. Join them for two weeks of Easter Holiday Fun. The activity programme is jam-packed full of Out of this World adventures (7th to 11th April) and cracking Easter activities with an Eggstra-Special Easter (14th to 17th April) activity programme! Children will take part in up to 9 activities each day, always a mixture of sporty and team games, arts & crafts, drama, imagination, squad rallies and of course the popular go karts. All from just £30.00 per child, per session (Standard day 10.00am to 4.00pm; longer days available) and your third child goes FREE (siblings only)! Visit <http://www.koosakids.co.uk/holiday-club> for more information or call 01276 21884. Bookings are open. All children aged 4 – 13 are invited.

## Attendance



Whole school attendance this week: 97.2%

## Stars of the Week

Year 3: Albie S, Max R, Anna M, Yehor K

Year 4: Harry W, Reggie C, Alma B, Zachary H, Amiya J

Year 5: Lochlan H, Emily T, Tala A, Leo A

Year 6: Pavel P, Rhian P, Isabelle R, Pietro F, Alice R

## House Points this week

Austen: 274

Brunel: 272

Nightingale: 225

Wellington: 224

House point winners this week: Austen!

## Find out more...

Follow us online to see much more about what's happening in school.

[Twitter.com/hookjunior](https://twitter.com/hookjunior)

[Facebook.com/hookjuniorschool](https://facebook.com/hookjuniorschool)

[Instagram.com/hookjunsch](https://instagram.com/hookjunsch)

## School Events

A full list of key dates is published [on our website](#).

## Safeguarding

Safeguarding your children is our priority. Please contact the school's Designated Safeguarding Leads, either Miss L Powell (Headteacher), Mrs N Bailey (Deputy Headteacher) or Miss J Carne (Inclusion Leader) with any concerns. Further Safeguarding information and support can be found via [www.NSPCC.org.uk](http://www.NSPCC.org.uk) or Childline 0800 1111. Any concerns may also be raised directly with Hampshire County Council Children's services phone line (anonymously if you wish) by calling 0300 555 1384. Keeping our children safe is everyone's responsibility.



**Easter Half-Term  
Football Camp**

**Wednesday 16th and Thursday 17th April**

**Hook Junior School, Ravenscroft, Hook, RG27 9NN**  
**From 10:00 - 16:00**

Boys and Girls from Reception through to Year 6

Every child will receive high quality coaching from FA/UEFA qualified coaches, and take part in fun, age-appropriate games and drills!

Head to <https://www.abler.io/shop/theshots/shotsfoundation> and select 'Hook Easter Camp' to sign up.

Email [jamie.macallister@shotsfoundation.org](mailto:jamie.macallister@shotsfoundation.org) for any questions.

£  
1 Day - £30.00  
Both days -  
£55.00

**BOOKING REQUIRED!** (from 1st July)



## OPPORTUNITIES TO VISIT



### Year 6 Parent Open Evening Presentation

*Hall | Thursday 11<sup>th</sup> September 2025*

An evening for Parents/Carers only. A presentation from the Headteacher and members of the Senior Leadership Team on the school's vision and values with an overview of what you can expect if you choose Robert May's School.

**Talk 1:** 5.15 - 6.00pm      **Talk 2:** 6.30 - 7.15pm

**See our website to book (Bookings open from 1<sup>st</sup> July 2025)**

### Year 6 Parent / Student Open Evening Tours

*Tuesday 16<sup>th</sup> September 2025*

An evening for Parents/Carers and students to visit and discover all that Robert May's School offers. Students will act as tour guides to show you round the school and staff / the Senior Leadership Team will be available to answer any questions.

**Tours depart at:** | 5.00pm | 5.30pm | 6.15pm | 6.45pm |  
(Last tour ends at 7.45pm)

**See our website to book (Bookings open from 1<sup>st</sup> July 2025)**

### Year 6 Parent School in Action Tours:

*6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> October 2025 (Arrival from 9.05am, tours start at 9.15am)*

An opportunity for Parents/Carers only to visit the school during a normal school day to see lessons taking place. You will be toured by a member of the Senior Leadership Team.

**See our website to book (Bookings open from 1<sup>st</sup> July 2025)**

Robert May's School, West Street, Odiham, Hampshire RG29 1NA | tel **01256 702700** | email [info@rmays.com](mailto:info@rmays.com) | [www.rmays.org](http://www.rmays.org)

**KOOSA**  
kids

FUN, ACTIVE CHILDCARE!



# FUN, ACTIVE HOLIDAY CLUBS FOR CHILDREN AGED 4-13

**EASTER, MAY  
+ SUMMER  
2025**



From just **£30.00**  
per day! **8% DISCOUNT**

Third Child  
★ goes ★  
**FREE!**

Summer  
**SPECIAL**  
Activity Days  
See Page 5

## VENUES IN

BERKSHIRE	BRACKNELL CAVERSHAM
GREATER LONDON	CHESSINGTON HAMPTON ISLEWORTH KINGSTON TEDDINGTON WHITTON
HAMPSHIRE	ALDRSHOT ANDOVER FLEET HOOK LIPHOOK
SURREY	ASHFORD EPSOM GODALMING: -BUSBRIDGE JNRS -GODALMING JNRS GUILDFORD: -NORTHMEAD JNRS -ONSLow INFANTS HASLEMERE REIGATE WEST EWELL WEYBRIDGE WOKING



UP TO **9**  
ACTIVITIES  
every day!

## OVER 350 ACTIVITIES!

UNLIMITED  
★ FUN! ★

Including...Go Karts, Drama, Rounders, Science, Golf, Uni Hoc, Cricket, Crossbow Challenge, Arts & Crafts, Football, Relays, Parachute Games, Water Play, Space Hoppers, Lego, Obstacle Challenge, Paint Party, Nature Fun. Plus hundreds more!

**VISIT WWW.KOOSAKIDS.CO.UK OR CALL 01276 21884**

# Hampshire County Youth Choir "Sing-Alongside"



**FREE**



Supported using public funding by  
Department for Education | ARTS COUNCIL ENGLAND

**Friday 25 April 2025**

**5.30pm - 8.30pm**

**The United Church, Jewry St, Winchester**

- 5.30pm- Yr 7 to Yr 13
- 6.00pm- Yr 2 to Yr 6 Juniors
- 7.30pm- Show to parents for all participants
- Register your interest to reserve your space



**ALL WELCOME**



For more info  
and to signup,  
please use the QR code



**Hampshire**  
County Council

[www.hcyc.hmsensembles.org.uk](http://www.hcyc.hmsensembles.org.uk)





# Spring 2025 Newsletter

FACE delivers online support via zoom for parents across the UK  
Talks are 90 minutes long, £24 each - Book Online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



Schools can now buy a  
**FACE School Annual Membership**  
which means **ALL parents** and **ALL staff**  
get unlimited **FREE access** to **ALL** 16 parent talks

Thursday  
24th April  
19:00 - 20:00  
**FREE**



## Responding to Angry Behaviour

What can we do in the moment?

Tuesday  
18th March  
10:00 - 11:30  
£24



## Anxiety Explained

Anxiety, especially in our young is rising.  
This session explains what it is, why it happens and how you can help.

Tuesday  
3rd April  
10:00 - 11:30  
£24



## Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
3rd April  
19:00 - 20:30  
£24



## Improving Family Communication

How to reduce the shouting and arguing and start the talking.

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



# Spring Timetable

all sessions delivered live online via zoom £24 each 90 minutes long  
book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Anxiety Explained	18 MAR 7pm
What is ACT?	20 Mar 7pm
Understanding the Teenage Brain	24 MAR 10am
Supporting Healthy Sleep	24 MAR 7pm
Decreasing Depression	25 MAR 10am
Raising Self-Esteem	25 MAR 7pm
AUTISM: Improving Communication	2 APR 10am
Supporting a Child with ADHD	3 APR 10am
Improving Family Communication	3 APR 7pm
Supporting Healthy Screen Use	7 APR 10am
Facing Defiance	7 APR 7pm
Anxiety-Based School Avoidance	8 APR 10AM
Understanding Anger	8 APR 7pm
Anxiety Explained	14 APR 10am
Cannabis & Ketamine Awareness	14 APR 7pm