

## LANCASTER ROYAL GRAMMAR SCHOOL

East Road Lancaster LA1 3EF

Tel: 01524 580600 Ext: 253

Email: shaigh@lrgs.org.uk



Miss S J Haigh Head of Sixth Form

11<sup>th</sup> September 2019

Dear Sixth Form Students and Parents,

### ***Elevate Study Skills – Thursday 3<sup>rd</sup> October 2019***

We are pleased to announce that we will be hosting a study skills day for Lower Sixth students on Thursday 3<sup>rd</sup> October. This will include a workshop for the students and a parents' session in the evening. Elevate, the company running the workshops, draws upon 15 years of research into the habits of the country's top students to help pupils improve their study techniques, increase motivation, build confidence and lift exam performance. They have an excellent reputation for achieving behavioural change. They use young, charismatic presenters who engage with teenagers, and they tailor their sessions to the needs of the cohort. They provide a range of resources and guidance so that skills can be integrated into the classroom and also run training for families so that parents learn to support effective study habits at home.

We have availability for 70 Lower Sixth students to take part in a 75 minute workshop. The students' workshop will focus on Time Management which we've identified as a target for many of our pupils. The workshop addresses study routines, how to work smarter, effective study groups and avoiding procrastination.

On the same day there will be an hour-long Parent Study Skills Evening from 17:30 in the school hall. This is a great way for parents to keep in the loop about the advice given to the students, so that the key messages can be supported at home. Triangulation between school, parents and Elevate has been proven to provide a catalyst for positive behavioural change. The evening workshop for parents will cover:

- How parents can help their children manage their time
- How parents can help their children become motivated and stay motivated
- The different types of work students should prioritise across the year to maximise results
- How parents can help their children work effectively with technology whilst minimising distractions

The total cost of this training per family (to include the workshop for the pupil and that for parents) is £10.

We feel very strongly that this training will be very useful for the Lower Sixth in helping them to make the successful transition to A-level study and exam success. The feedback from parents and students last year was very positive.

If, after discussing this opportunity with your son / daughter, you would like them to take part in the workshop and you would like to attend the parents' workshop, please pay through Wisepay by Monday 23rd September.

Yours faithfully,

Miss S J Haigh  
Head of Sixth Form