



Park Spring Primary School

"Achieving Together"

18 October 2017

Dear Children/Carers

It is half term already! You will be receiving a booklet: 'My Little Book of Goals'. This is for you to use to write any achievements from the half term break. It is completely optional, but is there to encourage you to try something new or to try something that you believe you 'can't do'. At Park Spring, we use the term 'Not Yet' because with a little practise, we can accomplish amazing things!

Whatever challenge you choose doesn't have to be school related. It can be anything! Learning to ride a bike or tie your laces, swimming, hoola hooping, the alphabet or the 1,2,3s... It is child lead and should be Specific (just one thing), Measurable (how do you know you're improving?),

Achievable (don't make it too difficult!), Realistic (can we achieve it?) and Time Related (just do it for half term) (SMART) and is designed to give you a confidence boost.

We really hope that lots of you have a go. We might even give out prizes for the best ones!

Have a great holiday and we look forward to seeing you all back!

The Metacognition Group.

H. Diaper, P. Fotherby. L. Mahoney. S. Barrett and R. Dinsdale.