

Achieve Excellence Programme - Parent Newsletter

"Memory isn't just about recalling facts — it's about connecting ideas, experiences, and emotions."

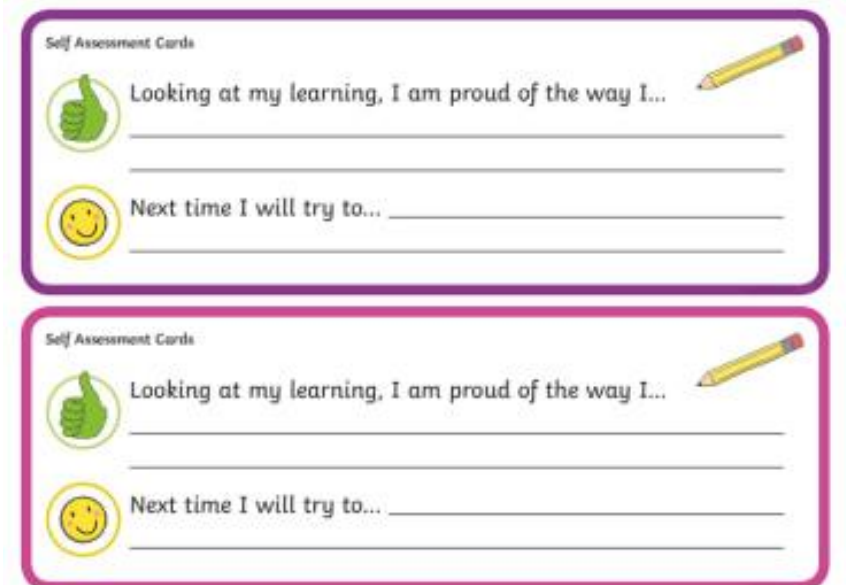
Did You Know?

When children actively do something with what they learn — by talking, practising, or revisiting it later — their brains strengthen the pathways that store that knowledge.

The more meaningful and hands-on learning feels, the better it sticks.

Build a Brain-Boosting Environment

- **Stick to routines** — predictable patterns help children understand order and sequence. Having a routine on how pupils study at home helps them strengthen their learning.
- **Prioritise good sleep** — the brain stores new information during rest. A good night sleep supports pupils with memorization and making connections between topics and subjects.
- **Eat for brain health** — foods rich in omega-3s (fish, eggs, nuts) and antioxidants (berries, greens) support focus and memory.



Helping Your Child Strengthen Their Memory

The best memory builders happen naturally — through conversation, play, routine, and shared experiences.



Homework and Practice at Home

Ask your child to **revisit and repeat** learning soon after it's introduced to strengthen recall.

You can use the resources shared on google classroom to do this.

Remind your child **that regular revision beats cramming** — 30 focused minutes per day are more effective than an hour all at once.

Create a calm workspace and **talk through homework** — when pupils explain their answers, it builds understanding and help them reflect on what they learnt.

Reflect together: You could ask: **“What was easy? What will you try differently next time?”**

Talk, Reflect, and Connect

Encourage storytelling — ask your child to retell their day or a favourite story from their lessons.

Ask “why” and “how” questions — help them think deeply and make connections. Even if you do not know they answer, it encourages pupils to think about their learning.

Link new learning to past learning — meaningful learning is memorable learning. Discuss how what they learnt links to past learning or real life situations.



Make Memory Fun

Play memory games

Use rhythm and rhyme — songs, chants, and jingles make facts stick.

After a story, **ask recall questions** like “What happened first?” or “What surprised you?”

Learn by Doing

Learning by doing makes learning tangible and memorable.

When discussing learning you can ask your child to use visuals **like mind maps, flash cards or colour-coded notes** to organize their ideas.

Ask your child to **teach you** what they learned; teaching is powerful memory practice.

The Power of Revision and Revisiting Learning

- **Spacing matters:** ask your child to review topics over time to strengthen their memory links.
- Make **revision notes:** short, colourful notes help summarise ideas.
- Mix it up: Ask your child to blend old and new topics during review to deepen understanding. They can talk you through on how they do this.
- **Self-testing:** ask, “Can you tell me three facts about...?” rather than just re-reading.
- **Celebrate progress** to boost motivation and confidence.
- **Test them using their flashcards.**



Next Issue: Supporting Time Management

Look out for practical routines and simple home strategies to build time management and independent study skills.

Live Parent Webinar: How You Can Help Improve Your Child's Memory

📅 Tuesday 18th November | ⌚ 6:00–7:00pm (GMT)

Our live Elevate webinar shares research-backed techniques to help your child improve recall and make revision more effective. Join the webinar for practical strategies to support your child's learning.

Reserve your free place here:

<https://go.elevateeducation.com/ukschoolwebinar>