

Headteacher

# BREAKFAST BRIEFING



KEY MESSAGES | CURRENT AFFAIRS | CONTEXTUALISED READING

HALF-TERM 3 **WEEK 2 (A)**  
W/C 15TH **JANUARY 2024**

Useful Links

Remember to also go through your Head of Year if you need anything...

## Term Calendar

An overview of the school year (subject to some changes (assessment periods))



*Our Twitter (X) is our key info sharing platform. All families should be using this.*

## Letters Home

All the letters sent to our families. Please also add us on Twitter (X).



**WEEKLY INFORMATION FOR STUDENTS & FAMILIES**



# Student Support

Know who to speak to  
when you need support!

## Heads of Year

Y7	Y8	Y9	Y10	Y11
Ms Crossland	Ms Fletcher	Ms Sykes	Ms Parsonage	Ms Hallworth Ms Carter*

## Student Support (Student Services)

Ms Gaye (Pastoral Support Officer)  
Mr Holmes (Pastoral Support Officer)  
Ms Hill (Pastoral Support Officer)  
Ms Carr (Pastoral Support Officer)

## Safeguarding & Wellbeing

Ms Robinson (Safeguarding Lead)  
Ms Wood (Counsellor)  
Ms LeRoy (Family Liaison Officer)  
Ms Brook (Mental Health Lead)

# EXTRA-CURRICULAR ACTIVITIES: SPRING TERM 23/24 (3PM-4PM)



# ACTIVITIES

Day	Club	Location	Staff Lead
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>Netball Y7 – Y10</li> <li>Fitness Y7/8</li> <li>Homework Club – All years</li> <li>TLC time</li> <li>KS3 Girls scooters (12.30-1.00)</li> <li>Cooking Club</li> <li>Karaoke Club</li> </ul>	<ul style="list-style-type: none"> <li>Sports Hall/ Astro</li> <li>Fitness Suite</li> <li>606</li> <li>TLC</li> <li>Sports Hall</li> <li>602</li> <li>401</li> </ul>	CPA/MHO GEA/JDA MYA SEND LST DF KCO
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>Wheelchair Basketball Club (invitation only)</li> </ul>	<ul style="list-style-type: none"> <li>Sports Hall</li> </ul>	LST / SCU
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>Homework Club</li> <li>Drama Club</li> <li>TLC time</li> <li>EAL / culture club</li> <li>Programing Club</li> <li>Girls Football</li> <li>British Sign Language</li> <li>Fitness 9/10</li> <li>Badminton/Table Tennis</li> </ul>	<ul style="list-style-type: none"> <li>606</li> <li>Lecture Theatre</li> <li>TLC</li> <li>EAL / 408</li> <li>608</li> <li>Field</li> <li>HI 802</li> <li>Fitness Suite</li> <li>Gym/Sport shall</li> </ul>	DF DT SEND SMU / TA AAH External DC JDA SMT
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>GCSE Art catch up Yr10</li> <li>Drama GCSE</li> <li>Craft club</li> <li>Homework Club</li> <li>Trampolining</li> <li>Chess Club</li> <li>Algebra Level 3 Club (invitation only)</li> </ul>	<ul style="list-style-type: none"> <li>601</li> <li>Lecture Theatre</li> <li>202</li> <li>606</li> <li>Gym</li> <li>Library</li> <li>407</li> </ul>	NPR DT CRI MYA JDA/GEA DHA MAS
<b>FRIDAY</b>			

# Homework Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	Maths	Science	French 7W/7O/7M	French 7N	English
					French 7E/7S
Year 8	Science	French		English	Maths
Year 9	French		English	Maths	Science
Year 10	Option Block A	English	Maths	Science	Option Block C
	Option Block D				Option Block B
Year 11	English	Maths	Science	Option Block C	Option Block A
				Option Block D	Option Block B

# Period 6 Timetable (Y11)

	Week A (HODs Meeting)	Week B
Monday	Algebra III & German	Science
Tuesday	CPD	
Wednesday	French	English
Thursday	Geography & History	Maths
Friday	VTC (Art, PE, Food)	VTC (Art, PA, IT, Music)

# ATTENDANCE MATTERS

6 days or less  
absence per year

97% or above

**VERY GOOD  
THIS IS YOUR  
TARGET**

Between  
7 and 19 days  
absence per year

90% - 96%

**BELOW  
EXPECTATIONS**

More  
than 19 days  
absence per year

Under 90%

**POOR  
ATTENDANCE**

Those that **attend, achieve!**

# School calendar 2023/24



Newsome Academy

2023					2024						
August	September	October	November	December	January	February	March	April	May	June	July
1 Tu	1 Fr	1 Su	1 We	1 Fr	1 Mo <small>New Year's Day</small>	1 Th	1 Fr	1 Mo <small>Easter Monday</small>	1 We	1 Sa	1 Mo
2 We	2 Sa	2 Mo	2 Th	2 Sa	2 Tu	2 Fr	2 Sa	2 Tu	2 Th	2 Su	2 Tu
3 Th	3 Su	3 Tu	3 Fr	3 Su	3 We	3 Sa	3 Su	3 We	3 Fr	3 Mo	3 We
4 Fr	4 Mo	4 We	4 Sa	4 Mo	4 Th	4 Su	4 Mo	4 Th	4 Sa	4 Tu	4 Th
5 Sa	5 Tu	5 Th	5 Su	5 Tu	5 Fr	5 Mo	5 Tu	5 Fr	5 Su	5 We	5 Fr
6 Su	6 We	6 Fr	6 Mo	6 We	6 Sa	6 Tu	6 We	6 Sa	6 Mo <small>Early May Bk. Hol.</small>	6 Th	6 Sa
7 Mo	7 Th	7 Sa	7 Tu	7 Th	7 Su	7 We	7 Th	7 Su	7 Tu	7 Fr	7 Su
8 Tu	8 Fr	8 Su	8 We	8 Fr	8 Mo	8 Th	8 Fr	8 Mo	8 We	8 Sa	8 Mo
9 We	9 Sa	9 Mo	9 Th	9 Tu	9 Fr	9 Sa	9 Tu	9 Tu	9 Th	9 Su	9 Tu
10 Th	10 Su	10 Tu	10 Fr	10 Tu	10 Sa	10 Su	10 We	10 We	10 Fr	10 Mo	10 We
11 Fr	11 Mo	11 We	11 Sa	11 Tu	11 Th	11 Mo	11 Tu	11 Tu	11 Sa	11 Tu	11 Th
12 Sa	12 Tu	12 Th	12 Su	12 Tu	12 Th	12 Mo	12 Tu	12 Fr	12 Su	12 We	12 Fr
13 Su	13 We	13 Fr	13 Mo	13 We	13 Tu	13 We	13 We	13 Sa	13 Mo <small>GCSEs</small>	13 Th	13 Sa
14 Mo	14 Th	14 Sa	14 Tu	14 Th	14 Fr	14 We	14 Th	14 Su	14 Tu	14 Fr	14 Su
15 Tu	15 Fr	15 Su	15 We	15 Fr	15 Mo	15 Th	15 Fr	15 Mo	15 We	15 Sa	15 Mo
16 We	16 Sa	16 Mo	16 Th	16 Sa	16 Tu	16 Fr	16 Sa	16 Tu	16 Th	16 Su	16 Tu
17 Th	17 Su	17 Tu	17 Fr	17 Su	17 We	17 Sa	17 Su	17 We	17 Fr	17 Mo	17 We
18 Fr	18 Mo	18 We	18 Sa	18 Mo	18 Th	18 Su	18 Mo	18 Th	18 Sa	18 Tu	18 Th
19 Sa	19 Tu	19 Th	19 Su	19 Tu	19 Fr	19 Mo	19 Tu	19 Fr	19 Su	19 We	19 Fr
20 Su	20 We	20 Fr	20 Mo	20 We	20 Sa	20 Tu	20 We	20 Sa	20 Mo	20 Th	20 Sa
21 Mo	21 Th	21 Sa	21 Tu	21 Th	21 Su	21 We	21 Th	21 Su	21 Tu	21 Fr	21 Su
22 Tu	22 Fr	22 Su	22 We	22 Fr	22 Mo	22 Th	22 Fr	22 Mo	22 We	22 Sa	22 Mo
23 We	23 Sa	23 Mo	23 Th	23 Sa	23 Tu	23 Fr	23 Sa	23 Tu	23 Th	23 Su	23 Tu
24 Th	24 Su	24 Tu	24 Fr	24 Su	24 We	24 Sa	24 Su	24 We	24 Fr	24 Mo	24 We
25 Fr	25 Mo	25 We	25 Sa	25 Mo	25 Th	25 Su	25 Mo	25 Th	25 Sa	25 Tu	25 Th
26 Sa	26 Tu	26 Th	26 Su	26 Tu	26 Fr	26 Mo	26 Tu	26 Fr	26 Su	26 We	26 Fr
27 Su	27 We	27 Fr	27 Mo	27 We	27 Sa	27 Tu	27 We	27 Sa	27 Mo	27 Th	27 Sa
28 Mo	28 Th	28 Sa	28 Tu	28 Th	28 Su	28 We	28 Th	28 Su	28 Tu	28 Fr	28 Su
29 Tu	29 Fr	29 Su	29 We	29 Fr	29 Mo	29 Th	29 Fr	29 Mo	29 We	29 Sa	29 Mo
30 We	30 Sa	30 Mo	30 Th	30 Sa	30 Tu	30 We	30 Sa	30 Tu	30 Th	30 Su	30 Tu
31 Th	31 Tu	31 Tu	31 Tu	31 Su	31 We		31 Su	31 Su	31 Fr		31 We

WE ARE HERE

4

weeks until Half-Term Break.

make every day count.



# Newsome Academy

## WEEK AT A GLANCE

# REFLECTIONS

- We have introduced a Please use this box to tell us anything you need to support/improve your experience in our Newsome Family.
- This could be a particular concern, ask for support or feedback of any kind to further improve your experience.
- **It has been great hearing what your children have been doing over the festive break and is always a joy to share their excitement and experiences.**



## HEARTS & MINDS POST BOX

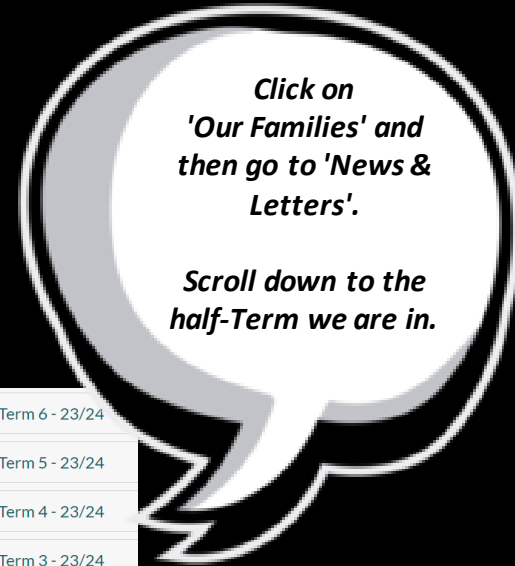
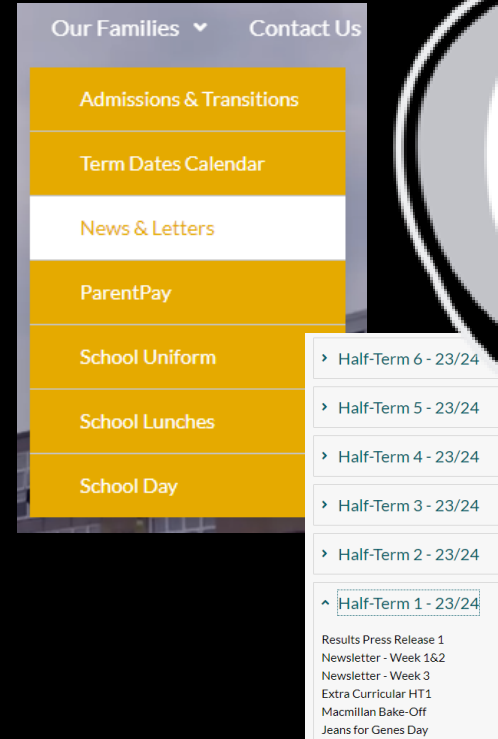


A GLANCE AT THIS WEEK...					IMPORTANT LINKS & KEY INFORMATION
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<ul style="list-style-type: none"> <li>• Food tech Exam (Y11)</li> <li>• Y11 Digital IT Exam pm</li> </ul>	<ul style="list-style-type: none"> <li>• KS2 Sports Hall Athletics in the sports hall 4.00pm - 5.30pm</li> <li>• Food tech Exam (Y11)</li> <li>• Bike Ability – Year 7</li> </ul>	<ul style="list-style-type: none"> <li>• Bike Ability – Year 7</li> </ul>	<ul style="list-style-type: none"> <li>• Y7 &amp; 8 Sports Hall Athletics – Sport Hall 4.00pm - 5.30pm</li> </ul>	<ul style="list-style-type: none"> <li>• Bike Ability – Year 7</li> </ul>	<p><a href="#">23/24 CALENDAR</a></p> <p><a href="#">SCHOOL CLUBS</a></p> <p><a href="#">LETTERS HOME</a></p>

Y7	Y8	Y9	Y10	Y11	Services Mr Shahzad Ms Gaye Mr Holmes	Safeguarding Ms Robinson Ms Wood Ms LeRoy Ms Brook PC Woods
Ms Crossland	Ms Fletcher	Ms Sykes	Ms Parsonage	Ms Hallworth Ms Carter*		



Remember to keep a check on the letters section of our website. This can be located by...



## Newsome Academy

### Year 11 Destinations 2023

#### The Facts

**100%**

stayed in learning  
at the end of Year 11

**40.20%**

progressed onto A levels at a 6th form  
college or school 6th form

**56.86%**

progressed onto a  
full-time vocational programme

**2.94%**

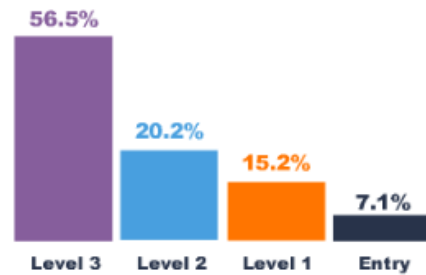
of Year 11 secured  
an Apprenticeship

#### Top 3 College/Sixth Form Destinations

Kirklees College: 48  
Huddersfield New College: 22  
Greenhead College: 19

#### Full-time Education Course Level

Total % of students



#### Chat

Support, advice and guidance  
for young people in  
Calderdale and Kirklees

01484 213856

chat@ckcareers.org.uk

Facebook messenger

#### Other College/Sixth Form Destinations

Creative Media Studio School: 2  
Calderdale College: 2  
Askham Bryan: 2  
ESPFA: 1

Educated out of area: 2  
Educated abroad: 1

## Parent/Carer Information Sessions available through Northorpe Hall website

<https://chewsnews.northorpehall.co.uk/workshops.php#>

<b>January 2024</b>		
<b>Date and Time</b>	<b>Information session</b>	<b>Delivered by</b>
Thursday 11 <sup>th</sup> at 1-2:30pm	Maintaining positive emotional wellbeing	Emma & Kath
Friday 12 <sup>th</sup> at 10-11:30am	The Teenage Brain	Debby & Asiya
Monday 15 <sup>th</sup> at 12:30-2:30pm	Autism Awareness	Debby & Emma
Wednesday 17 <sup>th</sup> at 1-2:30pm	Behaviour as Communication	Dee & Karen
Thursday 18 <sup>th</sup> at 10-11:30am	Supporting Sleep	Kath & Asiya
Monday 22 <sup>nd</sup> at 10-11:30am	Introduction to Self-Harm	Debby & Karen
Wednesday 24 <sup>th</sup> at 1-2:30pm	The Impact of the Digital Age on Mental Wellbeing	Emma & Dee
Thursday 25 <sup>th</sup> at 10-11:30am	Understanding and Supporting Anxiety	Kath & Asiya
Monday 29 <sup>th</sup> at 10-11:30am	Promoting Self Esteem and Resilience	Dee & Asiya
Tuesday 30 <sup>th</sup> at 10-11:30 am	ADHD Awareness	Kath & Karen
<b>February 2024</b>		
<b>Date and Time</b>	<b>Information session</b>	<b>Delivered by</b>
Thursday 1 <sup>st</sup> at 1-2:30pm	Introduction to Children and Young People's Mental Health (F2F)	Debby & Emma
Monday 5 <sup>th</sup> at 1-2:30pm	The Teenage Brain	Kath & Karen
Wednesday 7 <sup>th</sup> at 10-11:30am	Positive Communication and Attachment	Emma & Asiya
Thursday 8 <sup>th</sup> at 1-2:30pm	Healthy Relationship with Food	Debby & Dee
Tuesday 20 <sup>th</sup> at 6-7:30pm	Understanding and Supporting Anxiety	Emma & Asiya
Wednesday 21 <sup>st</sup> at 10-11:30am	Supporting Sleep	Dee & Karen
Thursday 22 <sup>nd</sup> at 1-2:30pm	Understanding Behaviour as Communication	Debby & Kath
Monday 26 <sup>th</sup> at 12:30-2:30pm	Autism Awareness (F2F)	Debby & Kath
Tuesday 27 <sup>th</sup> at 10-11:30am	The Impact of the Digital Age on Mental Wellbeing	Kath & Emma
Wednesday 28 <sup>th</sup> at 10-11:30am	Introduction to Children and Young People's Mental Health	Dee & Asiya

# Parent/Carer Information Sessions available through Northorpe Hall website:

<https://chewsnews.northorpehall.co.uk/workshops.php#>

<b>March 2024</b>		
<b>Date and Time</b>	<b>Information session</b>	<b>Delivered by</b>
Monday 4 <sup>th</sup> at 1-2:30pm	ADHD Awareness	Debby & Emma
Wednesday 6 <sup>th</sup> at 10-11:30am	Positive Communication and Attachment	Karen & Asiya
Thursday 7 <sup>th</sup> at 6-7:30pm	The Teenage Brain <u>(F2F)</u>	Kath and Dee
Tuesday 12 <sup>th</sup> at 1-2:30pm	The Impact of the Digital age on Mental Health	Dee & Asiya
Thursday 14 <sup>th</sup> at 1-2:30pm	Introduction to Self-Harm <u>(F2F)</u>	Debby & Karen
Friday 15 <sup>th</sup> at 10-11:30am	Promoting Self-Esteem and Resilience	Emma & Kath
Monday 18 <sup>th</sup> at 10-11:30am	Understanding and Supporting Anxiety	Karen & Asiya
Wednesday 20 <sup>th</sup> at 1-2:30pm	Autism awareness <u>(F2F)</u>	Debby & Dee
Thursday 21 <sup>st</sup> at 1-2:30pm	Understanding Behaviour as Communication	Emma & Kath

## Newsome Academy Parent/Carer Mental Health & Wellbeing Workshops 2024

Dear Parents / Carers,

We are proud at Newsome Academy to work closely with CAMHS/Northorpe Hall and the Mental Health Support Team (MHST) to support our students and their families with mental health, emotional wellbeing and behaviour needs.

We have a range of parent/carers group offers already this academic year. These sessions last for an hour and are an informal opportunity to receive information and discuss any issues. Refreshments are available.

There is also the opportunity to book one-to-one sessions with our MHST Parent & Community Worker, Emma Wood. If you would like a one-to-one meeting with Emma, please let Newsome Academy's Mental Health Lead, Jill Brook, know on [jbrook@newsomeacademy.co.uk](mailto:jbrook@newsomeacademy.co.uk)

The following dates are for the Spring Term 2024

### 2024

- **Tuesday 30<sup>th</sup> January at 9.30am (NB changed from Wednesday 24<sup>th</sup> January at 9.30am)**

**Supporting sleep – Understanding the science of sleep, challenges faced due to lack of sleep and suggestions on how to improve our sleep.**

#### **Tuesday 20<sup>th</sup> February at 9.30am**

**Coping with Exams – fight, flight and freeze response. How do we deal with worry? Tips to help cope with exams.**

- **Tuesday 12<sup>th</sup> March at 9.30am**

**Social media and the impact of the digital age on wellbeing. Information on how to keep our young people safe when using the internet and social media to avoid the potential of negative impact emotionally and mentally.**

We very much hope you're able to take up this offer. If there are specific wellbeing workshop themes that you feel your student or family would benefit from, please send an email with details to [jbrook@newsomeacademy.co.uk](mailto:jbrook@newsomeacademy.co.uk).



# Health & Wellbeing Workshops

Dear Parents and Carers

Year 9 students are about to enter a very important phase in their education and the time is fast approaching when options have to be made which will shape their programme of study in years 10 and 11. In order to support you with this process, we will be hosting the Year 9 Parents' evening in-person at school on Tuesday 23rd January 4.30pm to 6.30pm.

We would also like to invite you to attend a short explanation of the Options process before or after the Year 9 Parents' Evening. The talks will take place at 4pm and 6.30pm. Our careers advisor will also be on hand to offer further support and guidance, where more specific information about particular courses can be gathered. Our KS4 structure has been designed to enable our students to follow a broad and balanced curriculum which consists of a number of subjects; some of these are compulsory whilst others are chosen from a range of options.

Year 9 students will be receiving information, advice and guidance to help them make sound choices based on their own interests, abilities and ambitions. As parents and carers, your help in supporting this process is essential. Year 9 students will be enjoying options taster sessions exploring a selection of courses available to them and learning how these subjects link to future career paths. They will be advised about the Options process in seminars and this will be followed with options booklets being distributed with descriptions of the courses offered. Options forms will be sent out for students to complete by Friday 2nd February. Timetabling and staffing the options is a complex process and whilst we try our best to accommodate choices, occasionally this proves impossible. It is with this in mind that we also ask your child to highlight reserve choices in case any courses become unavailable.

We know this is an exciting time for our students who will be eager to find out their allocated timetables and we hope to achieve this before the end of May. For the moment though, our main priority is to ensure that all our students are effectively guided and supported through the option process in readiness for successful years 10 and 11 and onwards.

**Please follow the below steps to book your parents' evening appointments**

- To make your appointments please login at: <https://parents-booking.co.uk/newsome>
- Follow the set-up instructions below
- You will be able to book appointments until Monday 21st January when bookings will close.



## Year 9 Parents' & Options Evening

Tuesday 23rd January  
4pm - 6.30pm 11th  
January 2024



# Letters/Key Messages...

*Discuss the events below with your children*

All students are expected to wear sensible footwear on the Academy premises. Footwear must be a shoe (no more than a 1-inch heel) or plain black trainer/pump (with limited modifications). Both items must be lace up or slip on with enclosed heels and toes. There must be no visible logos or labels that are not black. The Academy will determine whether or not a student's footwear is appropriate.

Appropriate footwear examples:



Trousers and Skirts - Trousers must be black, sensible, modest and respectable in a loose or slim-fit style. They must be worn at the waist and have no rips or tears. Jeans, leggings or jeggings are NOT acceptable. Skirts must be sensible, modest and respectable. They should be a respectable length. Appropriate trouser and skirt examples:



Students at Newsome are fortunate enough to enjoy our supportive allowances such as hair and even getting free uniform. With this in mind all we ask is that you support your child in ensuring they conform with our policy.

As stated in the above expectations, any student not wearing appropriate uniform will incur a sanction and will be loaned correct items for the day. Any loss or damage of these items by the student, will be charged to the parent/carer.





# Letters/Key Messages...

Discuss the events below with your children



<p><b>Year 11 Head Students</b> Pham Truong, Henry Taylor, Ismail Jallow, Nicole Cinciorska</p> <p><b>Year 11 Prefects</b> Evangeline Bell, Yusuf Ahmed, Daniel Jawose, Inaaya Ahmed, Esmé Kudya, Jenny Ho, Tamia Kennedy, Haya Fatima, Kaysha Lawrence, Alesha Porter, Yashraj Mistry</p>					
<p><b>Year 7 Prefects</b> TBC TBC</p>	<p><b>Year 8 Prefects</b> TBC TBC</p>	<p><b>Year 9 Prefects</b> TBC TBC</p>	<p><b>Year 10 Prefects</b> TBC TBC</p>		
<b>Kirklees Youth Council</b>	<b>Tender Leaders</b>	<b>Healthy Lifestyle Champions</b>	<b>Mental Health Leaders</b>	<b>Anti-Bullying Ambassadors</b>	<b>Environmental Leaders</b>

**Student Leadership** Opportunities in years 7 - 10 are available for Student Leaders which are a great opportunity for your child to lead Academy developments – and great for their CV!

Students are to speak to their HOY and have been given details in recent Seminars.





## How to Apply

Create a 2-minute (maximum) video

1. Why you want to be a Prefect
2. What skills you have
3. Why you?

Email to: [seniorstudents@newsomeacademy.co.uk](mailto:seniorstudents@newsomeacademy.co.uk)

Deadline: Wednesday 20th December 9am





## Mobile Phone

## Expectations & Reminders

# NOTHING NEW

### KEY STUDENT REMINDERS

- Mobile phones should be **switched off and out of sight in school.**
- While on school premises, **mobile phones are not to be seen or used** by students, unless instructed by an adult.
- Unless express permission is granted, mobile phones should not be used to make calls, send SMS messages, surf the internet, take photos or use any other application during the school day or while on school premises.
- **If using a mobile phone in absolute emergencies, a staff member should be present and it should be in a non public area.**
- The Bluetooth function of a mobile phone must be switched off at all times and **not be used to send images or files to other mobile phones.**
- Using mobile phones to bully and threaten other students is unacceptable. **Cyber bullying will not be tolerated.**
- Mobile phones are not to be used or taken into changing rooms or toilets or used in any situation that may cause embarrassment or discomfort to their fellow students, staff or visitors to the school.
- **It is unacceptable to take a picture of a member of staff without their permission.** In the event that this happens the student will be asked and expected to delete those images.
- Mobile phones will be confiscated if seen.
- Students must adhere to the guidelines and protocol set out by the school when using their devices. If this is not adhered to a suitable sanction will be put in place. **Mobile phones and other electronic devices are only to be used in school when instructed by a member of staff and to complete work/research tasks in an allocated period of time.**

# Agenda

SEMINAR

Today we will  
have reminders of  
**Memory Re-Call.**



## SKILLS TO DEVELOP LEARNING



MEMORY



META



COLLABORATIVE



LITERACY



NUMERACY



PROFESSIONAL

TEAMWORK

ASPIRATION

RESILIENCE

TOLERANCE

## Metacognition

Metacognition is the process of thinking about one's own thinking and learning.

Metacognition: intentional thinking about how you think and learn.

# MEMORY RE-CALL



- The human brain is made of millions of neurons placed in an organized manner to ensure the working of the organ.
- These neurons communicated with each other using specialized chemicals called neuron transmitters.
- These chemicals are of several types, and the release varies and depends on several different factors.
- We know a lot about the brain, and there is a lot that we do not. But, with its complexities and unique coordination system, we have barely scratched the surface.

# MEMORY RE-CALL

## Factors Affecting Retrieval

### Context

- The characteristics of the environment in which a memory is encoded are also encoded along with the memory. This leads to the context-dependency of retrieval which means that the memories are more easily retrieved in the same environmental conditions in which they were encoded.

### Gender

- Studies have shown that females are better than males at recalling episodic memories, but no differences have been seen in the two during retrieval of semantic memories. The gender differences in memory retrieval are the result of using different strategies for processing information. A study has shown that females remember non-verbal cues while males tend to remember verbal cues.

### Attention

- Attention has an effect on memory in its encoding process. If someone does not focus on something in the encoding phase, it is very difficult for that person to retrieve it later.



# MEMORY RE-CALL

## Interference

- Interference refers to the interaction between previous memories and newly formed memories. Proactive interference is the forgetting of new memories due to their interference with old memories in the brain. Retroactive interference is a failure to recall previously encoded information due to its interaction with new knowledge.

## Physical Activity

- Physical activity or physical health appears to be an important factor in the retrieval of memories. Children with poor physical health usually have poor mental and cognitive health. Low physical activity and fitness level is directly linked to low academic achievement due to mental and cognitive problems.
- Studies have shown that physical activity plays an important role in influencing the hippocampus. The hippocampus is the part of the brain involved in the encoding of information. It may also affect other areas of the brain. In this way, physical activity and exercise help in the proper functioning of the neural networks.

## Food Consumption

- Some studies have shown that eating breakfast before going to school helps in more retrieval of information. The students who have a habit of eating breakfast generally scored more in their exams.



# MEMORY RE-CALL

## Retrieval Failure

Retrieval failure refers to the failure to recall information from long-term memory. In this case, memory has been previously encoded in long-term memory, but the person is not able to retrieve it. This does not happen due to the loss of the memory but because there are no cues available to retrieve it. Retrieval cues are of two types. External cues or contextual cues which are in the environment and Internal cues which are inside the human brain.

In these cases, mostly the environment in which memory is being retrieved is different from the environment of its encoding. Hence there are no external cues present which then leads to retrieval failure of the memory. For example, sometimes a person cannot remember the details of an event but returning to the place of that event gives him external cues and he begins to remember the details.



# MEMORY RE-CALL

Please use our Study Support Pack to help all the information included in this week's Newsletter!

[CLICK HERE](#)







As a Voice 21 Oracy School, we are a movement of over 900 schools across the UK who are transforming teaching and learning through talk.



# Oracy Leaders



# Attendance Rewards



**JUMP  
INTO  
JANUARY**



Have a great week!

