



BRIDGE OF DON ACADEMY

Be Caring Be Honest Be Respectful Be Your Best

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Head Teacher: Daphne McWilliam



6 January 2020

Dear Parent/Carer

S1 and S2 Live 'n' Learn Workshops: Mon 13 – Wed 15 Jan

Next week we have Jennifer King from Live 'n' Learn who will be working with our S1 and S2 pupils.

Jennifer will deliver a two hour session for groups of pupils covering the areas outlined in the Live 'n' Learn course descriptors, as reproduced below.

S1 Workshops

Students are given the confidence to change direction and make the correct decisions. They are made aware of the huge importance of their attitude in maintaining the correct momentum and keeping on track to achieve what they are capable of.

Topics covered:

- Teamwork
- Fulfilling potential
- Importance of attitude
- Judging others
- Controlling emotions
- Grit & inner drive
- Our plastic & elastic brain

S2 Workshops

With subject choice coming up later in S2, students reflect on their own personal qualities and receive practical advice on the do's and don'ts of decision making. This will ultimately assist them in selecting the subjects which will serve them best, both at school and beyond.

Topics covered:

- Employability Qualities
- Choosing your mindset
- What am I suited to?
- Making the right choices
- Successful People

- Confidence
- Conflict
- Grasping opportunities

Times for classes to attend Monday's sessions will be posted on Google Classroom.

In addition, there will be a session for parents on Tuesday 14 January from 7pm until 8pm to share some of the work being done with pupils, particularly in terms of a growth mindset and skills development. This will be held in the Assembly Room at Bridge of Don Academy and runs from 7pm until 8pm. If you are willing to come along, please sign up via the form at <https://forms.gle/Nqu8MdXiQXd59tFd7> to allow Jennifer to make arrangements for resources and activities.

Yours sincerely

M Jamieson
Depute Head Teacher