

# Kensington Junior Academy

# HEADS UP

## HEAD TEACHER NEWSLETTER

### WELCOME BACK

### Dear Parents & Carers,

It gives me great pleasure to welcome you back to the start of a new term! The children, as always, have returned eager and enthused to be back with some wonderful stories to share from their two-week break.

This term will see us assessing how much progress your child(ren) have made over this academic year. These various assessments over the summer term, will include the end of Key Stage SATs tests sat by our Year 6 pupils in mid-May. These assessments in Reading, Maths and SPAG (Spelling, Punctuation & Grammar), along with writing, which is assessed by teachers later in June, gives us an overall picture as to whether a pupil is at age related expectations (ARE), just below (JB) or above expectations (GD - Greater Depth). Over the last few years, the school has achieved or surpassed national floor targets which is vindication for the intense and sustained work put in by both the professionals at KJA and the parental support from home. Our goal is to continue to meet and surpass these floor targets which would mean more and more of our pupils will be moving onto secondary education with the necessary academic skills.



The challenge, of course, is how do we continue to improve? In school, we are constantly evaluating our methods and strategies to try and meet the needs of all pupils. This needs to continually evolve as all cohorts are different and specific children will have Special Educational Needs (SEN) that need to be met. At home, many parents are struggling as indicated in the recent report [The National Parent Survey 2024](#), meaning further support for our children is challenging.

However, I am firmly of the opinion that we can continue to make progress and improve through collaboration and dedicating small periods of time to a particular skill or subject. In school we call this deliberate practice. I have talked with the children about the 100-hour rule which research states that if you were to practice a skill for just 18 minutes per day, you would be better than 95% of the world at that skill. As a busy parent, I have used this to help me with supporting my son through his GCSE revision over the last year.

### The 4 Components of Deliberate Practice

1. Motivation—You have to be motivated to improve, to try something novel, to stretch outside of your comfort zone.
2. Focus—Break your task into small, manageable parts.
3. Feedback—Ideally, you should have immediate informative feedback and knowledge of results of your performance.
4. Repetition- You should repeatedly perform the same or similar tasks.

Finding 18 minutes seems, and is, a lot more achievable than hours slaving over books and laptops with him.

So, as we begin this important term, I would ask whether you could find just 18 minutes per day to practice with your child a key skill that will support them in their assessments and beyond. The deliberate practice of developing a skill and increasing their knowledge will prove invaluable as they move through the key stages over the coming years and will hopefully build confidence to take on new challenges!

As always we are really keen to collaborate with you on supporting your child, so please ask your child's teacher what specific area of learning they would be best suited to focus on. If you have any questions or would like further information, please don't hesitate to get in touch.

Best wishes,

Mr Oakland  
Headteacher

At Kensington Junior Academy, we will ensure that our pupils are academically, socially and emotionally able 21st century citizens.

