Feedback FOR Learning

Feedback, when done well, is one of the top 5 strategies for improving student achievement. Traditionally in schools students are taught over the term and their achievement is determined through a culminating or final piece of assessment, project or test. Carole Park State School is working with a process in English which sees students completing a range of smaller tasks followed by relevant feedback to help them improve in their efforts. Students learn from mistakes. Our goal is to help them achieve and use mistakes to learn and improve.

The Science Behind Mistakes

Telling students they need to take advantage of the feedback they get isn’t just good advice -- it’s established science. In the last few decades, researchers have discovered a lot about how people become experts. The main idea, made popular by everyone from author Malcolm Gladwell to rapper Macklemore, is the 10,000-hour rule. Ten thousand is the number of hours it takes to become an expert in almost any field.

While it’s wonderful that people are starting to understand how work leads to expertise, the most important part of that research is not how much practice someone needs to perform, but what kind of practice. This latter category is called deliberate practice and involves isolating what’s not working and mastering the difficult area before moving on.

Mistakes are the most important thing that happens in any classroom, because they tell you where to focus that deliberate practice.

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School lunches
Packed lunches from home are a great way for your child to learn about healthy food and help with preparation. Packing can sometimes be tricky for little fingers – make sure your child is able to unwrap the food in their lunchbox.

Some lunch box ideas:
• Fresh fruit. Dried fruit is sticky and high in sugar, so only offer these occasionally or as part of a meal.
• Try vegetable sticks with dips or a small container with mixed vegetables such as cherry tomatoes and snow peas.
• Include a variety of breads and fillings. Try bread rolls, flat bread, foccacias, crispbread, rice or corn cakes. Try fillings such as vegemite, butter, cheese, tuna, egg, cold lean meats, baked beans, grated carrot, avocado and lettuce.
• Include a small drink of water or milk (freeze overnight) wrapped in a cloth in the lunchbox. Fruit yoghurts should stay cool in an insulated lunchbox.
• Cheese and grainy biscuits or crackers – either prepack or your own homemade version. Fruit muffins or cakes are a great way to include more fruit and vegetables. Try sultana, carrot, zucchini, banana or pumpkin.

Drinks
Active children need plenty of fluids. Encourage water as the main drink. Sweet drinks such as juice, cordial and soft drink are not needed for a healthy diet.

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