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## HITCHIN BOYS' SCHOOL

An Academy Trust

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8th February 2021

Dear parents/carers of students in years 10 to 13,

### **Motivation Reframed: A Presentation for Parents of Students in Year 10-13**

In our recent student survey and from speaking to our boys, we found out that mental health/wellbeing and motivation were the two biggest areas that students were finding difficult at the moment

Hopefully you will have already received a letter today with a range of things that we are offering to support student's mental wellbeing, building upon our #JustTalk programme.

In terms of motivation, please find below an invite to a special session delivered by renowned educational psychologist, Dr Martijn van der Spoel. We continue to work with your son during form time and in lessons, but the focus of this session is upon how parents can support their child's motivation. This is a particular challenge with older teenagers but will be well worth 45 minutes of your time, as the focus will be upon the psychology of motivation/learning and with plenty of practical advice.

Of course, the thing that will make the most positive impact upon mental health and motivation is to be back in school and seeing friends and teachers again. We hope this will be from the 8<sup>th</sup> March and will advise you as soon as the government announcements are made. Similarly, for year 11 and 13, we know that students want certainty and detail about the end of year processes and assessments. We are working on plans that we will be able to share with you and your son as soon as a return date and the results of the Ofqual consultation are known.

I would encourage you to avail of this opportunity to hear from Dr van der Spoel, he is an inspirational speaker and I believe his advice will be very beneficial in supporting your son.

Yours faithfully,

Fergal Moane  
Headteacher

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Head Teacher: Mr F Moane

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## **Motivation Reframed: A Presentation for Parents of Students in Year 10-13**

With the current Covid-19 restrictions, we are very much aware that children and parents need to make unprecedented changes to their daily routines. For many this is a testing time and it can be very challenging to keep up motivation levels.

With this in mind, we are fortunate to have been able to engage a speaker, Dr. Martijn van der Spoel, to talk to Year 10-13 parents about supporting your child to develop effective motivation strategies that will help him or her engage more effectively with their learning. This presentation will be delivered remotely, through Zoom, and will last for 45 minutes. It will be held on

**Thursday 25<sup>th</sup> February 2021 at 7pm**

Dr. van der Spoel is a chartered psychologist, who specialises in using the mind as an effective tool for life learning. He will talk about how you can help your child to learn to balance focus, motivation and study behaviour. The presentation has a significant, but accessible, emphasis on the psychology behind the strategies of learning. You will leave the session not only with the "how" but also with the "why" of effective learning. Examples and insights from research will be used to illustrate how you can support your child's motivation. Please see the attached flyer for more information.

We do hope you will be able to join us on the 25<sup>th</sup> February. We would be grateful if you would complete the **short form on the Edulink system** to let us know if you do intend to attend. We will send you the link to the session closer to the time. If you need any support with being able to access Edulink, please email [edulinkhelp@hitchinboys.co.uk](mailto:edulinkhelp@hitchinboys.co.uk)

# Motivation REFRAMED



PSYCHOLOGY OF STUDYING – EXPLAINING NOT  
ONLY THE 'HOW' BUT ALSO THE 'WHY' OF  
SUCCESSFUL LEARNING.

**VIRTUAL SESSION ON  
THURSDAY 25TH FEBRUARY  
7.00 - 7.45PM  
(SESSION OPEN FROM 6.50)**

*'I want to take a moment to write and thank you for the fantastic event put on last night. Just the fact that the school reaches out to stage an event like this is impressive, but the quality of the speaker was really outstanding.'*

**Parent**

## **PRESENTER:**

**DR MARTIJN VAN DER SPOEL**



*Dr Martijn van der Spoel, Director of Glia Learning, is an Educational Psychologist. Every year he teaches over 10,000 students, as well as their parents and teachers.*

# Motivation REFRAMED



*'THANK YOU FOR INVITING US TO PARTICIPATE IN THE 'MOTIVATION REFRAMED' WEBINAR LAST NIGHT. MARTIJN VAN DER SPOEL, THE SPEAKER WAS EXCELLENT, VERY ENGAGING, POSITIVE AND ABOVE ALL VERY CALM AND CONFIDENT. THIS REALLY INSPIRED US, LEARNT LOTS AND WILL USE MANY OF HIS IDEAS TO HELP OUR CHILDREN WHO ARE CURRENTLY IN YEAR 11 AND 13.'*

*Parent*

## DOES YOUR CHILD...

- find it challenging to generate motivation to study?
- find it difficult to develop effective revision routines?
- find it hard to engage with the curriculum recovery programme?

Research continually shows the powerful benefits of constructive parental support.

Parents will leave this session with practical ways to instil, encourage and embed positive study behaviour at home.

The session includes extra optional materials that parents can download to help them assist in conversations with their children.



**In collaboration with Hitchin Boy's School**  
**[www.hbs.herts.sch.uk](http://www.hbs.herts.sch.uk)**

QUESTIONS?  
SUGGESTIONS?

PLEASE CONTACT DR MARTIJN VAN DER SPOEL

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