

Welcome to Nottingham Girls' High School.

We hope you enjoy your day with us.

We want you to enjoy all of the activities today so if you are unsure about anything please ask a member of staff.

Contents

Welcome to Nottingham Girls' High School 4

Transferable Skills 5

Survival Skills 6

 Spelling rules..... 6

Life Skills 7

10 Top Tips to Survive Dyslexia..... 8

Welcome to Nottingham Girls' High School

Thank you so much for coming to our first Dyslexia Awareness Day. You may be here because you have Dyslexia or you know someone who has. Dyslexia is different for different people, but it might mean you have difficulties with reading, writing or spelling; you might do things more slowly than your friends; you might struggle to organise your time and belongings; have problems copying off the board... the list goes on!

Like everyone else, people with Dyslexia have great strengths. Think about Jamie Oliver, Richard Branson or Kara Tointon. You may not even know it yet but you could be an incredible mathematician, a gifted musician or a wonderful cook.

We want today to be about learning different techniques that you can use back in school; new ways of remembering facts, clever tricks to speed up the way you process information, even spelling rules.

Most of all, we want you to have fun and enjoy your day!

Transferable Skills

Maths

- Getting key information from worded problems
- Reading a table successfully
- Strengthening money handling skills

History

- Learning methods to draw out key facts
- Remembering spelling rules
- Beefing-up your short term memory through talk
- Finding ways of remembering a sequence

Geography

- Becoming a whizz with Google Maps
- Knowing where places are in relation to London
- Practising your table and graph skills

Science

- Problem solving on a molecular scale

English

- Decoding text
- Committing short term memory items into the long term memory – a poem you will *never* forget!

Survival Skills

We really hope you've enjoyed your day at NGHS and have learnt some new skills that will help you with your future studies.

Here are some spelling rules you might find useful:

1. There are 26 letters in the alphabet; 5 are vowels (a, e, i, o, u) and the rest are consonants
2. Vowels can be short or long
3. The /kw/ sound is always written 'qu'
4. To spell a word with a short vowel sound (or weak), you only need one vowel, e.g. cat, sit, up
5. To spell a word with a long vowel sound (or strong), you will need two vowels or 'magic e', e.g. boat, stain, cue, mate, like
6. Use -tch rather than -ch after a short vowel, e.g. match, witch.
There are exceptions though, like such and much
7. Double consonants keep the vowel short, e.g. little, poppy, grand

Life Skills

Here are some other things we hope will be useful to know!

This is what research says you should be like, and be able to do and understand by the time you leave junior school (but, let's face it, we are all different):

- answer the phone confidently and take messages
- be learning to cook and be able to make a meal for the family
- be able to use a washing machine
- be able to clean and polish your own shoes, and understand basics of food hygiene
- have your own sense of humour, although you might struggle to see both sides of the story
- be capable of reflection, analysis and be able to tackle moral and ethical questions
- have your own ideas about how you want to look
- start to distance yourself from some family activities as you become more interested in what your friends are doing
- be growing at a faster rate with lots of body changes happening at once
- be experiencing hormonal imbalances
- be spending lots of time on social media sites and computer gaming, but not always being aware of how to keep yourselves safe
- be testing boundaries at home and at school
- be working at between level 3 and 5 in your school subjects

10 Top Tips to Survive Dyslexia

1. Ask your teacher to print worksheets on coloured paper in a dyslexia friendly font, e.g. Century Gothic, Calibri, **Comic Sans MS**, Sassoon Primary Type or Trebuchet MS and at least 12 point.
2. Talk through your ideas before writing them down.
3. Write ideas separately on post-its so that you can move them around to suit your argument or story.
4. Use mind maps with lots of colour to plan out your ideas.
5. Highlight key ideas, names and dates in texts.
6. Learn key spelling rules.
7. Learn your times tables or become a whizz at drawing out the times table square
8. Get a friend to proofread your work because they may see the mistakes better than you.
9. Use songs or other mnemonics as memory aids... Make them as funny as possible!
10. Schedule your time at home to fit in chunks of homework, revision and time for fun/family/food!

