Parents and children need to become ‘decent’ adults, and that’s where A-level teacher April Miller hopes she can lend a hand.

Miller has written How To Help Your Teenager Achieve Exam Success in a bid to guide parents through the exam minefield, looking at not only revision and motivation, but also at how a wide variety of other factors including food, exercise, thinking and emotions can affect exam success.

But while it’s crucial for parents to help their teenagers during the exam period, Miller stresses that helping is different from pushing.

“Concerned parents should be involved, but that’s about pushing teenagers to become top of the class. It’s about releasing your teenager’s natural abilities, and freeing them from societal influences in order to achieve their full potential,” she says.

Research shows that parents are the biggest influence on their teenagers’ academic success and career choice. Being involved shows you’re interested in your teenager. They may protest when parents get involved, but underneath they appreciate it,” adds Miller.

Miller suggests parents should let their child decide when to study but insist that they do look at their diaries and books; encourage them to invite friends for study and provide snacks and drinks; and talk to their teachers.

She stresses that parental influence on teenagers’ academic success runs through every aspect of their lives, but summarises the key points as:

- Teenagers still need parental help and guidance.
- They need to develop critical thinking skills in order to assess their own abilities and develop good study behaviours.
- Helping teenagers have a focus raises achievement.
- Encouraging a balanced diet and exercise helps a teenager achieve their best.
- Ensure technology is limited or used positively, to encourage stress reduction and good sleep habits.
- Promote listening.
- Encourage your teenager to produce their own revision resources.

“Use reinforcement to encourage your teenager to do what you want them to do. On a practical level, students learn through processing, which involves changing the form of the information they need.”

“When we process information, we remember it,” explains Miller, who says processing includes using mind maps, producing revision recordings and revision cards.

The use of colour is also helpful, she says, and teenagers should have good resources such as coloured pens and cards, as well as dictionaries and a quiet place to work.

What isn’t needed, however, is expensive commercialised revision books, Miller insists. She says they’re often generic and full of jargon, and may not include specific material teenagers have been taught.

“They also tend to result in teenagers simply reading, which is the least effective form of revision.”

She points out that critical thinking is an important aspect of academic success, explaining that such thinking helps teenagers revise their work as they go along and ask questions that lead to evaluation. She suggests a good strategy to help teenagers think critically is to ask them to think of a friend who’s doing well academically and why this is.

Teenagers often see the success of others as being due to innate ability and fail to analyse the behaviours that generate success,” she explains.

“If you can help your teenager with this process, they will begin to think critically and become more likely to implement some of the behaviours that lead to success.”

But she says the most effective tool for students is to be self-reflective — assessing what did and didn’t go well, and what can be done to improve future performance.

All parents want their children to achieve their full potential, and one key way of doing that is through performing well in exams.

This desire to pass with flying colours means that as testing time approaches, it’s not only students who are getting anxious. Parents are often equally stressed about how well their kids will perform, and desperately want to do everything in their power to help them succeed.

But most, simply don’t know the best way to do that — and that’s where A-level teacher April Miller hopes she can lend a hand.

Dr Neil Hawkes has started a “quiet revolution” — to see more schools embrace core morals and values, like kindness and honesty, and place as much importance on them as maths, English and science.

Most parents want their children to grow up with a strong set of values, and become decent adults, and Hawkes believes that school life plays a crucial part in this.

“Nurturing things like compassion, respect, honesty, truthfulness and caring for others, is just as important as learning the Three Rs — and, according to Hawkes, research in the UK and Australia, 87% of parents agree.

“Our values should underpin everything. Parents are often equally concerned, and he started developing his Values-based Education philosophy, during the Nineties. “My mission now is to expand the concept to more and more schools. The idea is that it will help us and our children to enjoy happier and more fulfilling lives,” he says.

“Values-based education’s impact on their teenagers’ academic success and career choice. Being involved shows you’re interested in your teenager. They may protest when parents get involved, but underneath they appreciate it. Miller suggests parents should let their child decide when to study but insist that they do look at their diaries and books; encourage them to invite friends for study and provide snacks and drinks; and talk to their teachers.

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TIME TO LEARN

Loading the future...

OIS - Oeiras International School, an English medium school, offers the International Baccalaureate (IB) programmes (ages 10-18) for Years 6 to 11 (IB-MYP/Middle Years Programme) and Years 12 and 13 (IB-DP/Diploma and IB-CP/Careers Programme), where students with a range of abilities find success.

This non-for-profit school was founded in 2010 by a group of parents and teachers deeply committed to academic excellence and intellectual rigour. OIS promotes quality education and values in a changing world, encouraging students to become responsible for their own learning. The school motto is Sapere Aude (Dare to Learn). OIS has an innovative and creative character, provides an environment of openness and mutual respect, and develops the individual talents of each and every student. The fact that OIS is located at the beautiful Quinta de Nossa Senhora da Conceição in Barcarena (Oeiras), 10 minutes from central Lisbon, allows for this philosophical statement to actually become true.

Extracurricular and co-curricular activities focus on creativity. Community service central to all IB programmes is based on the Duke of Edinburgh Award/Prémio Infante D. Henrique, restoring the Quinta and supporting the local communities around the school. A huge variety of sports activities are also provided. Merit scholarships are available on a yearly basis. For more information, please consult the school web site at www.oeirasinternationalschool.com.

Healing Circle and Sacred Sites Retreats

The central hub of Healing Circle Retreats is located in the mystical mountains of Monchique and is called Bica Boa B&B. From there you have many options to create your own inner journey, whether this be as an individual or in a group for a short visit or a longer stay. The Medicine Wheel Retreats offer several tailor-made healing options, which will take you on a journey with different practitioners in the area of the Algarve to discover your own unique healing methods. We therefore give you the opportunity to create your own healing package with the treatments that suit you best. We believe in connecting the dots so that you can get a clearer understanding of your own holistic picture.

Hop on board our Sacred Sites Retreats where we take you to some of Portugal’s most fascinating ancient sites. We offer you an all-inclusive tour of neolithic locations from menhirs to dolmens, through caves and dinosaur footprints, natural parks and sacred Roman and Knights Templar monuments all across Portugal. In our nine-seater bus we take you across the different locations and offer several destination packages with high quality places to stay and enjoy.

True Nature Retreats brings walks, talks and meditation to a way of life more in balance with ourselves and our planet. We invite you to open up your heart to nature, animals and inner silence in the Monchique region of the Algarve where our aim is to restore our deeply rooted calling for a true sense of love, connection and a real sense of purpose. In addition we also offer a Permaculture Design course to bring you in direct contact with a natural way of life in connection with nature and design. This retreat gives you the chance to experiment with your own innate wisdom whilst learning other key methods of working with your surroundings at your own pace and level of understanding.

Find out more information through our website: www.healingcircleretreats.com and follow us on facebook to keep up to date with new events.

Sapere Aude

Loading the Future...

English Medium International Baccalaureate (IB) World School offering the Middle Years Programme (MYP) from Year 6 to Year 11 and the Diploma (DP) and Careers (CP) Programmes in Years 12 and 13. Student scholarships available.

Further information
Tel. +351 214 905 200
info@oeirasinternational.school.com
www.oeirasinternationalschool.com
©Oeiras International School, Organised
Since establishing the school in 2002, Louise de Beer has had a passion to ensure that VVIS students become fully bilingual in their host country. She decided to research the benefits and disadvantages of bilingual education and after she completed her Masters Degree at Oxford Brookes University in Bilingual Education, her passion came to fruition. Studies showed that by introducing a child to a second language during their formation years, their cognitive development (a key aspect in academic achievement) is higher than those of monolingual children. By introducing a second language in teaching in the initial stages, young learners are able to grasp the fundamentals of an additional language more easily and rapidly. Having been convinced of these facts, Mrs de Beer decided to introduce a Bilingual Education Programme at VVIS Primary School in 2008. In order to achieve this goal, children at VVIS are taught in both languages within a structured curriculum framework. Subject areas in Portuguese are Estudo do Meio, Cozinha e Comida, EVT, Música, Teatro, Cultura e Tradições & Educação Física. The English National Curriculum is still followed to include subject areas such as English Literacy, Numeracy, Science and Humanities.

With the Bilingual Primary Project at VVIS now well-established, it is evident that VVIS students are able to understand both languages after one year, and are able to communicate in both languages after two years. By the end of their primary education, students are fully bilingual.

Being bilingual can give young people a huge boost, preparing them for a future where they’ll work, study and live in an increasingly multilingual and multicultural Europe.

**Benefits of Bilingual Education**

- Children in bilingual education consistently show improved interest and motivation in learning in two languages.
- Parents are thrilled by the idea of their children being able to communicate in both English and Portuguese (sometimes on their behalf).
- Teachers are experiencing a growing sense of satisfaction at pupil’s growth.
- Learning in two languages not only contributes to the progress of the children in their first language, but improves children’s cognitive development.

**SECONDARY EDUCATION & ADVANCED LEVELS AT VVIS**

Secondary students at VVIS follow the Cambridge International and/or Edexcel Examinations to prepare them for the IGCSE and AICE qualifications before entering university. Subjects taught at IGCSE and Advanced Levels are: English First Language, Literature in English, Portuguese, French, Mathematics, Physics, Chemistry, Biology, Geography, History, Information Communication Technology, Business Studies and Art & Design. In addition to the above subjects, Travel & Tourism and Sociology are available at Advanced Levels, subject to demand.

For further information, go to the school’s website at www.vvis.org or contact admissions@vvis.org or telephone 282-697205.
Welcome to St. Dominic’s International School in Lisbon

After nearly 45 years of operation, Nobel International School Algarve has found a new sense of purpose and excitement under a new leadership team. The faculty, staff, students and parents are celebrating renewed enthusiasm and engagement as the school prepares to welcome its new head in May.

The largest private education institution in southern Portugal, the school was family-owned until its purchase by Nobel Education Network in 2012. Last year, the Nobel board empowered a new leadership team to reinvent the school, building upon past successes and preparing for the future as part of the Nobel network, which includes international schools in Oman, Turkey, Austria, and Vietnam.

“Discovery,” the World Topic that guides the academic programme and culture at Nobel Algarve, helped inspire key changes in the school’s management and learning environment. The school was rebranded as Nobel International School Algarve, and changes were made to strengthen its financial condition. Play areas and sports fields were improved, an organic garden was planted, and space set aside for teachers to collaborate on instruction. In 2014, an English language summer school was introduced.

Faculty and parents responded quickly to the changes. Teachers, most of whom stayed on through the transition, have been motivated to find new ways to engage their students. “So many things improved that it changed the view of our parents, as well,” says Francisco Claro, Head of the National Section. “We began to perform at the most important thing, which is trust. They trust their children to us, so they have to trust that we are doing a good job.” Nobel Algarve actually operates two schools on the beautiful southern coast, including the only boarding school in Portugal. The boarding programme provides students with a degree of freedom that builds a sense of personal responsibility and self-confidence. Boarders stay in a modern residence facility with separate wings for boys and girls, comfortable en-suite double rooms, and access to recreation and IT facilities, a swimming pool, and the beach.

The main campus in Lagoa is divided into national and international sections for students aged 3-10, while the Espiche campus hosts a second international primary school for students aged 3-10. One of the recent innovations includes bringing students from the national and international sections together more often to learn and interact.

“One year ago, we were two different schools,” says Maria Tomé, Head of the International School. “Now we do as much as possible together. For example, our Christmas play featured students from both sections performing together. This had never happened before, and it is more inline with the Nobel model.”

The theme of Discovery has been incorporated into every aspect of the school. Students are encouraged to discover their academic subjects, parents are invited to participate and engage whilst contests and extra-curricular activities offer additional avenues for discovery. Off-campus, students can discover the wonders of the Algarve, including pristine beaches, coastal hikes, nearby castles and villages.

“Five hundred years ago, a Portuguese guy with a wooden boat discovered Brazil,” says Mr. Claro. “We embrace that history and tradition. We want to be a global school in the spirit of the early discoverers. We want our pupils to study here, and then to go out into the world and discover the world.”

About Nobel Educational Network:

The Nobel Education Network operates international schools across Europe, the Middle East and Asia that work together to empower students to make positive contributions to our world. Nobel was founded in 2010 with the goal of changing an elitist education system by establishing international schools committed to nurturing global citizenship and individual talent. Through our academic framework, we work to make a meaningful impact on the world by contributing towards a future with greater freedom, opportunity and well-being for all.

St. Dominic’s has long played an important part in education in Portugal, being one of the first schools, globally, to introduce a programme from the International Baccalaureate Organisation (IB). It remains the only three programme IB school in the country, offering the Primary Years Programme (PYP), the Middle Years Programme (MYP) and the Diploma Programme (DP) to close to six hundred students from around the world. While we recognise the importance of academic achievement, we believe that education is more than academic results and so, as an inclusive school, we identify, encourage and nurture students in whatever field their interests and talents may lie. Hence we have a strong emphasis on the arts, capitalising on the varied artistic traditions of our international community, on sport and on community service.

Also, our school is committed to make the SDIS experience available to all with the Summer School Programme during the month of July. The largest private education institution in southern Portugal, the school was family-owned until its purchase by Nobel Education Network in 2012. Last year, the Nobel board empowered a new leadership team to reinvent the school, building upon past successes and preparing for the future as part of the Nobel network, which includes international schools in Oman, Turkey, Austria, and Vietnam.

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St. Dominic’s International School is a 40 year old school serving students aged 3 to 18, from the resident international community. The school currently has 43 nationalities amongst the student population. SDIS offers the three programmes of the International Baccalaureate Organisation (IB):

• Primary Years Programme (ages 3 to 10)
• Middle Years Programme (ages 11 to 15)
• Diploma Programme (ages 16 to 17)

St. Dominic’s International School, Portugal
Rue Maria Brown, Outeiro de Polina
2785-818 S. Domingos de Rana, Portugal
Tel: +351 21 444 04 34 / 448 05 50
Email: school@dominics-int.org

Nobel Leadership Team Revitalizes Nobel International School Algarve
The largest private school in southern Portugal
The only international boarding school in Portugal
Over 30 different nationalities, ages 3 to 18 years
High academic standards and superb facilities
Established in 1972

National section
Ages: 6-18 years
- Official Portuguese curriculum
- Individualised teaching
- Vast choice of languages
- Small classes

Bilingual Pre-school
Age: 3-6 years
- Portuguese and English teachers in each classroom
- Includes Music, ICT and PE
- Development of reading and writing skills
- Project based methodology

International section
Ages: 5-18 years
- International English curriculum
- Up to IGCSEs and A Levels
- Examination boards: EdExcel, Cambridge International Examinations
- Vast choice of subjects

Summer School
Ages: 12-18 years
- 2, 4 or 6 week English language programmes (July and August)
- 20 hours of classroom English per week
- Small classes in a multinational environment
- Outdoor activities and seaside accommodation

Boarding School
Ages: 12-18 years
- Weekly and full-time boarding options
- Full support for both academic and extra-curricular activities
- Great boarding facilities; en-suite rooms
- Privileged location, by the seaside

Part of a global network of schools

www.nobelalgarve.com | info@nobelalgarve.com | +351 282 342 547
/internationalschoolalgarve
/summerschool.lsa
We teach for tomorrow

Colégio S. Gonçalo is a bilingual private school that welcomes babies from 4-months-old up to children aged 10. A school awarded twice by the Portuguese Ministry of Education as the best school in the Algarve. Colégio S. Gonçalo has activities such as Gym, Music, Meditation, Cooking, Pedagogical Gardening, Ballet, Karate, Hip-hop, Yoga, Zumba and Swimming. With a multicultural environment gathering more than 13 nationalities this year, it provides a bilingual education in Pre-school and an introduction to a second language in the nursery. At a Primary level it follows the Portuguese National Curriculum with Cambridge English Language Examinations.

In a building of more than 3000 square meters in a stunning setting built from scratch, it is furnished with the most modern and sophisticated technological tools and teaching materials, with 2 gyms, a cinema and 3 playgrounds. Every detail was thought through from quality to safety and from physical comfort to visual design and decor, all of which are indispensable to a successful educational institution.

The annual activity plan has study visits and all sorts of activities with children, parents, family and the entire community. It develops an annual satisfaction survey, having in 2015-98.2% of positive aspects.

Open all year and from 8am to 7pm, it provides transport to and from Lagos. In 2015 it was the best school in Lagos in the National Primary Ranking - Portuguese exam and second in the Mathematics exam.

Colégio S. Gonçalo brings together a qualified and motivated English-speaking team, English spoken, who dedicate their passion in teaching children to be well balanced, helping them to form their personality and promote the best development of their skills, for a more successful and better future.

Come horse riding!

Centro Hipico QPA, based in Bensafrim, near Lagos, holds a weekly Kids Pony Club. Every Saturday morning, groups of children start their weekend by getting the ponies ready for lessons, participating in lessons (at different levels), hacks and the general care of ponies. Once every few months we will hold a friendly competition where the children can show off their newly-learned skills. Once a year we participate in the horse event called Feital where all kids get a chance to compete and put on a display. We have ponies and horses of different sizes, but whether big or small, each pony has his/her own fan club; some even have their own Facebook page!

Horse riding has been proven to be very beneficial to children (and adults!) for many reasons. It is one of the few sports that don’t finish at the end of a lesson: the horse still needs to be untacked and groomed before it is put away. It needs feeding and fresh water. This alone teaches children a sense of responsibility, understanding and dedication.

Horse riding has several physical benefits too. It is a sport that will aid in muscle strengthening, balance and coordination. The workouts is not limited to the actual riding either, as the activities surrounding the riding are physically demanding too.

Many children also experience mental benefits. It is great for their social skills as most riding lessons and activities are carried out in groups with other children their age who share their love of ponies. The companionship they experience from looking after the ponies has actual therapeutic benefits and will not only teach your child a sense of discipline, but will also boost their self esteem as it is quite an accomplishment to be able to look after and ride an animal more than twice your size.

QPA also runs three, weekly sessions for Riding for the Disabled. In cooperation with the RDA Barlavento charity, these sessions are for the students and patients at NECI and Santa Amaro. The physical and mental benefits that the people experience from the horse’s natural movements, or a simple touch are astonishing.

If you would like more information about our Kids Pony Club, or lessons and hacks for adults, please email: qphorseriding@gmail.com

Come horse riding at Quinta Paraiso Alto

Center Hipico Quinta do Paraiso Alto, Fronteira, Bensafrim, Lagos
282 687 596 (Stables) 282 687 261 (Home) 282 789 808 (Office)
quphorseriding@gmail.com www.qphorseriding.com

Your child’s success starts here

NURSERY • CRECHE • PRE-SCHOOL • PRIMARY SCHOOL

- Bilingual School
- Cambridge English Exams
- Classes with technologic innovation (iPads • Virtual School • Digital Books • Interactive boards)
- Parental Satisfaction Survey 2015 - Index 98.2%
- Awarded the Best School of the Algarve in 2012 and 2014 by the Government of Portugal
Guiding and inspiring students in an atmosphere of willing co-operation

Locating a large, converted farmhouse on seven acres of idyllic protected land, Aljezur International School is a unique secondary school where lessons are taught in small groups with great attention given to individual academic needs. Younger students learn through a programme of integrated study and term topics, while a wide range of Cambridge, AS and A Level subjects are offered to students as they progress through the years. Advanced level students are given real opportunities to be innovative and cultivate their skills. This term a student of Travel and Tourism organised a two-day, star-gazing field trip to Noudar for 26 pupils and staff and, as part of their Global Perspectives study, two students organised a debate on Oil Exploration in the Algarve. They created a public survey and presented examples from the field who took part in the debate, and spoke on the subject to the whole school. Several exciting ventures are taking shape this year, reflecting the school’s interest in environmental issues and its affiliation with the Unesco Net Schools Project. The creation of a “food forest” has given students from all year groups practical experience in planning, designing and planting what is now a thriving fruit and vegetable garden. This has recently included hands-on experience in installing an irrigation system. Younger students have carried out a survey of the river that runs through the school grounds, and have constructed survival shelters on the riverbank as part of their ‘Mission to Mars’ project.

Drama plays an important role in the school year, culminating in an annual outdoor theatre performance. The event celebrates links between the school and the local community, and all pupils, parents and friends of the school participate both on-stage and behind the scenes. The theme for the play this year will be “Space”, and it will take place on Friday 1 July. As Aljezur International School is an open Cambridge Examination Centre, it welcomes external students who wish to sit exams in both the summer and autumn sessions. A private coaching service is offered to students for travel between the school and Alvor, Lagos and Benalmádena.

Further information about the school and the curriculum offered can be found on www.aljezur-international.org or by contacting info@aljezur-international.org.

Preparing today’s children for their (unknown) futures

The way our parents worked and socialized is not the same as ours. It is impossible to predict what the world will be like when our children are adults. How can we educate a child for success when we do not know exactly what knowledge or skills will be needed or what careers will emerge? For the Carlucci American International School of Lisbon (CAISL), the answer to cultivating its students the desire to learn and the ability and self-confidence to do so in the core curricular areas of academics, athletics and arts, developing the “whole child”.

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Excellence in a caring and friendly environment

Early Childhood through Grade 12 (Ages 3-18); IB World School for Grades 11 and 12; Accredited by The New England Association of Schools and Colleges (NEASC), the Council of International Schools (CIS), licensed by the Portuguese Ministry of Education, and the only school in Portugal with sponsorship from the US Department of State.

**Academics, Athletics and Arts**

An international school focused in developing the **whole child**

CAISL

Carlucci American International School of Lisbon
Rua António dos Reis, 95, Linhó, 2710-301 Sintra
www.caislisbon.org  219 239 800 info@caislisbon.org

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