National Numeracy Champions



Secondary Parent Workshop Plan

Planning the workshop

Total time required for the workshop	30 minutes
In-person requirements	Computer/laptop and projector Wifi/internet connectivity Room layout to facilitate group discussions
Online requirement	Set up virtual meeting with functionality to screenshare and set up breakout rooms (optional)
Other resources you'll need	Powerpoint slides Link for the National Numeracy Challenge Feedback form (online or paper) Post it notes/A3 paper and pens Copies of the 'Suggested activties...' Parent Handout

Running the workshop

The 30 minute workshop is made up of four key parts:

1. Introduction
2. You're not alone
3. Value, belief and persistence
4. Conclusion and feedback

This workshop plan gives guidance on how to run each section of the workshop.

National Numeracy Champions

Secondary Parent Workshop Plan

1. Introduction

Relevant slide(s) on PowerPoint	1
Timing	<5 minutes
Materials needed	None

- Open the workshop by explaining clearly that the purpose of the session is to help adults develop positive attitudes towards maths in the young people they support. The session will explore each of National Numeracy's top tips for supporting young people and provide parents with some suggested activities they can do at home with their child(ren).
- It is aimed at adults supporting young people, including parents, carers, grandparents, school staff, etc.
- As some people may be feeling anxious about the session itself, explain that there will be no actual maths involved – no tests or quick fire times tables or worksheets!
- Take the opportunity to encourage people to participate by telling the group that you hope the session will be interactive.

2. You're not alone

Relevant slide(s) on PowerPoint	2-4
Timing	5 minutes
Materials needed	None

- Share the NN video 'How do you feel about maths?' included in the PowerPoint. We recommend enabling Closed Captions to improve accessibility.
- You can access the video online here https://www.youtube.com/watch?v=pKdA0LCNg2s&t=2s
- Ask the group to think of a time when they've been faced with maths, or how they would feel if they were suddenly asked to do a calculation in front of the group. This will help participants to understand what you are asking.
- Ask participants to choose one word they would use to describe the emotion that these questions elicit and ask if anyone would like to share their word with the group. If hosting the workshop online, you could ask participants to put their word in the chat or set up a poll for participants to select their word from.
- In this activity, you will usually find that people say they feel anxious, nervous, stressed, panicked or similarly negative emotions around maths. It's important to recognise, and for participants to know, that this is not unusual.
- Share the **'Suggested activity…' slide** with the participants.

National Numeracy Champions

Secondary Parent Workshop Plan

Suggested activity for parents/carers to do at home:

- Ask your child how they feel about maths.
- Reassure your child that however they feel about maths, they are not alone. Many people feel anxious about numbers, and it doesn't mean that you're 'not a maths person' or that they can't get better at maths.

3. Value, Belief and Persistence

Relevant slide(s) on PowerPoint.	**5 - 21**
Timing	**15 minutes**
Materials needed	**None**

- Share the **NN video 'Value, Belief and Persistence'** included in the PowerPoint. We recommend enabling Closed Captions to improve accessibility. You can access the video online here: https://www.youtube.com/watch?v=pKdA0LCNg2s&t=2s

- Look at the **Value slide** with participants and affirm that it's important for young people to know the benefits that improving their numeracy will bring.
- Share slide 8. Ask parents/carers if they can think of any 'small win' examples from everyday life, like being able to plan and schedule homework, understand timings for using public transport so they can travel independently and how to budget pocket money to buy something they want. Look at slides 9 and 10 with the participants to share some more examples of 'Maths in everyday life'.
- Share the 'Suggested activity…' slide with the participants

Suggested activity for parents/carers to do at home:

- Ask your child to think about one task they regularly do at home or in a hobby. What numbers are involved?
- Remind them that this is maths and discuss how it is useful and important in everyday life.

- Look at the **Belief slide** with participants and affirm that anyone can improve their numeracy skills and any age or stage, and it's surprising what you can do once you believe it.
- Look at the **Mythbuster statements slides** with participants. Read each statement out and get them to raise hands for a vote on 'True' or 'False' before sharing the next slide with the result.
- Facilitate a discussion for each statement sharing some of the information beneath each statement.

'Some people are naturally maths people; others are not.'

Explain that this statement is false.

Discuss:

- There is no "maths gene"
- Maths ability is influenced by experiences, confidence, environment, and support
- School experiences often shape attitudes towards maths
- Men and women are equally capable of succeeding in maths

If raised, explain that the "left-brain/right-brain" theory has been widely debunked and there is no evidence that people are naturally fixed as logical or creative thinkers.

National Numeracy Champions

Secondary Parent Workshop Plan

'Maths is always about getting the right answer.'

Explain that this statement is false.

Discuss that maths also involves:

- Understanding concepts
- Problem-solving
- Logical thinking
- Critical thinking

Emphasise that mistakes are a valuable part of learning and can help identify misunderstandings and build resilience.

'Everyone can improve their maths with effort and the right support.'

Explain that this statement is true.

Reinforce that:

- Maths ability is not fixed
- Everyone can improve from their current starting point
- Progress looks different for everyone

Give examples of different types of success, from gaining qualifications to feeling more confident managing daily tasks.

Explain that National Numeracy has supported many individuals who initially believed they could not improve but made progress once they engaged with learning and support. Share the **two slides featuring real life case studies**, Jo and Jason, who have benefitted from working with National Numeracy.

- Look at the **Persistence slide** with participants and affirm that everyone finds new skills difficult at first, but with time, effort and persistence, improvement will come.
- Share the **'Suggested activity...' slide** with the participants.

Suggested activity for parents/carers to do at home:

- Talk to your child about examples from their life e.g. learning a musical instrument, or playing a sport, where they've overcome challenges.
- Suggest to your child that learning maths is no different, it just takes patience and perseverance.

National Numeracy Champions

Secondary Parent Workshop Plan

4. Conclusion and Feedback

Relevant slide(s) on PowerPoint	**22 - 24**
Timing	**5 minutes**
Materials needed	**Post it notes/A3 paper/pens**

- To conclude the session, suggest that each participant writes down their key takeaway point from the session/next step they will take on a post it note and then take it in turns to stick their post its on the board in the room where the session is taking place, or on one of the tables. If hosting the workshop online, this could be done through the chat or anonymous poll function.
- Everyone can then get out of their seats and take a moment to read everyone's responses or take a photo of the responses with their phone if they want to read them later.
- This activity can also work with participants writing their key takeaway points/next steps on a large sheet of paper in the middle of each table group or on an interactive whiteboard with an open Word document which can then be emailed to participants – whichever approach is most suitable.
- Let parents/carers know who they can go to in school for further support and information.
- Please share with participants the A4 handout of 'Suggested activities..' and make sure they know that the handout includes QR codes and links to the National Numeracy Challenge, a free online learning tool which can support them in brushing up on their own skills in maths, and a short feedback form. Please draw participants attention to the feedback form and invite them to take a couple of minutes to fill it in now or at home. We would be very grateful for any feedback provided.
- If you would like to view your school's anonymous feedback from parents/carers please email schoolsandfamilies@nationalnumeracy.org.uk with your school name and date of workshop.