



HILLINGDON PRIMARY SCHOOL

Learning and Achieving Together

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Introducing Kinetic Letters at Hillingdon Primary School

Dear Parents and Carers,

We are delighted to share that this half term, Hillingdon Primary School is beginning a soft launch of a new handwriting scheme called Kinetic Letters. We have already spoken to all children during assembly about the scheme (and the rationale behind it) and will be trialling the programme across the school from the week beginning 8th June, with a full implementation planned for September.

Why Handwriting Matters

You might wonder why we are placing such a strong emphasis on handwriting in a digital age. Research shows that handwriting is much more than just a way of putting marks on a page; it is a vital cognitive skill.

- **Unlocking Brain Power:** When letter formation becomes automatic, the brain is "freed up" to focus on high-level creative expression, vocabulary, and complex ideas.
- **Building Stamina:** Developing the correct physical habits allows children to write faster and for longer without fatigue, a skill that is essential as they progress to secondary school.

- **Taking Pride:** Neat, legible writing helps children feel a sense of pride in their work and ensures their amazing stories and reports can be easily understood by others.

What is Kinetic Letters?

Kinetic Letters is a physical programme that approaches handwriting as a movement-based skill rather than just drawing shapes. The programme is built upon four key "threads":

1. **Making Bodies Stronger:** Developing the core physical strength and posture required to write comfortably for extended periods.
2. **Holding the Pencil:** Teaching an efficient grip for speed and legibility.
3. **Learning the Letters:** Teaching letters as specific movements.
4. **Flow and Fluency:** Building automaticity so that writing becomes an instinctive habit.

The Physical Connection

A unique aspect of this scheme is its focus on "animal positions" to build core strength. During their sessions, children will practice positions such as the Strong Bear, Strong Meerkat, Strong Lizard, Strong Penguin, and Stone Lion. These positions are designed to underpin the physical concentration needed for successful writing.

What to Expect This Half Term

During this trial period, pupils from Year 1 to Year 6 will participate in three 15-20 minute discrete handwriting sessions each week. In EYFS and Year 1, the focus will primarily be on building strength and perfecting pencil grips.

We are extremely excited about the progress our pupils will make with this new approach. More information about the scheme will be given to parents at the start of next year during each year group's parent information meetings.

Yours sincerely,

DBCoakley

Deborah Coakley

Assistant Headteacher
Hillingdon Primary School