



LEARN360TM

POWERED BY  Shae

**AN INTRODUCTION TO
PERSONALISED LEARNING**

INTRO

LEARN360 & PERSONALISED LEARNING

WHAT IS LEARN360 & PERSONALISED LEARNING?

What is Learn 360 and Personalised Learning?

Using the ground breaking protocols of ph360™, the world's first health and wellness platform based on Epigenetics, Learn360 provides a simple, evidence-based lens through which we can understand the inherent traits of children and best support their learning needs. With this lens, Learn360 creates simplified systems for educators to support the personalised learning and growth needs of every individual within the classroom.

Our Vision for Personalised Learning

We see the future of education returning back to the reason it came into existence – to provide each child with the unique learning experiences required to support their growth and development, to facilitate engagement and connection, and to empower a healthy and happy life journey.

What we do

Learn360 educates and provides support in the principles, practice and integration of personalised learning to the entire learning ecosystem: Schools, Educators, Students and Parents.

The purpose of this is to ensure that each student is able to attend school in an environment that allows them to feel secure in themselves, to use their natural strengths and excel in their areas of passion, while continually developing a very powerful and unique identity that supports them to live their healthiest and happiest lives.

SCIENCE

INTRO TO PHENOTYPICAL LEARNING & BEHAVIOR

THE SCIENCE BEHIND PERSONALISED LEARNING

The key principles we observe in personalised learning

Each child in a classroom is unique and different:

- They all have different **bodies, brains and hormones**
- They all have different **needs and wants**
- They all **learn differently, and at different paces**
- They will all **behave differently, in balance and out of balance**
- They all have **natural strengths and weaknesses**
- They all are **motivated by different things, at different times**
- They all have **natural tendencies** that give guidance, when an educator is aware, to be able to support them in the best way!

What is the science behind it all?

The differences mentioned above come about through differences in genetic makeup, embryological, environmental and psychosocial influences and they have a profound and global effect on the child's response to the world around them.

For over 100 years, researchers have been studying the effect of heritability on health, disease, behaviour and individual differences. This work has been furthered with the mapping of the human genome and how these genes can be interpreted by looking at the outside of the body, the Phenotype. Analysing the Phenotype allows incredibly deep insight into an individual's biological makeup, their natural predispositions and strengths.

We are all unique: not one single person on this planet is exactly the same.

Every person is unique with their own health issues, specific genes, preferred lifestyle, mental processing and environment. Educators will not work with two students who are exactly the same, or who will find optimal learning results with the exact same protocols. You will, however, find similarities and this is where Learn360 creates the simple systemisation using the HealthTypes.

Each HealthType tends to have a dominant set of physical strengths and weaknesses, natural levels of hormones and neurotransmitter activity, physiological predispositions and inherent behaviors and needs.



Your Phenotype

Your phenotype is the end result of all the different gene activations that have occurred so far during your life, right through to a few moments ago.

A phenotype represents a gene expression. Genes express based on the environment around the body. The body responds to the environment, i.e. any given change in the environment will create a gene or genes to activate (express) in order to help the body adjust and survive based on the new information it has received about the environment.

It is important to note that your DNA and gene activation are designed to ensure your survival by producing an adapted phenotype.

For example, if you are stressed by urgency, genes that code for higher production of 'focus' and 'alert' hormones in your brain will be 'turned on'. This may come with changes that result in higher blood pressure and other physiological changes. This is designed to help your body survive through greater readiness to run from danger. However, just because your body changes to the environment, does not necessarily mean that it is a healthy change when prolonged. In this case of extended stress, if the environment does not change and the stress persists, this expression of the genes can cause damage to the body's overall health, all while thinking that it is ensuring survival by keeping it alert.

Everything you can see, measure (except for DNA) and test on your body is categorized as a part of your phenotype (even your thoughts!). Apart from the DNA strand measurement itself (genotype), everything else is phenotypical.

You are your phenotype.

By understanding both the phenotype (the current state of the body) and the genotype (the blueprint of how the body should be), we can apply the right strategy with a greater degree of certainty of a result that is favorable for the individual. This is relevant in all aspects of everyday life - from health and disease, communication and social needs, right through to learning and cognition.

How body shape relates to Epigenetics

The sum total of all of your genes expressing over time creates the structure of your body, your body tissues and organs.

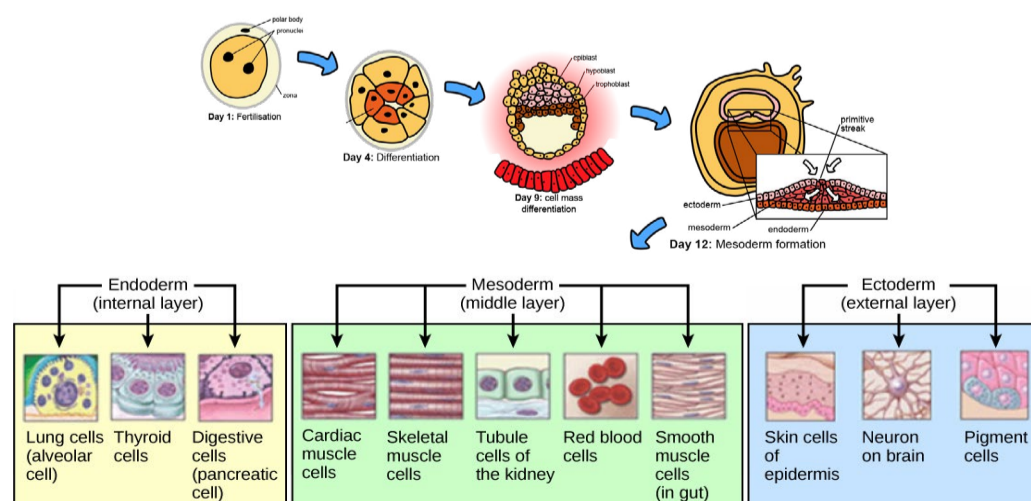
For example, a femur length is determined by its exposure to sex hormones throughout developmental stages and into adolescence, therefore, while the genes that relate to the growth factors that lead to a long femur may not be turned 'on' all of the time, a femur that is relatively longer at the conclusion of skeletal development indicates that these genes were more dominant than those that code for hormones that shorten the growth of the femur.

The organs, skeleton, and other parts of the body that seem quite stable are still formed from epigenetic changes, however, they are the result of the genes that were most active, most often during development - these could be referred to as the genes that were epigenetically dominant throughout development.

By understanding the morphology of a body, we can determine the hormones and genes that have been active in its creation. These hormones do not just form the shape of the body, but also influence the size and shape of the organs which, in turn, alter the function of those organs.

How hormones release is related to embryonic germ layer development in the womb.

Embryological growth is the foundation for growth and development post birth, therefore, what happens during the embryo formation can also predict the likeliness of growth and disease throughout the lifespan. All systems in the body are created in harmony and by understanding morphology of this, we understand the general flow of hormones and gene activation.



These insights provide guidance into:

- The physical requirements of an individual - preferred exercise, nutrition and sleep behaviours that support their best health
- Behavioural tendencies - specific traits that influence what motivates them, what engages their attention and how they are likely to respond to learning and social environments
- Environmental factors that create stress or comfort that alters an individual's ability to engage and focus

What does this all mean for educators?

Understanding the student is key to supporting them into their best performance, potential, and happiness. With practice alone, it can take terms to years to understand just the language and tone to use with various students due to their individual differences.

» Immediate understanding of tendencies

Following the Learn360 assessment (either as the ClassMatch exercise or through the phenotype assessments), the School, Parents and Educators are able to glean an immediate insight into an individual's best learning environments, behavioural tendencies and physical health.

» Tools to support a child in the way they need it

The professional development sessions involve detailed explanations of how biology influences behaviour and how a child can be supported to be in an environment that aligns with their uniqueness while still accounting for the rest of the students in the room. Tips and practical tools include physical, environment and behavioural/communication strategies designed to better resonate with each child.

» Programs that support real practice of personalised learning

The Learn360 Immersion programs allow the key stakeholders at a school to fully understand, implement and benefit from personalised learning principles, including term-by-term Educator CPD covering topics like: identity, natural strengths, behaviours and learning environments. The Immersion programs include real time support and engagement with the Learn360 team while implementation is occurring plus an extensive resource database that allows for self-paced learning around the live sessions.

The flow of a Learn360 Immersion program typically involves a few key milestones:

1. Educator and team engagement session

The initial session designed to introduce the principles of biology and personalised learning and ensure that your team has wide engagement and enthusiasm for further learning

2. Start of the School Educator Immersion Program

Student assessment (done through the ClassMatch or Biological Assessment)
Personalised learning principles in the classroom - interactive workshop

3. Term by Term CPD

To embed and support the practical application of the principles