

Monday 7th January 2019

Dear Parents/Carers,

Our value for January is 'Perseverance'. We will be revisiting some of the ideas we explored last year with the value of Determination and building upon the children's understanding of how to deal with a challenge. The children will learn how to break down a challenge into stages, the importance of practise and strategies to use when they feel frustrated.

School staff will be revising Growth Mindset Theory in their training sessions and developing ways of using these in the classroom. There will be an assembly about Growth Mindset early in the term.

This is a great website where you can challenge your own mindset and consider the language you use with your child to encourage a Growth Mindset. It's quite an eye opener!

<https://www.mindsetkit.org/growth-mindset-parents>

We are always looking for real life examples of our values in action. If you would like to come in an contribute to an assembly in any way, please let us know. Maybe you can play a musical instrument that you have worked hard to practise, maybe you are training for a sporting event and you have to keep going! We would love to hear from you to help us illustrate the values in everyday life.



The Stillness Staff

A few mind shifting tips for cultivating a growth mindset at home

1. HELP CHILDREN RECONNECT WITH A TIME WHEN THEY LEARNED SOMETHING NEW THAT WAS A CHALLENGE.

Point out the developmental nature of "getting good" – we all go through the process of making a lot of mistakes, practicing, and then getting better.

2. HELP CHILDREN GET CURIOUS ABOUT MISTAKES.

Help them reframe a mistake as new information or as a step in the process of learning. In addition, help them incorporate self-correction in their own learning process.

3. HELP CHILDREN LEARN TO HEAR THEIR OWN FIXED MINDSET "VOICE".

Capture and, in a gentle and appropriate way, share their own statements with them. Most children are unaware of this self-talk because it has gone on so long and is subliminal.

- That guy is brilliant; he never tries and he gets it.
- I got it wrong again, I'll never get this.

4. HELP CHILDREN TALK BACK TO NEGATIVE SELF-TALK WITH A GROWTH MINDSET VOICE (I.E. GIVE THEM LANGUAGE).

- I am willing to learn new skills to improve, and I know it will be hard at times.
- I get better and better with practice this is hard, but will get easier.
- Practise makes permanent.

5. MODEL GROWTH MINDSET AT THE TABLE

- At breakfast: Ask questions about their opportunities for learning and growth in the coming day or week. What questions do they need answers to? What do they want to learn, practise, and/or get better at today/this week?
- At dinner: Tell your child about a time when you didn't know the answer to a recent question. Who did you ask for help? How did you learn the answer?

6. AVOID LABELS AND GIVE GROWTH MINDSET PRAISE

- Don't label yourself in ways that model a "fixed mindset" (e.g., I'm a terrible cook...I was never good at maths.)
- Shift your child's attention to a process that leads to an outcome.
- Praise and value effort, practise, self-correction, and persistence.
- Don't shelter your child from a failed task. Ask "What can you learn from this experience? What could you try differently the next time?"

7. GET CURIOUS ABOUT YOUR CHILD'S WORK THROUGH QUESTIONING

How did you figure that out? What's another way you could have done that? How many times did you try before it turned out that way? What here was challenging and how did you figure it out? What do you plan to do next time?