

# Patience Determination Positivity Appreciation

Friday 6th January 2022

Dear Parents/Carers,

We hope you all had a good holiday break and are looking forward to a calm and productive 2022 .

Our value for January is 'Determination'. We will start exploring this value by thinking of Determination as 'not giving up when things get difficult'. This is a perfect time of the year to be reinforcing this value as a positive message to everyone. Many of us have made New Year's Resolutions. Determination is key to our success in making the changes we are wishing for. Whether you have made a resolution or not, the value of determination will only help in a positive way. For our children, we encourage them constantly to try their best, to not give up when they find things difficult and to welcome challenges. We teach them strategies to help them when they get stuck and to persevere when things get tough! Determination is fuelled by a 'growth mindset'. In our school, we are continuing to use elements of Carol Dweck's growth mindset theories in the way we communicate with the children about their learning. When students and educators have a growth mindset, they understand that intelligence can be developed. Students focus on improvement instead of worrying about how smart they are. They work hard to learn more and get smarter. Please see this link for more information:

<https://www.mindsetworks.com/Science/Default>

We are keeping an eye on developments in this area of research and thinking carefully about how it will impact on our work with the children.

In the world of education, the focus on independent learning, developing resilience and 'grit' is a focus. In a world full of challenges both in school and out of school, the value of Determination is one which will enable our children to take the opportunities presented to them – and to make the best of them!

Find some useful advice and resources here:

<https://biglifejournal.com/blogs/blog/activities-grit-resilience-children>

Here's to a wonderful, values-based 2022!

The Stillness Staff

Forgiveness

Kindness

Perseverance

Empathy

Individuality

Learning

Equality

Respect

Independence

Pride

Manners

Trust

Responsibility

Community

Friendship

Curiosity

Communication

Creativity