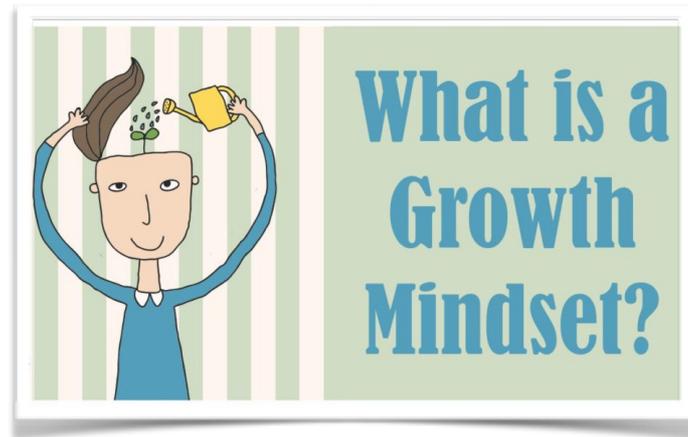


# TEMPLEMOOR INFANT AND NURSERY SCHOOL

GROWTH MINDSET NEWSLETTER - SPRING TERM 2018



Templemoor Infant and Nursery School have embarked on an exciting journey to explore growth mindset and its impact on our learning and well-being. We would like to take this opportunity to explain this.

## **The Theory**

Recent research suggests that it is our attitude towards learning that has the greatest effect on our ability to succeed. With a positive and growth mindset, people are able to develop their abilities and accept challenges. Therefore at Templemoor one of our aims this year is to develop growth mindsets in children and staff.

## **Growth and Fixed Mindsets**

People with a fixed mindset believe that qualities are carved in stone whereas people with a growth mindset believe basic qualities are things you can cultivate through your efforts. Your mindset, therefore, can greatly affect the way you lead your life and for children it can significantly affect the way they learn. Every class has been looking at and learning about the two types of mindsets. Below is an overview of the traits of each:

### **Fixed Mindset**

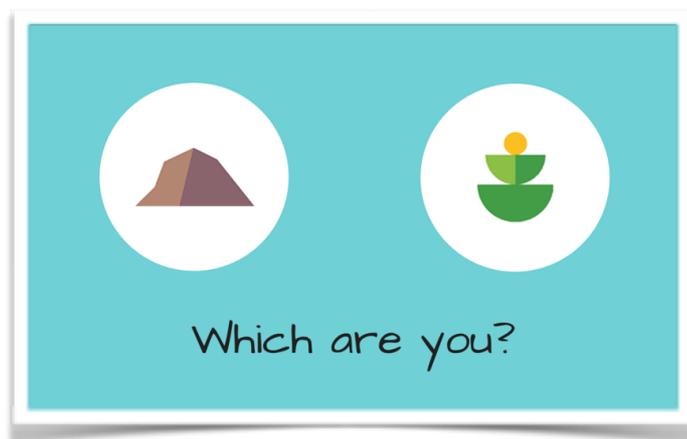
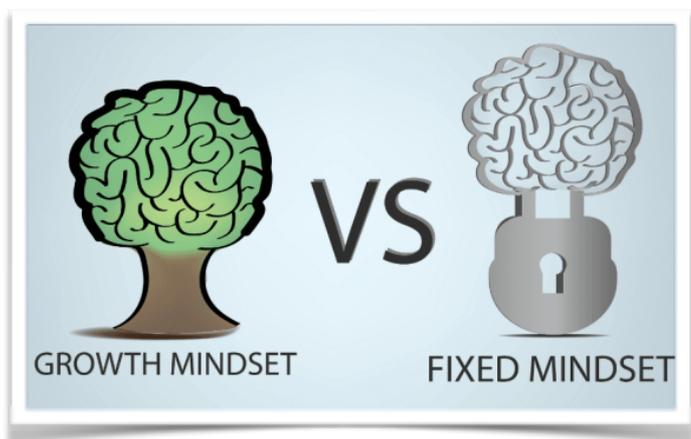
- I like my work to be easy
- I don't like to try a challenge
- I want people to praise me for how clever I am
- I believe I cannot change how clever I am
- I don't like to try new things because I won't be very good at it

- I give up easily

### Growth Mindset

- I never give up
- I like my work to be difficult - it means I am learning
- I love challenges
- I want people to praise me for the effort I put into my work
- I believe I can get more intelligent by working hard
- I feel clever when I'm learning something new
- I learn from my mistakes

It has been proven that having a Growth Mindset can improve children's progress and attainment. As a result, we are teaching our children that by having a Growth Mindset they can grow their brains and intelligence and achieve anything they want!



### Learning Powers

At Templemoor we are teaching the children about learning powers as part of our aim to develop independent learners with a growth mindset. Research suggests that there are four key learning dispositions that we need to develop in order to become successful lifelong learners:

**RESILIENCE**

**REFLECTIVENESS**

**RESOURCEFULNESS**

**RISK TAKE**

These dispositions are inherent in us all. They are not fixed at birth, or when we leave school; they can be developed by everyone regardless of 'ability', social background or age. In fact, ...

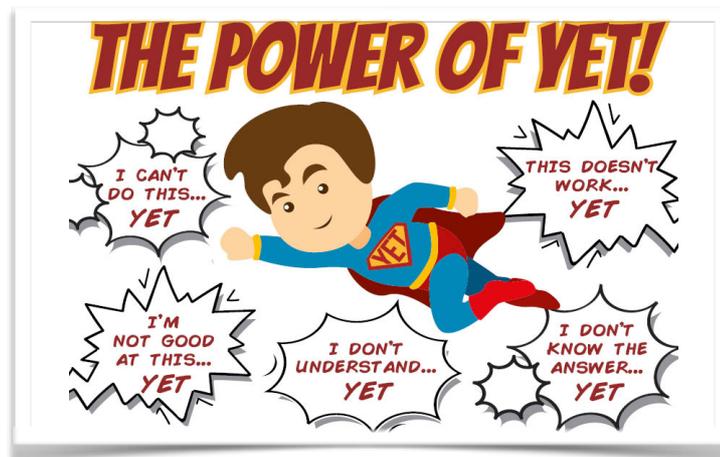
**...there are NO limits to extending our learning power!**



We are currently teaching the children about **RESILIENCE**. This learning power has been introduced through the character Tough Tortoise. Tough Tortoise **NEVER GIVES UP!!**

Each of our classes have a Tough Tortoise learning hero to represent the attitude (resilience) and we are developing a language for learning which is used in all classrooms and areas across the school. This is ensuring that everyone understands and talks about 'learning to learn'.

Resilience means being ready, willing and able to lock onto learning. It means persevering even when something seems really difficult and being able to absorb yourself in a task while not allowing yourself to become distracted. We want our children to develop the skills involved in being resilient learners. One thing that we do say to our children is that it is okay to 'wobble' and we are trying to reinforce the power of the word **'YET'**.



We will be sending out Growth Mindset Newsletters throughout the year to explain how our project is evolving and how you can help at home. In the meantime if you have any questions about our Growth Mindset project do not hesitate to ask. We will be happy to tell you more. We have also created a Growth Mindset page on our school website, under the tab 'learning'. This has some further information about what Growth Mindset is, as well as some useful videos to watch too.