

Grewelthorpe C of E Primary School

Friday 29th March

Teaching and Learning

Growth Mindset

"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence." C Dweck

What is mindset?

A mental attitude that determines how you will interpret and respond to situations.

THE BRAIN IS MALLEABLE

The brain is like a muscle that gets stronger and works better the more it is exercised.

Too often students believe the brain is static, leading them to think talent and giftedness are permanent, unchanging personal attributes that automatically bring later success.

Every time you work hard, stretch yourself and learn something new your brain forms new connections and over time you actually become smarter.

Our aim is to develop a culture where we give our children feedback on the different ways they learn and recognize the effort and processes which enable progress and success. It is important that our children are able to believe in themselves and the possibilities available to them, to learn by embracing challenge, questioning the world around them, reflecting and not being afraid to take risks.

Our new behaviour rewards system will start the first week back after the Easter holidays. Over the next two weeks, the staff will be talking to the children about learning behaviours so that they are clear about the expectations and how they can earn their rewards.



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Sport

On Wednesday the 27th of March, Leah Barrow the **British indoor silver medallist runner** visited our school.



Leah talked to the children about what it is like to be a top level athlete and how to create a positive attitude to challenges. She did a sponsored circuit training session and talked about healthy lifestyles and fitness too.

Thank you to all those families who have sponsored their children to take part.

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Forest School

This week the children continued with the theme of structures to make a mini den to provide shelter, protection, food and water. They enjoyed chocolate bananas on the campfire.



Be Kind to your Mind

On the week beginning June 10th we will be having an enrichment week with a mindfulness focus. The staff have already started exploring mindfulness techniques with their classes. During that week we will be launching 'The Daily Mile' and be inviting visitors into school to work with the children. A more detailed programme will be shared closer to the time.