Barnham Broom School Council Newsletter

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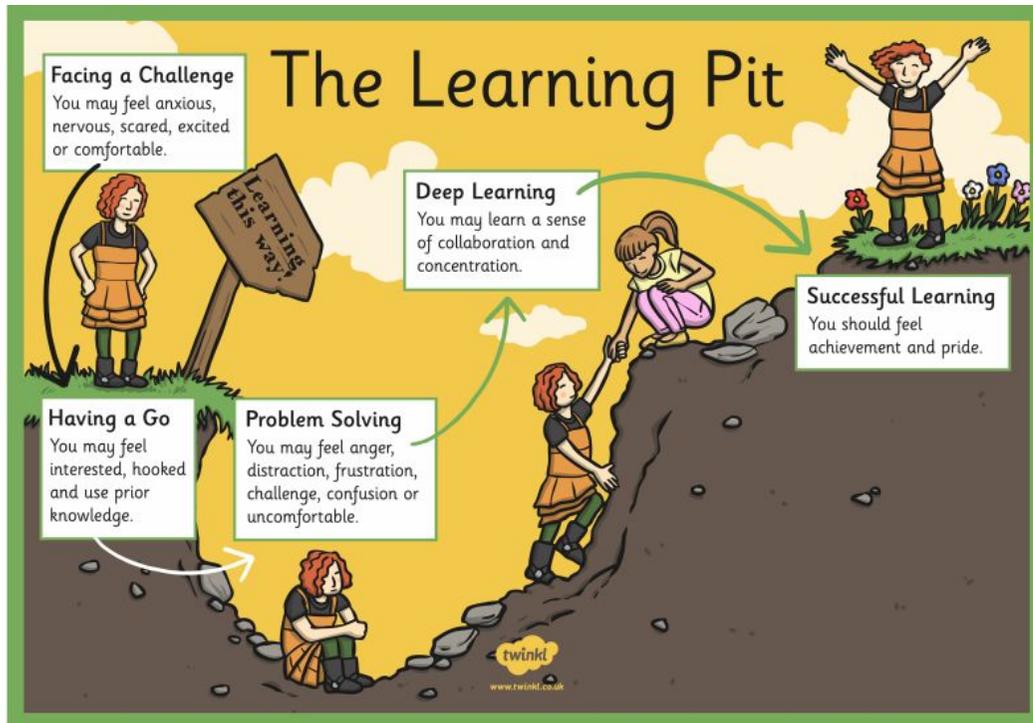
What is Growth Mindset?

Recently, you may have heard the children talk about something called 'Growth Mindset'. This is a new approach that we are adopting in learning, believing that all children can achieve success.

It is all about what individuals believe about their ability to learn new things. Many people have a 'fixed' mindset, which leads them to believe that intelligence and abilities are fixed and that a person cannot improve upon their ability to do something. People with a fixed mindset will often say things like, 'There's no point in trying, because I won't be able to do it,' or 'I've never been any good at....' They will give up on challenging tasks easily, or avoid activities they have found difficult in the past. They tend to focus heavily on the result of a task, rather than the effort required to achieve it.

However, research shows that humans' brains have a quality known as 'neuroplasticity' - in other words, it is actually possible to learn new things and make new connections in our brain. People with a 'growth' mindset believe that intelligence and ability can be developed through persistence, effort, learning from our mistakes and trying different strategies.

"Failure is an opportunity to grow"
GROWTH MINDSET
"I can learn to do anything I want"
"Challenges help me to grow"
"My effort and attitude determine my abilities"
"Feedback is constructive"
"I am inspired by the success of others"
"I like to try new things"

"Failure is the limit of my abilities"
FIXED MINDSET
"I'm either good at it or I'm not"
"My abilities are unchanging"
"I don't like to be challenged"   "I can either do it, or I can't"
"My potential is predetermined"
"When I'm frustrated, I give up"
"Feedback and criticism are personal"
"I stick to what I know"

The Learning Pit...

For a young person to develop, challenge is the greatest way to improve their knowledge. Research has shown that where the challenge is just beyond a young person's current capacity but not out of reach, the greatest improvements can be made.

The learning pit demonstrates to children that when they are faced with a challenge, although they may initially feel frustration or confusion, with perseverance, collaboration with peers and giving it a 'can do' attitude they will succeed.

We expect this year, the children at Barnham Broom will go into several learning pits!

Our Growth Mindset Superheroes!

In order to encourage a 'growth' mindset approach in school, we have developed learning-power superheros to reflect the attributes needed to become successful learners. These are displayed throughout the school and referred to in learning. The children in the school contributed to the designs of our superheroes.

Miss Takes	**Captain Creative**	**Professor Positive**	**Reverend Resilience**
Believing in the power of 'YET'. I can't do it… YET.	**Find a different approach if one route is blocked…**	**Being confident about challenging tasks…**	**Giving spirit to discouraged people around the world…**
Misunderstandings give Miss Takes power to become even better. Mistakes are OK; they help our brains grow!	This superhero works around his problems and can move around difficulties. His creativity allows him to solve things in many ways.	Professor Positive challenges herself - you can do it! She is confident, assured and convinced she can succeed!	This superhero has stamina and keeps going even when it's tough! He bounces back and regains his power after difficulties.

Helping your Child to Develop a Growth Mindset...

 Embrace the power of 'YET'. Encourage your child to add 'yet' to the end of their sentence if they are learning something new.

 Celebrate mistakes! Children should not feel ashamed of their mistakes since mistakes can help us to learn. Mistakes help our brains to grow bigger!

Encourage your child to change their language when talking about learning...

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Thank you for reading our Newsletter.
We are looking forward to making our brains grow bigger this year.