

Parent Link 9-23:

Good Evening Bell-Graham Families

Developing a growth mindset continues to be a priority in each classroom at Bell-Graham. Alexis Hanson, our new Instructional Support Coach provided lessons to students throughout the first weeks of school on this important topic. Below are Mrs. Hanson's summary of work completed within classrooms along with suggestions for developing a growth mindset with your children at home:

Recently many classrooms have participated in discussions on the topic of growth mindset. A growth mindset is the belief that your intelligence can change through hard work, perseverance, and a challenge. In our daily lives, we strive to approach new learning with a growth mindset. However, we have also discussed that sometimes our brain switches to a fixed mindset- the belief our intelligence cannot change and we are born either smart or not smart. Through our conversations, the students were able to identify the benefits of having a growth mindset as well as the drawbacks of having a fixed mindset. This great conversation can continue at home because having a growth mindset applies to so much more than academics.

Our kindergarten students have also participated in a growth mindset conversation. They learned there are many ways we can grow our brain. The three areas we focused on were: 1) your brain grows when you try hard things, it doesn't grow when you only do easy things. 2) Your brain grows when you don't give up, it doesn't grow when you quit too soon. 3) Your brain grows when you do your own thinking; it doesn't grow when someone else tells you the answer.

If you are looking for some ideas for how to promote a growth mindset at home here are a few suggestions:

- 1) Praise kids for skills that don't sound predetermined hard work, persistence, rising to a challenge, learning from a mistake, etc., rather than being "smart".*
- 2) Be a growth mindset role model. Make sure you're sending the right message--often we find ourselves saying, "I can't cook" or "I'm terrible at spelling". We try to teach kids to complete a sentence about something they are unable to do with the word "yet".*
- 3) Encourage your child to forget taking the easy route and instead embrace challenges.*
- 4) Remember growth mindset isn't just academic; it applies to many areas of life (athletic, musical, social).*
- 5) Discourage envy of peers, and talk to your child about what he or she can learn from others who appear more successful.*

Morning Orchestra beginning week of September 26!!

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Important Dates:

September 22:	PTO meeting 1:30 BG staff lounge
September 26-29:	Book Fair
September 30:	Student Council Meeting 7:45 am
October 5:	Walk to School Day
October 7:	School Improvement Day; no student attendance
October 10:	Columbus Day