



## Values Newsletter

Dear Parents/Carers,

Our focus value for the month of October is **SELF-BELIEF**.

Self-belief is directly linked to a concept which is becoming increasingly recognised as a key factor in learning and future success in life – ‘Growth Mindset’.

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. Based on years of research by Stanford University’s Dr.Dweck, Lisa Blackwell Ph.D., and their colleagues, we know that students who learn this mindset show **greater motivation** in school, **better grades**, and **higher test scores**.

([www.mindsetworks.com/webnav/whatismindset.aspx](http://www.mindsetworks.com/webnav/whatismindset.aspx))

Please look at today’s assembly with your child to see how they have been introduced to the concept of ‘Self Belief’ (see below).

There are also some links below which you may find helpful in exploring Self-belief (and self-esteem) and also some more in-depth material about growth mindsets.

### Websites about Mindsets

<http://mindsetonline.com/whatisit/about/index.html>

<http://www.brainpickings.org/index.php/2014/01/29/carol-dweck-mindset/>

### Carol Dweck lecture on Growth Mindsets

<https://www.youtube.com/watch?v=PVhUdhZxbGI>

### Teaching Growth Mindsets

<https://www.youtube.com/watch?v=OhLJPhxuvGM&list=PLaeSusloeZ7THWPL5OFga0xdPJX7J7Zi0>

### The Power of Belief - Mindset and Success: Eduardo Briceno at TEDxManhattanBeach

<https://www.youtube.com/watch?v=pN34FNbOKXc>



During this month, 'Self-belief' certificates will be awarded to people who have shown self-belief and have been nominated by other people. The act of self-belief may be at school or at home. Parents and other family members are very much encouraged to nominate their child – or indeed receive nominations themselves.

It will be wonderful to hear stories of self-belief throughout this month.

With very best wishes

*Maxine Smith*

Deputy Headteacher