

Believe and Achieve



The Catholic School of St Gregory The Great

Believe and Achieve

A Great Start to School!

Headteacher: Mrs. Charlotte Blanch

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What is a mindset?

- It's a belief about yourself
- Can relate to ability, faith, personality, talent



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We all have a mindset...



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.



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This year, in all aspects of the curriculum, is about developing:-

- ✓ Resilience
- ✓ Persistence
- ✓ Trying out different strategies
- ✓ Making mistakes
- ✓ Trying again
- ✓ Learning from trial and error



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Growth mindset language

Challe
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Resilie
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Persevera
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Mista
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Reflect
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Determin
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Try again



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This is our St Gregory's learner profile. These are the key characteristics of a successful learner.





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- We reflect upon mistakes and these become a 'normal' and 'expected' part of the learning process.
- We reframe mistakes and what children say
- We promote 'trial and improvement'. If children know we expect them to try things out, make mistakes and then reflect on them, it changes their perception of the costs of failure.





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INTELLIGENT PRAISE

You're so clever at...
You're so intelligent
at...
You're lucky, you're
gifted at...and it's so
easy for you to...
Don't worry if you
didn't get a great
result, did you get a
better score than x
child?

How can we help our children develop a growth mindset?

Key points to parents:

- Praise carefully—not for intelligence but for effort
- Encourage deliberate practice and targeted effort
- Encourage high challenge tasks to grow those brain cells
- Discuss errors and mistakes and help your children to see them as opportunities to learn and improve
- Encourage family discussions about mindset and which mindset they (and you?) are choosing to use
- Teach children to talk back to their 'fixed mindset' internal voice with a 'growth mindset' internal voice
- Start now by redefining the meaning of a few ordinary words...

EFFORT PRAISE

I've noticed the effort
you're putting into...
All of your hard
work and practise is
resulting in progress
in...
I'm proud of how
committed you have
been to learning...
Are you clear what
you need to do to
improve your
learning next time?

times have we told
you to get it right

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learn from it



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How to develop a growth mindset in your child at home...

HELP CHILDREN RECONNECT WITH A TIME WHEN THEY LEARNED SOMETHING NEW THAT WAS A CHALLENGE

Point out the developmental nature of 'getting good' - we all go through the process of making a lot of mistakes,

practicing and then getting better.

HELP CHILDREN TALK BACK TO NEGATIVE SELF-TALK WITH A GROWTH MINDSET VOICE

e.g I get better and better with practice.
This is hard, but will get easier

AVOID LABELS AND GIVE GROWTH MINDSET PRAISE

Don't label yourself in ways that model a 'fixed mindset' (e.g. I'm a terrible cook....I was never good at Maths)
Praise and value effort, practise, self-correction and persistence

Don't shelter your child from a failed task. Ask "What can you learn from this experience? What could you try differently next time?"

HELP CHILDREN GET CURIOUS ABOUT MISTAKES

Help them reframe a mistake as new information or as a step in the process of learning. In addition, help them incorporate self-reflection in their process.

GET CURIOUS ABOUT YOUR CHILD'S WORK THROUGH QUESTIONS

How did you figure that out? What's another way you could have done that? How many times did you try before it turned out that way?

What could you try differently next time?

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**Thank
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