



## SACRED HEART CATHOLIC SCHOOL

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Vice-Principal: Mrs. Tamara Johnson

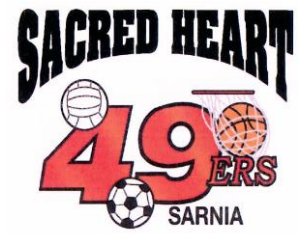
Secretaries: Mrs. Sandee Durnez; Mrs. Christina Frayne

Director of Education: Dan Parr

Board Chair: John Van Heck

Superintendent: Ann Laura Callaghan

Trustee: Michelle Parks



## Week at a Glance for Families

**September 19, 2016**

*Thank you everyone, for an awesome start to the new school year!*

### Monday, September 19

- Monday Liturgy - 12:20pm
- Terry Fox Kick Off Assembly following liturgy
- Senior Girls Volleyball practice @ 3:10pm



### Tuesday, September 20

- Cross Country practice after school
- Senior Girls Volleyball AWAY game at St. Mike's (Girls leave school at 2:30pm)

### Wednesday, September 21

- Senior Boys Basketball practice - lunch hour

### Thursday, September 22

- Senior Boys Volleyball AWAY game @ St. Francois at 3pm
- Meet and Greet BBQ 4:30 to 7:00pm
- No Cross Country tonight

### Friday, September 23

- Cross Country practice after school

#### Reminders:

- **Nut / Peanut Free Zone** - due to the number of students with nut/peanut allergies, please be reminded that the school has attempted to be as Nut/Peanut Free as possible. So please avoid sending lunches and snacks to school that contain nuts / peanuts. **THANK YOU!**
- **There are a number of forms that have been sent home that need to be signed and returned at your earliest convenience. These include:**
  - Student verification form
  - Medical form for excursions - complete once and we will keep on file for all excursions this year
  - Walking excursion forms - complete once and we will keep on file for all excursions this year
  - BBQ (September 22) form

#### Attachments:

1. Parent Tip: [The Power of Developing a Growth Mind Set](#)

***Have a great weekend!***

# The Power of Developing a 'Growth Mind-Set'

Research suggests there are two sets of beliefs that people are likely to have regarding intelligence. These factors can have a striking impact on student achievement.

Students can have a **fixed mind-set** – meaning that they believe that people are either smart or not and that it cannot be changed.

Alternatively, they can have a **growth mind-set** – in which they believe that intelligence can be developed in various ways, such as through effort, instruction, and practice.

A growth mind-set doesn't imply that everyone is the same or that anyone can be Einstein, but it does imply that everyone's intellectual ability can grow with effort. Recent research has shown that students' mind-sets have a direct influence on their grades and that teaching students to have a growth mind-set raises their grades and achievement test scores significantly.

Recent research reveals that students with a growth mind-set believe that their intellect can be developed. For that reason, they focused on learning, believed in effort, and were resilient when they faced setbacks.

Students with a fixed mind-set worried more about looking smart and not making mistakes. They thought that if they had to make an effort to learn something, it meant that they weren't smart and became discouraged or defensive easily when faced with setbacks. They believed that the setbacks reflected limitations in their intelligence.

Students with a growth mind-set, who make an emphasis on hard work to learn, achieved higher grades than students having a fixed mind-set, with all the worries and defenses that kept students from applying themselves.

The brain is like a muscle. The more you use it, the stronger it becomes. Every time you stretch yourself to learn something new, your brain forms new connections which, over time, cause you to become smarter. The growth of your mind is under your control.

If you are interested in better understanding how a Growth Mindset can open doors to success for your child, see the following attachments:

<https://www.youtube.com/watch?v=JC82II2cjQ4> (You can learn anything commercial)

<http://www.youtube.com/watch?v=pN34FNbOKXc> (Introduction to research of Growth Mindset)

<https://www.youtube.com/watch?v=o8JycfeoVzq> (Growth vs Fixed Mindset video)

<https://www.youtube.com/watch?v=UF303p5MOnQ> (Michael Jordan It's My Fault Commercial)

<https://www.youtube.com/watch?v=JA7G7AV-LT8> (Michael Jordan Missed Shots Commercial)



## Messages That Promote a Growth Mind-Set

- We believe in your potential and are committed to helping everyone get smarter
- We value (and praise) taking on challenges, exerting effort, and surmounting obstacles more than we value (and praise) “natural” talent and easy success.
- Working hard to learn new things makes you smarter – it makes your brain grow new connections.
- School is not a place that judges you. It is a place where people help your brain grow new connections.
- We will praise hard work and resilience more than natural ability because it improves student learning
- Replace “I can’t do it” statements with **“You can’t do it, YET!”**

**“I haven’t  
FAILED.  
I’ve just found  
10,000  
ways that  
WON’T WORK”**  
-THOMAS EDISON

**Don’t let  
failure  
be an ending.  
Make it a  
beginning.**

**Great things  
never came  
from comfort  
zones.**

Fixed Mindset	Growth Mindset
Intelligence is something you have or don't have	Intelligence can be developed
A desire to look smart, which means that you...	A desire to learn which means that you...
<ul style="list-style-type: none"><li>• Avoid Challenges</li><li>• Give up easily</li><li>• See effort as a waste as time</li><li>• Ignore criticism</li><li>• Feel threatened by the success of others</li></ul>	<ul style="list-style-type: none"><li>• Embrace challenges</li><li>• Keep going when things get difficult</li><li>• See effort as the path to mastery</li><li>• Learn from criticism</li><li>• Learn from and find inspiration from the success of others</li></ul>

### Worthwhile Reading:

Book: Growth Mindset: The New Psychology of Success, Carol Dweck (2008)

Article: Boosting Achievement with messages that Motivate, Carol Dweck (2010)