

R is for Relief

You've reached the end of home-schooling. Well done! Before you rush into a new 'new normal', why not stop and think about the positives from home-schooling? What have you enjoyed as a family? Where have you or your children grown, not just in learning, but in new talents, interests or how you all get on? Take a moment to celebrate the happy times that home-schooling may, surprisingly, have brought.

Our value this month: Ambition

It's March and we have a new Redwell value. This month's focus is **AMBITION**.

Now could be a good time to have a conversation about ambition with your children. Ask them what they hope to achieve when they're back at school. Talk about your own ambitions, too.

Although it's good to have ambition, we all know we may not succeed straight away. So how do we keep going and not give up?



At Redwell we encourage our children to have a 'growth mind-set.' Instead of saying 'I can't do this' or 'I'm no good at this', we ask them to change their thinking. Here are some examples (opposite).

What is a growth mind-set?

Children's brains are amazing. They are growing and changing all the time, which is why children often find it easier than adults to learn. That also means they can more easily change the way they think.

Which phrases does your child use? Can you swap out the negative for the positive?

Negative thought	Positive thought
Instead of...	Think this!
I made a mistake.	Mistakes help me to learn.
This is too hard.	This may take some time.
I give up.	I'll find a different way.
My friend gets this.	I'll ask for their help!
My plan didn't work.	There's always plan B.
It'll do.	Is this really my best work?
I'll never be smart at this.	I will learn how to do this.

Supporting your child to develop a growth mind-set will help not only with their learning, but with their happiness, too. A change in thinking can lead to better well-being and greater resilience.

Useful websites

<https://www.oxfordlearning.com/growth-mindset-tips-for-parents/> Tips for building a growth mind-set at home.

<https://youtu.be/hiiEeMN7vbQ> TED talk by Carol Dweck, an American psychologist, professor and award-winning author credited with reputable research on growth mind-set.

You can call the Pastoral Team on 01933 676040 or email pastoral@redwellprimary.co.uk