

William Harding School Wellbeing Newsletter

Summer 1
2021



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...



GROWTH MINDSET

The term mindset describes how we approach and face challenges and how we deal with setbacks. There are two different types of mindsets, **FIXED** and **GROWTH**. A child with a fixed mindset will believe that they are not be able to improve no matter how much they try, they may say *'I can't do it'* or *'it's too hard, I give up'* when faced with difficulty. A child with a growth mindset will be able to stay positive and keep going when faced with difficulties, they may say *'I'll try again'* or *'I can find a different way of doing it'* when they make mistakes.

We can train our brains to have more of a growth mindset rather than a (sometimes) limiting fixed mindset.

Here are some ways to develop a growth mindset.



- Acknowledge and embrace imperfections – Hiding from weaknesses mean we can't overcome them.
- Replace the word 'failing' with 'learning' - if we make mistake or miss a target we have not failed, we're learning.
- Celebrate growth and progress – celebrate others' growth as well as your own.
- Reward actions not traits – give praise for trying and working hard not just because they're smart.
- Use the word **'YET'** – when a child says *'I can't do it'* repeat back that they can't do it yet. They can if they persevere.

WELLBEING WEDNESDAY

We encourage you to join us in Wellbeing Wednesday. Take some time (even 15 minutes has been proven to help) to step away from it all. Here are some activities to do.

Find a way to help a project or charity that you care about – Giving back has been proven to make ourselves feel good.

Find quotes that you find inspiring, print them out or create a piece of artwork using the quote to put up and look at every day.

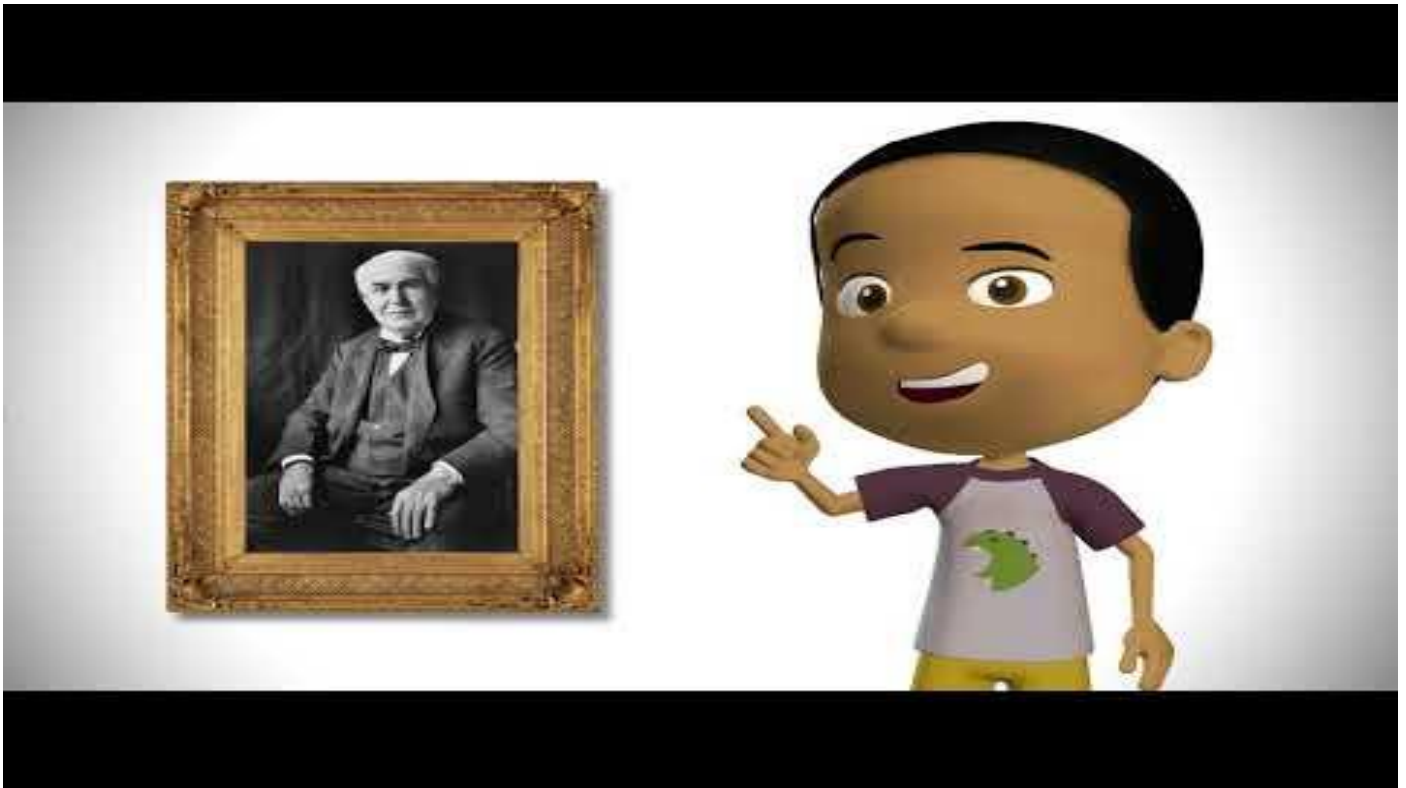
Have a 'no screens' night, listen to music, read a book, bake a cake, do a jigsaw puzzle...anything but look at a screen. Rest and recharge.

Find what values matter to you and think of ways to use them – start with our school values for inspiration. How can you use them outside of school as well as in school?

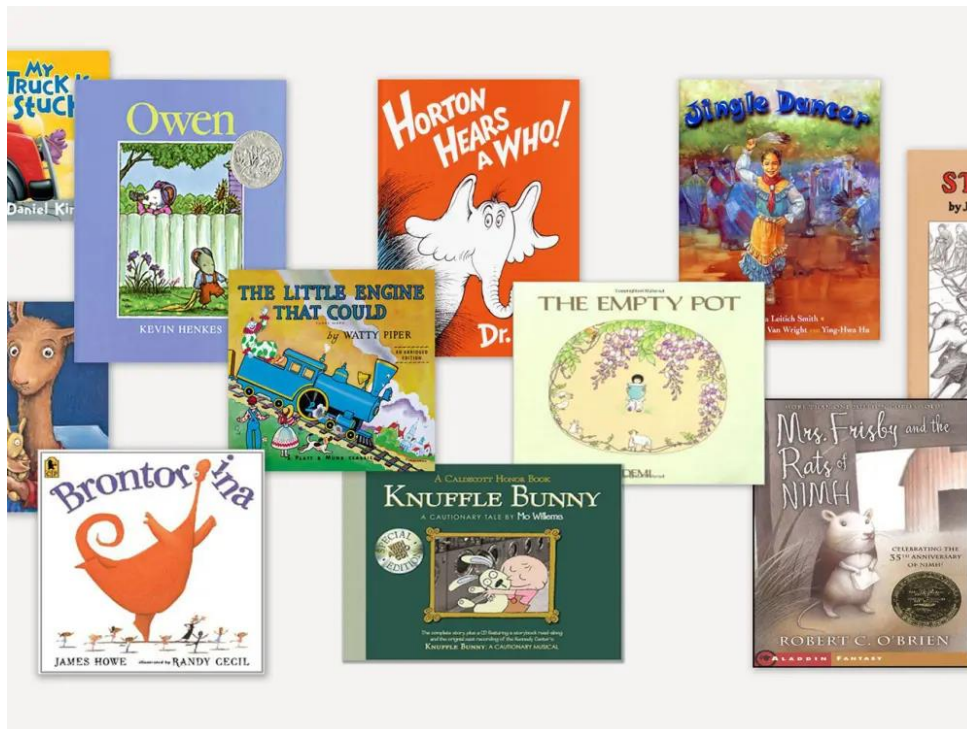
Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

Wellbeing

Growth Mindset Animated Lesson



Explore 11 books that can help kids develop a growth mindset.



Impossible only means you haven't found the solution yet
Anonymous
Remind yourself every day that nothing is impossible



Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

Wellbeing

Challenge helps me grow!

I have a growth mindset!

I can learn anything I want to!

Mistakes are valuable!

Effort and attitude will help me improve!

Determination will help me overcome my struggles!

Constructive criticism is helpful!

THE POWER OF YET!

I can't do this **YET**

I'm not good at this **YET**

I don't understand this **YET**

It doesn't work **YET**

This doesn't make sense **YET**

TED TALK

In this talk, Rebecca shares the process of joining the Student Council (STUCO) at her school. She discusses her feelings when she was encouraged to take on this challenge by her mum and how she was able to change her fixed mindset into a growth mindset.



Action for happiness is a brilliant website and it's available as an app too on both android and iOS devices. The website describes themselves as a movement of people committed to building a happier, more caring society. I love their monthly calendars such as next month's 'Joyful June' which has daily actions for you to try.

Useful links to websites



We would love to hear your feedback on our newsletter or a topic you would like covered in the next Newsletter. Please email office@williamharding.school for the attention of the FLO Team with your comments or suggestions.

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.