

Growth Mindset

Our Values

We Nurture

I nurture myself and others
by being safe, sensible and
supportive

We Challenge

I challenge myself and
others to be the best we
can be

We Care

I care through respecting
myself, others and our
school



I have high expectations for myself and others

This means that you aim high and believe that you can do well.

If we have high expectations of ourselves, we are going to do our best.

When we have high expectations of others, we want them to do their best too.

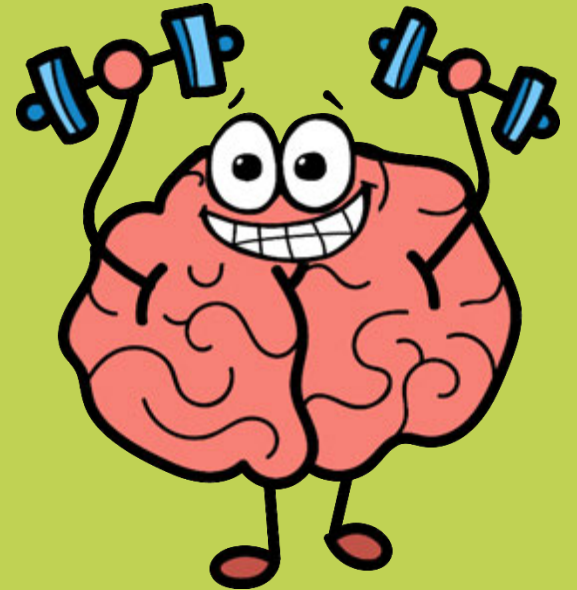


I show persistence in all tasks

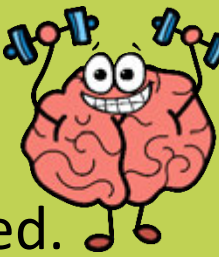
Persistence is when we keep going, even when something gets difficult or takes a long time.

Sometimes tasks take longer than we were expecting. When we persist, we complete a task to the best of our ability.

If we come across a difficult task, we can feel like giving up. By persisting, we can train our brain so that next time, it won't seem so difficult.



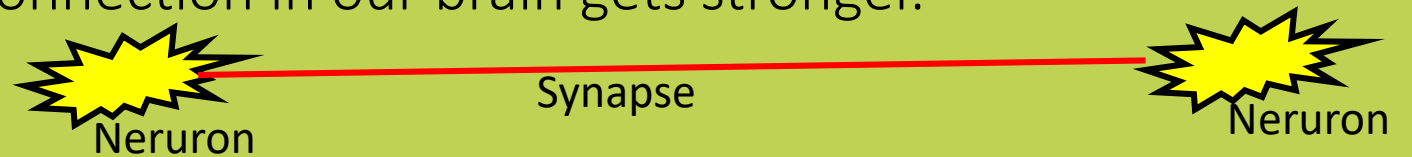
I show persistence in all tasks



Researchers have shown that brains are plastic. This means they they can be changed.

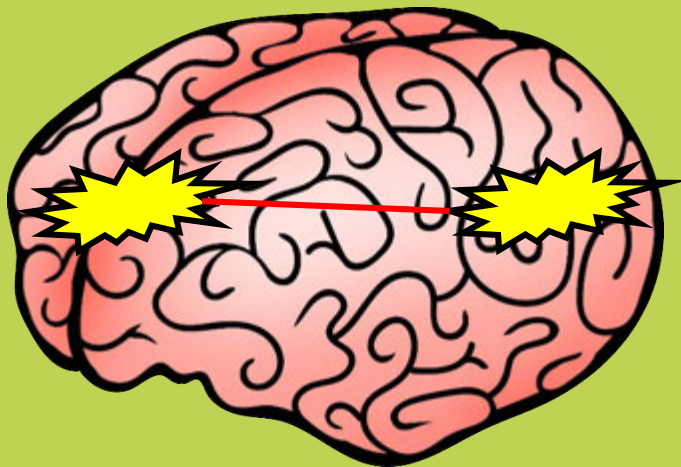
We can train our brain to have a growth mindset.

Our brain is made up of neurons that are connected by synapses. Every time we do something, that connection in our brain gets stronger.

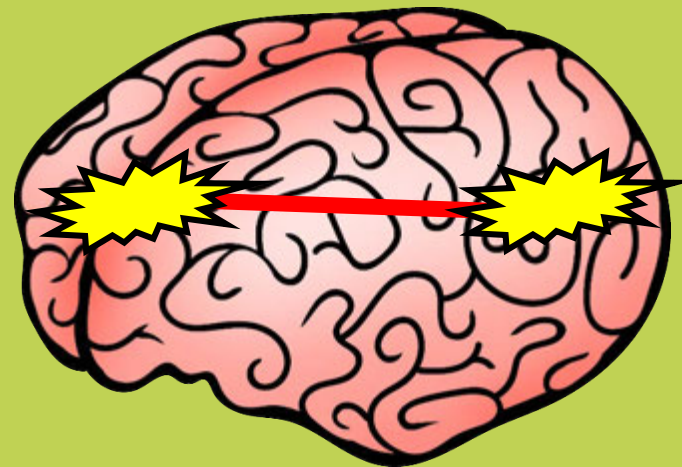


If we persevere, we strengthen that synapse.

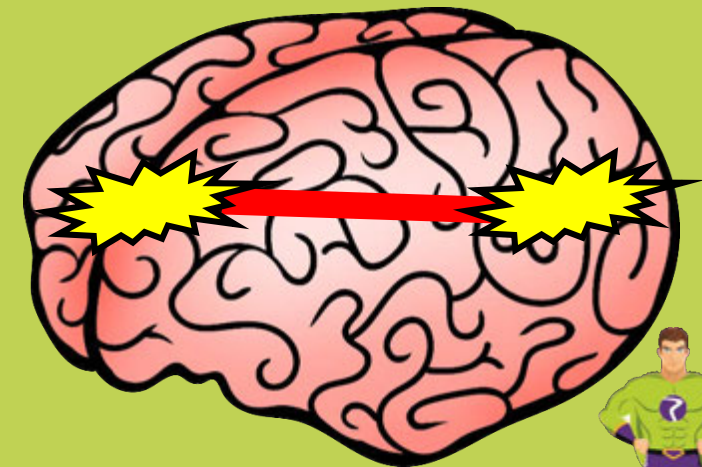
If we give up or don't do our best, that is the synapse that will be strengthened.



A weak synapse connection



A strengthening synapse connection



A super strong synapse connection



I ask for help and feedback

If you come across something that is difficult and you don't know where to start, you can ask for help.

People like helping others, it makes them feel good.

Try saying-

I don't know
where to start,
can you help
me?

I am confused,
could you explain
that again?



I ask for help and feedback

Sometimes we don't know how to improve our work or behaviour.

Feedback tells you what you should focus on next. It is the next stepping stone to move you forward.

You can use bump up boards or classroom goals to improve.

If you don't know how to improve, ask for feedback.

You could say-



How could I
make this better?



What could I do to improve?"



I work towards my learning and behavioural goals



To improve, we need to set goals. Goals can be for anything; reading, writing, singing, running, listening or being a friend.



Once you know what your goal is, you can work towards it.

I use positive language

If we use positive language, it helps us to maintain a positive mindset.

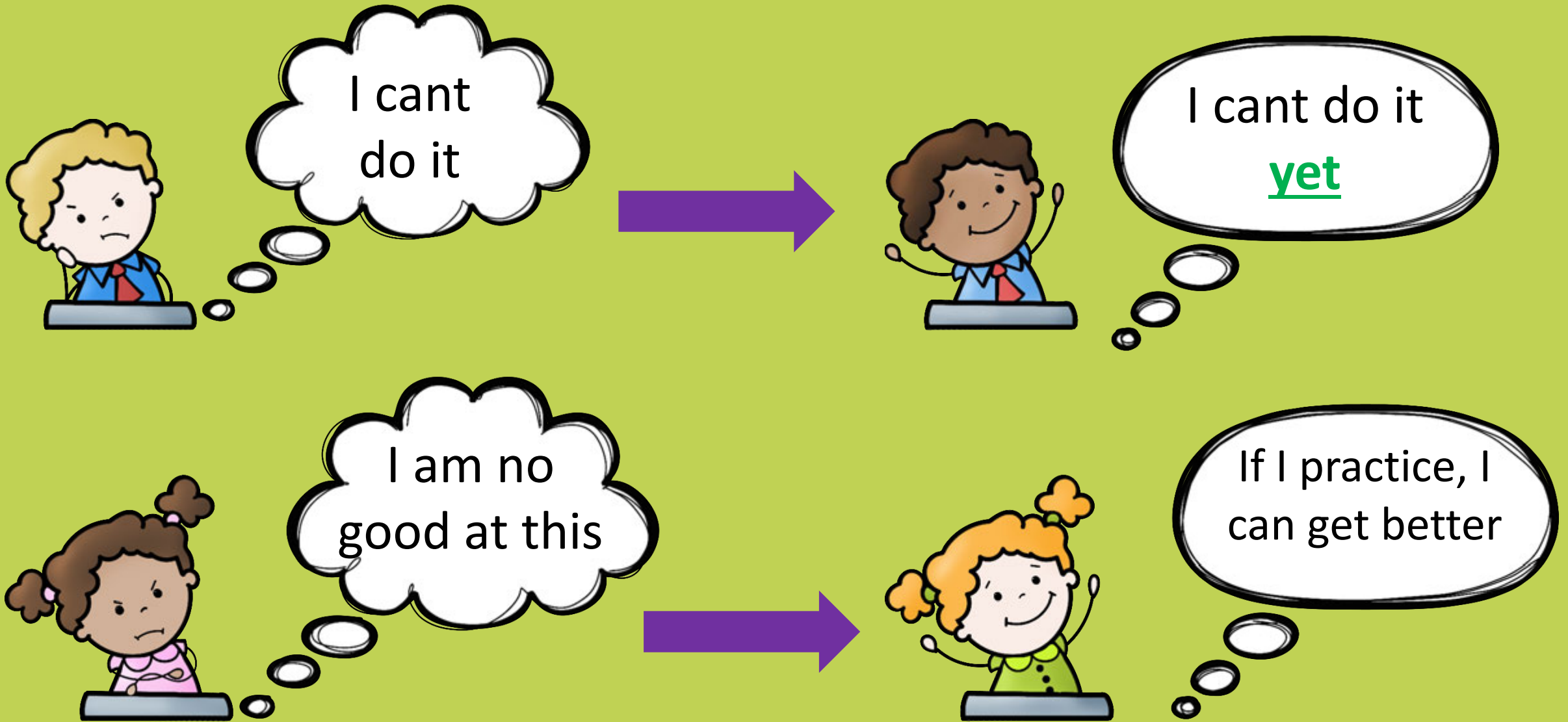
We should use positive language with ourselves and with others.



I like how you gave it a go.

It was great how you kept trying.

I use positive language



Why do you think we have these expectations?



What would happen if we didn't follow the expectations?