

## Sunday, October 11, 2015

As you know, we have embraced growth mindset at Norfeldt. It warms my heart to hear children stop themselves from saying, "I can't" and quickly replace it with phrases such as "I can try" or "I can't yet..." Changing what you say is often the first step in changing your fixed mindset beliefs to growth mindset beliefs. Here are some phrases you can support your child with at home:

Instead of saying, "I want to quit." Say, "I have other strategies I can try."

Instead of saying, "I'm so dumb." Say, "I'm learning! I just need more practice."

Instead of saying, "This is too hard." Say, "I can do hard things."

Instead of saying, "This is good enough." Say, "I don't quit until it is my best work."

Instead of saying, "I hate when I'm corrected." Say, "Feedback helps me improve."

Instead of saying, "I wish I was smart." Say, "My brain is like a muscle I can train."

Tell yourself, "My mistakes help me grow!"

Ask yourself, "Am I proud of this?"

Have a wonderful Columbus Day!

### **Week of October 5<sup>th</sup>:**

Monday, October 12 <sup>th</sup>	Columbus Day	NO SCHOOL	
Tuesday, October 13 <sup>th</sup> Room	4 <sup>th</sup> Grade Choir	7:45 a.m.	Music
	5 <sup>th</sup> Grade Orchestra	7:45 a.m.	Stage
Wednesday, October 14 <sup>th</sup>	Grade 5 Choir		Auditorium
	Picture Re-Take Day		
	Grade 2 Field Trip to Westmoor Park		
Thursday, October 15 <sup>th</sup>	Morning Club Gr. 2 & 3 Fitness	7:30 a.m.	Gym
	Gr. 5 Band	7:45 a.m.	Stage
	Grade 3 (Campagna & Moses) Field Trip to Trash Museum		
	Grade 4 Field Trip to Westmoor Park		

Friday, October 16<sup>th</sup>

Kindergarten Field Trip to Indian Rock

Grade 3 (Larson and Forzley) Field Trip to Trash Museum

Jen Derick

Principal