Dear Parents, Carers and Community Members,

Thank you to those who were able to attend the Michael Grose Parenting presentations last week supporting a great initiative from our School Parent Network. The feedback was very positive and our hope would be to develop a culture of parent education across the community by looking for future opportunities. As a school community we subscribe to Parenting Ideas and you may access the link to some great articles and short video clips via our school website.

After a long weekend, we feel we are almost catapulting into the busyness of the end of term. Student written reports are now being read and finalised by our School Leadership team following the thorough assessment and report writing process from our teachers. They will be available in the last week of term.

Long Service Leave
Mr Billion and Mrs Hay will be taking some well-deserved long service leave for the last two weeks of term (16 June – 27 June). Mrs Jessica Hill will be Acting APRE and Mrs Edwards will be teaching 4L. Mrs Hay will be replaced by Mrs Kate Kellett in 4K.

High Performing Teacher Visit – Lismore Diocese
Next week our school community will be welcoming four teachers from the Lismore Diocese in NSW coming from schools in Mullumbimby, Lismore, Ballina and Coffs Harbour. They are successful applicants to participate in a professional learning program visiting a school in the Brisbane Archdiocese renowned for contemporary and exemplary practices. Our school, St Rita’s has been invited to showcase our shared leadership practices, strong pedagogical approaches and contemporary learning environments. The four teachers will spend the week visiting classes and participating in our team meetings, staff meetings and are looking forward to a productive and memorable professional learning experience. In the spirit of reciprocity, there will be much for our staff to gain as well from this experience.

We look forward to our Annual Athletics Day this Friday and I trust families are looking forward to supporting our Winterfest – Parish and School Community Fete for the following Saturday (21 June) through the purchase and promotion of raffle tickets, donations and baking!

Together in Family
Anne

Sacrament of Confirmation and Holy Communion
Our year 5 children have been learning about the Sacraments of Initiation – Baptism, Confirmation and Holy Eucharist. Across the year level, they have been demonstrating their learning by creating collaborative posters for their peers who are receiving these Sacraments next Month. A reminder also that the second Parent Information Session for Holy Communion will be held in the Church this Wednesday 11 June 7:00 pm. Please keep these children in your prayers over the coming weeks.

Year 6 School and Parish Mass
Please join with the Parish community on the 19 June 9:00 am when the year 6’s will celebrate Mass.
together. The theme for this Mass is ‘The Spirit has given us Life’. We hope you can join us in prayer.

**Refugee Week 2014** Restoring Hope

Refugee Week is Australia’s peak annual activity to raise awareness about the issues affecting refugees and celebrate the positive contributions made by refugees to Australian society. Refugee Week is held from Sunday to Saturday of the week which includes 20 June which is World Refugee Day. In 2014, Refugee Week will be held from Sunday 15 June to Saturday 21 June and includes the Annual ‘Vinnies CEO Sleep Out’ on the 19 June. The theme for Refugee Week in 2014 is Restoring Hope. Both Pope Francis and Archbishop Coleridge have recently been vocal on what they describe as a ‘cruel and dehumanising’ refuge situation. We will dedicate our assembly and class prayers to this important cause during this time. For more information please read http://www.ajustaustralia.com/

**Reflection**

‘Migrants and refugees are not pawns on the chessboard of humanity. They are children, women and men who leave or who are forced to leave their homes for various reasons, who share a legitimate desire for knowing and having, but above all for being more.’ Pope Francis

**Together in Family**

Kevin

Last Thursday we celebrated World Environment Day and as a result we encouraged all students to wear something green and in return try to ‘Wipe out Waste’ at St Rita’s. Last week each class also participated in a ‘Waste Audit’ with myself, Bob and Cathy Payne to show us how much waste we continue to recycle and wipe out all together here at St Rita’s. Perhaps you could have a conversation with your child about what they recycle at school.

As a community we continue to encourage all families to attempt to pack a ‘Litter Free Lunch’ for all students each Tuesday and Thursday. Below is some information on what a Litter Free Lunch may look like.

**Information Pack**

A Litter Free Lunch program is a process of educating students, parents and school staff about where our waste ends up and how we as individuals, can reduce the amount of waste we generate and send to landfill. Litter Free Lunch programs favour the use of re-usable food and drink containers, utensils, organics waste and recyclable material. They discourage the use of disposable packaging such as pre-packaged foods, plastic bags, disposable utensils, plastic straws, food wrapped in cling wrap and foil and other single-use items.

A Litter Free Lunch program not only makes good environmental sense but it makes good economic sense too. If you can continue to run the program on a regular basis and make it part of the school environment, you will eventually reduce the amount of waste you need to throw away, in turn reducing the amount you spend on waste collection. Most of the waste generated from a Litter Free Lunch is compostable and can either be placed into compost bins at your school or a worm farm.

**Litter Free Lunches - REUSE**

- Use re-useable containers that can be washed.
- Use a re-usable drink bottle which can be used many times.
- Use recyclable and/or compostable packaging over disposable (e.g. plastic wrap) packaging.
- Cheese and biscuits or yoghurts which are taken from larger containers and repacked into a re-useable smaller container will avoid extra packaging waste and ensure that your child can reseal the food if needed.

**Litter Free Lunches are often much healthier. You can ensure your child is eating fresh food packed in suitable quantities and not eating ‘gimmicky’ snack foods.**

**Litter Free Lunches - AVOID**

- Plastic wrap and foil,
- Disposable items like plates, knives and forks,
- Paper lunch wrap,
- ‘Gimmicky’ packaged items e.g. chips, small yoghurts, individually wrapped serves of food.

Below is a link with more information and ideas for parents and student to have a look at together. http://www.tweed.nsw.gov.au/Education/pdfs/Litter%20Free%20Lunch%20Information%20Pack.pdf

**Uniform**

As the fresh mornings continue to come forth, can I remind all students that the expectation is that the correct uniform must be worn at all times. The uniform shop is open Thursday and Friday mornings from 8:00-10:00am with plenty of winter stock available. Please see me if you have any queries.

All the best

Shane
IMPORTANT DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 11 June</td>
<td>Junior Years Assembly</td>
</tr>
<tr>
<td>Thursday 12 June</td>
<td>Early Years Assembly</td>
</tr>
<tr>
<td>Friday 13 June</td>
<td>Athletics Carnival</td>
</tr>
<tr>
<td>Next Week</td>
<td>Year 7 Camp, Year 3 Excursion, Winterfest</td>
</tr>
</tbody>
</table>

IMPORTANT FEE NOTICE

Fees are now overdue and prompt payment would be appreciated. If you have any concerns please contact the school office immediately.

As from Term 3 School Fee Statements will no longer be printed and mailed. These statements will be emailed to each family. Please ensure you have notified the school office of your current and correct email address. If you have not notified the office of your email please do so by June 13th. Thank you for your co-operation in this matter. An email can be sent to stritasiclt@bne.catholic.edu.au to have your details updated.

Krys Kuropka
Finance Administrator

LEARNING SUPPORT

Sharing stories.

Each week a small group of year 2 students engage in an extension writing class, as it is recognised that they require further challenging activities that enable them to use higher order thinking skills.

This term these activities have been drawn from a Libby Hawthorn novel, ‘The Wishing Cupboard.’ The novel, revolving around Vietnam, focusses on the importance of family, as the main character, Tran, is introduced to the wishing cupboard by his grandmother. Here he is delighted to discover that each drawer in the cupboard contains a special treasure that is unique and special to his family. In one of these drawers he finds a mouse that has taken up residence to eat the slice of cake that Tran’s grandmother put in there in memory of his birthday.

Students were asked to imagine that they were this mouse and were required to write a short story to describe how they felt in this situation. These stories are shown below. Each student captured a different aspect of the mouse and were successful in incorporating an orientation, complication and resolution into their story. They also showed great use of adjectives. Well done!

The mouse in the wishing cupboard.

‘Hello! I am a mouse. I am white with blue eyes. I am greasy, hungry, friendly and peaceful. I am in a dark, warm and sticky drawer. The only thing with me is a very delicious looking slice of cake. I really don’t want to eat the cake but I can’t help it and I just gobble it all up. A few minutes later I feel the pain in my stomach. Just when I was about to close my eyes I saw light. It was a lady. Then I saw a little boy next to her. She called him Tran. They pulled me out and soothed and nursed me until I was so much better! I always visit the Grandma and Tran and they give me a biscuit crumb. Well, that’s my story. By the way it was a cherry, chocolate cheese cake.’

Alice, 2K

Greedy Mouse

‘I am in a dark drawer with spongy cake. The drawer is quiet. I am trying to get out of this drawer. I am fat and guilty. I have just eaten the yummy cake. It is pink, blue, green, white, red and aqua. All the colours of the rainbow. I want to get out of this dark quite drawer now. I have an idea. I could squeeze out, but it doesn’t work. I am stuck forever. There is a big loud noise coming from the drawer. I can see a bright light. I am squeezing out. Yay, I am free!’

Imogen 2K

Lonely Mouse

‘I feel unhappy, lonely and guilty because I have eaten some of the cake. But I don’t want to eat it all. I don’t know how to finish the cake and my other problem is that I need to get out from this dark drawer. I am very cold. I wish I had a friend to share with. I heard something in the drawer above me. So I started to climb up. I opened the door. There was a mouse. Then we went back to my drawer and ate the rest of the cake. We both heard something coming from outside. The drawer opened a bit so we both popped out onto the floor. The door was open wide so we scurried back home. Finally we were safe and sound.’

Ashleigh, 2K.

St Rita’s

WINTERFEST

Saturday

21 June 2014

10am – 4pm
ROSIE’S AND BABI APPEAL

Our Rosie’s and BABi (Bayside Adolescent Boarding Inc.) appeal will commence this week. This appeal is designed to support the youth in our local community who find themselves on the streets at night with nowhere to call home. More information can be found at http://www.babi.org.au/ and http://www.rosies.org.au/.

Year | Collecting... | MV Reps
--- | --- | ---
Prep | Baby Food | Dorind 6L Kasey 6L
Year 1 | Tea, Coffee, Sugar, Milo | Dakota 6L Lauren 6L
Year 2 | Cheese & Biscuit, Snacks | Danielle 6L Shanae 6L
Year 3 | Cuppa Soups | Piper 6L, Carla 5K
Year 4 | Tinned Soup | Annie 6K, Chelsea 6T
Year 5 | Pasta, Pasta Sauce | Nicola 6T, Katie 6T
Year 6 | Cereal, Cereal Bars | Hannah 6T, Lara 6L
Year 7 | Biscuits | Tyger 6T

SPORTS NEWS

Quote of the week
What makes something special is not just what you have to gain, but what you feel there is to lose. Andre Agassi

Athletics Training
Athletics training will be held Monday, Wednesday and Friday mornings –for the following events:

Mondays: 100m Sprints and 800m Run
Wednesdays: Shot-Put
Wednesday (First Break): High-Jump
Fridays: (No training this Friday)

Please meet Mr Kenyon at the Tuck-shop undercover area at 7.50am to be taken for training sessions.

Sports Day
This week on Friday commencing at 9am is St Rita’s Sports Day. Notes have gone home to all families outlining the format of the day. It will indeed be great to see members of our St Rita’s Community cheering on the students throughout the day which is packed with activities, friendly competition and school spirit. All the best to our students for the day, hoping they achieve their best across all activities and events. Looking forward to a great day!

Who will our 2014 House Champion be?

Athletics – Age Champion Event Nominations
Athletics Age Champion Event nominations are now closed. A big thank you to all students who nominated and were keen to have a go. Events will take place during school hours in Week 10. Mr Kenyon will notify nominated students of Days and times events will be held.

St Rita’s Touch Football
Touch football training for U/12s will be on Monday afternoons from 3.15pm – 4pm. u/10s will be during school on Thursday/Friday.

Important Dates
Sports Day Athletics Carnival – Friday June 13
Year 7 Camp – Wednesday June 18 to Friday June 20

ASSEMBLY AWARDS

PK
Sean C You inspired learning when you read a book for us. Great reading!
Fionn P You inspired learning when you gave amazing clues for your ‘Talk Box’ item. Fantastic Learning!

PT
Lincoln J For taking on a responsible role in maintaining sustainability within our classroom! Top Effort.
Eloise F For your lovely manners in the classroom. Thankyou for being a polite member of prep T. Wow!
Mattia M Received a Gus Gotcha Award! Fantastic!
Sofia V Received a Gus Gotcha Award! Fantastic!

PL
Ryan M You show respect to all staff and other students by being a great listener and using your manners. Thank you!
Zenobia W You inspire learning by doing great magic writing!

1T
Hannah W For presenting a fascinating scientific report to the class about the human skeleton. Well done, Hannah!
Bae P For being generous in sharing your knowledge of technology with us and for helping us to log onto our computers each day. Well done, Bae!

1L
Alex W For working so hard to improve your writing. Keep up the fantastic work, Alex!
Isabella B For inspiring learning by asking great questions, and always being so willing
to participate in our class discussions. Well done, Isabella!

<table>
<thead>
<tr>
<th>2K</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Talitha M</td>
<td>You Inspire Learning by participating enthusiastically in class discussions.</td>
</tr>
<tr>
<td>Matilda M</td>
<td>You Inspire learning by persevering with even the most challenging of work. Well done.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5K</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jordan R</td>
<td>For Inspired Learning by working hard at his Mathematics so he can achieve success. Well done Champ.</td>
</tr>
<tr>
<td>Veronica S</td>
<td>For Inspired Learning by working hard at her Mathematics so she can achieve success. Well done Champ.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5T</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Holly D</td>
<td>For Inspiring Learning by maintaining a positive attitude when completing class tasks and striving to do her best at all times. Congratulations, Holly!</td>
</tr>
<tr>
<td>Dean W</td>
<td>For Inspiring Learning by improving his focus in class and attempting all activities to the best of his ability. Well done Dean on putting in a big effort!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5L</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mackenzie B</td>
<td>For inspiring learning by showing great persistence and accepting challenges to improve her learning. Keep up the hard work!</td>
</tr>
<tr>
<td>Curtis W</td>
<td>For respecting others through self-control on the playground and making good choices.</td>
</tr>
</tbody>
</table>

**NIHONGO NOTES**

In Japanese, when you leave the house (or get out of the car if you are being dropped off at school) you would say ‘itte kimasu’ rather than saying goodbye. It means, ‘I’m going, but I’ll be back later.’ Mum or Dad would say to you ‘itte irasshai’ as you leave meaning ‘Off you go, but come back later.’

**TUCKSHOP NEWS**

**Wednesday 11th June**
Terri Comerford
Esperanza Ponce
Felicity Shipman

**Thursday 12th June**
Wendy Bevis
Trish McNamara

**Friday 13th June**
Michelle Kotynski
Michelle Johnston
Louise Lowcock

**HELP NEEDED??**
2ND Break
Michelle Kotynski

**SPORTS DAY**
Tuckshop will be run from the Unitas Centre on this day. The Coffee Van will be near the oval as well.

**TUCKSHOP ORDERS** - Please remember all (not just Sushi) Flexischools orders are to be in by 5:00pm this Thursday. You may still hand in paper bag orders on the day.

**VOLUNTEERS** - We are still in need of someone to help us with the BBQ on the day. If you would like to volunteer on the day we do have a timetable in the Unitas so you don't miss your child's races. You do not have to stay for long periods of time. Just pop in and see me in the morning and I can let you know.

Please if you have any question contact me on 0411 523 969 or email rsaleh@bne.catholic.edu.au

Renee

**UNIFORM SHOP**

**HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>8.00 to 10.00am</td>
</tr>
<tr>
<td>Friday</td>
<td>8.00 to 10.00am</td>
</tr>
</tbody>
</table>
FROM THE PARISH

Trinity Sunday
This weekend is a special day in the church called Trinity Sunday. Do you know what Trinity means? How many Gods are there? Right, there is only one God. The Bible says there is “One God and Father of all,” but God is made up of three persons – the Father, the Son, and the Holy Spirit. That is what we call the Trinity. Perhaps you have noticed that when someone is baptised, the priest says, “I baptize you in the name of the Father, the Son and the Holy Spirit.” He is talking about the Trinity – one God in three persons.

As simple as that sounds, the Trinity is hard to understand. It is a mystery to us - something we can think about and wonder about. People have used many, many different things to try and help explain what the trinity is. Think about an egg. The egg is made up of three parts — the shell, the white, and the yolk — but only ONE egg. In the same way, the Father, Son, and Holy Spirit are three persons but only ONE God!

Sacrament of Confirmation and 1st Holy Communion 2014
We continue our sacramental journey with those children who made their Reconciliation in October last year. The second Parent Information Session for Holy Communion will be held this Wednesday 11th June at 7pm in the church. Children are not required at this meeting. This is an important meeting and one parent is requested to attend if you wish your child to continue with their sacramental preparation. Fr Leo will be collecting the completed Confirmation workbooks and distributing the 1st Holy Communion workbooks at this meeting.

Angela and Candice are continuing to give Confirmation and Holy Communion lessons during the 6pm mass on Saturday night and 9am mass on Sunday morning. It is an expectation that your children attend these lessons in preparation for their sacraments.

Altar servers – More volunteers needed urgently:
Fr Leo is happy to run a training session this month after school for anyone interested. For more details contact us at the Parish Office on 3207 9177

We need your help!!
Due to parishioners moving on, vacancies have appeared in our monthly rosters at the church. We really could do with more Communion Ministers, Ministers to the Word (Readers), Data Projector operators and Altar servers (boys and girls) to fill the spaces that have appeared. If you feel that you can share your time and talent with the Church community, please contact the Parish Office on 3207 9177 for any information that could help us. Many thanks to you all.

Parish Junior Choir
Do you like to sing? Come and join the parish junior choir. Rehearsals are each Wednesday during term time from 3pm to 4pm at the Ruby Room at the parish office. If you would like more information please contact the Parish office. Invite your friends to come along and sing with you. There is no cost for this activity. Afternoon tea is provided. Open to all primary age and high school age parishioners.
2014 ST RITA’S WINTERFEST
BAKING CLUB

It’s time to start planning the Winterfest Baking Stall for 2014. The Baking Stall was a great success last year thanks to all those in the St Rita’s Community who baked and donated ingredients, and of course the generosity of my fellow Baking Club members.

ONLY 2 WEEKS TO GO

I am inviting any keen cooks to join the 2014 Winterfest Baking Club. The purpose is to share the load of baking and packaging of the baked goods for the Fete. The donated ingredients will be used to cook goods for the Stall.

If you love to bake and would like to be a part of the Winterfest Baking Club, please contact Lisa Acret on 0405 152 952 or acrets@me.com.

The Baking Club is looking for the following Items to be donated:

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking Cocoa</td>
</tr>
<tr>
<td>Chocolate Chips, M&amp;M’s, mini M&amp;M’s, smarties, jelly beans</td>
</tr>
<tr>
<td>Mars Bars</td>
</tr>
<tr>
<td>Baking chocolate blocks — white and milk chocolate</td>
</tr>
<tr>
<td>Mixed Fruit</td>
</tr>
<tr>
<td>Sultanas</td>
</tr>
<tr>
<td>Tinned Caramel</td>
</tr>
<tr>
<td>Condensed Milk</td>
</tr>
<tr>
<td>500g blocks of butter</td>
</tr>
<tr>
<td>Eggs</td>
</tr>
</tbody>
</table>

SIDE SHOW ALLEY

Side Show Alley are looking for donations of prizes. The following are some suggestions to fill a jar for the HOOPLA STALL with:

Loom bands, hair accessories, fashion cosmetic items e.g lipgloss, nail polish Stationary items e.g. erasers, pencils, gel pens, stickers, little note books Boys toys e.g Matchbox cars, Trashies Nothing of individually packaged lollies e.g Wizz Fizz, Nerds, lollipops.
RAFFLE TICKETS
Don’t forget to return your sold or unsold raffle books as soon as possible. There is a roster on the front counter of the school office, and also will be available at the weekend masses, if you can spare some time to help out at the Victoria Point Shopping Centre with ticket sales it would be greatly appreciated. The camper trailer heads to Victoria Point Shopping Centre this Thursday June 5, if you sell 10 raffle books, you will receive one free all day ride arm band.

ALL DAY RIDE PASSES
All Day Ride Pass forms will be sent home via email this week, if you would like to purchase one they can be pre-purchased before Fete day for $35 either by sending in cash or credit card details in an envelope marked “Winterfest All Day Ride Pass”. These passes can also be purchased through Flexischools. The passes will be sent home with the eldest child around Wednesday June 18. All Day Passes will be $40 on fete day. The rides for this year are: Miami Trip, Hurricane, Dodgem Cars, Rock Climbing Wall, Animal Farm, Cup and Saucer Ride, Frog Hopper, Lost temple jumping castle and Dragster Slide.

CREATE-A-CUPCAKE STALL
Create-a-cupcake stall needs your help with donations of cake toppings, e.g. sprinkles, 100’s and 1000’s, chocolate chips, mini M&M’s, Milo and jelly crystals.

FACE PAINTING STALL
At this year’s Winterfest the Student Council are running a face painting and temporary tattoo stall. We are asking for any donations of face paints, cotton tips and temporary tattoos. These can be dropped off at the school office. Thank you for your support.

LOB-O-CHOC
Don’t forget to support the Lob-o-choc stall, blocks of Lindt chocolate are on sale at the Woolworths supermarket.

SPONSORSHIPS AND DONATIONS

Please show your support to the following businesses who have generously shown their support towards our Winterfest:

Chrissie Owen – Independent Consultant
Why praise can be a double-edged sword

The way we praise our children, even from a very early age, can have a lasting impact. When done effectively, it can really promote resilience.

It seemed to come out of nowhere. One day we had a happy, confident, thriving daughter who was doing really well at school and the next she was alternating between a quiet sullenness and loud arguments, telling us, “I just don’t care”.

The problem appeared to lie with her maths. She had previously found maths quite easy, and had got good enough marks to be put up into the higher level with the ‘smart’ kids. The result: a very unhappy daughter and a significant slump (aka tailspin) in her performance.

Putting on our best parental hats, we tried to work out what was going on. Our daughter’s response to our gentle probing was “I should never have been put into the smart kids’ class because I’m dumb” and “My teacher just thinks I’m not trying”.

Kids (and adults!) learn best when feeling confident and motivated to do well, even when the work is hard. The trouble is that in many instances our education system is set up to reward cleverness or smartness before effort. Those who excel in learning and passing exams often enjoy an elevated status and are held up as the example for others to emulate. There is much less recognition for effort alone.

The problem with this is that it potentially damages the confidence and self-belief of some children around their abilities.

As parents it is natural to want to see our children do well. When we see our kids reaching those first milestones, we marvel and celebrate their brilliance. It turns out those words we use in praising our kids at the age of one to three years will determine the mindset and desire for challenge that shows itself five years later, when they start school. This can even affect the way we think about ourselves right into adulthood.

When we praise intelligence – “You are so smart”, “Aren’t you clever!” – we are using language that suggests that these are the traits that we value the most, and that make our children different from others.

In contrast, when we praise effort – “I can see you tried hard with that”, “Well done for doing all that work” – we are rewarding progress and intrinsic motivation. That promotes a ‘growth’ or ‘possibility’ mindset.

Unfortunately for our daughter, somewhere along the line she had come to believe that she was only doing well if she consistently got ‘A’. Being put in a class designed to stretch her capability resulted in the opposite occurring as she was no longer achieving those high scores. She now felt a failure and, not liking to be made to feel stupid, had decided it wasn’t worth giving the harder work a try.

What she needed was more of a growth mindset. Helping our children to develop a ‘growth’ versus ‘fixed’ mindset is what makes the biggest difference in determining our their level of self-confidence, resilience and motivation.

Professor Carol Dweck, in her book Mindset, describes how by choosing to develop a growth mindset we can start to learn from our mistakes, and feel we are succeeding when we master a new skill or piece of learning that has been challenging or difficult.

Our mindset is not something we are born with, it is formed and shaped through experience, and who we hang out with. We used to think that intelligence was innate, a ‘fixed’ quality, and we now know that is simply not true.

Tips for encouraging a growth mindset:

1. Look at learning as a way to stretch and grow the brain. Learning new things is great exercise for seeing new possibilities or ways of doing things. It encourages imagination and creative thinking.

2. When congratulating your child, use words that praise the outcome that has resulted from their putting in the work and effort.

more on page 2
When things go wrong, ask, “What could you do differently next time to get a better result?” Failure and making mistakes is normal. Learning to deal with them effectively helps build resilience.

Use the power of “Yet”. If your child tells you, “I’m no good at...” or “I can’t do that”, your response could be, “You’re just not there ... yet”. This implies that it is work in progress and success may come through perseverance. It’s not about false hope, but encouragement.

Other research is now uncovering additional benefits from adopting a growth mindset. It can:

- encourage a student to want to stay at school longer
- facilitate transition to university
- diminish bullying or aggressive behaviour
- develop resilience in the face of adversity
- help see challenge as opportunity
- develop tenacity in persevering to overcome obstacles
- help see effort as the route to mastery
- build the ability to use criticism as something to learn from
- promote inspiration and new learning from sharing in the success of others.

We all want our children to do well and one of the best ways we can help is to promote a growth mindset so they become more positive in their outlook as to their own capabilities, broaden their perspective of the world and elevate their resourcefulness.

Dr. Jenny Brockis is a brain health specialist. Her focus is on promoting optimal health and function for all brains. She is also an author and speaker, and mum to two young adults. www.drjennybrockis.com

Jenny Brockis