

# English Martyrs Catholic Primary School

*"where everyone is special"*

**Newsletter 8: 28<sup>th</sup> February 2018**

## Elected Parent Governors

The deadline for submitting nominations for the elected parent governor position has been extended to **Monday 5<sup>th</sup> March 2018**. To clarify, there are two elected parent governor posts within the governing body. Previously the two governors were Mrs Basford and Mrs Haworth. Mrs Haworth's term of office came to an end as a parent governor and she was reappointed as a Local Authority Governor.

Mrs Basford stepped down from her post after a number of years of service to the school. Therefore there were two vacancies. Mrs Loydall was recently appointed as a new parent governor and there still remains one vacancy. Please do not hesitate to contact me, if you wish to find out more information about the role of a governor and what it entails. There are also vacancies for foundation governors, which must be approved by the parish priest and the individual must be a practising Catholic. Foundation governors are in a majority of the governing body in a Catholic Voluntary Aided School.

Be a School Governor



## Twitter – Coming Soon!

The school will be starting to use Twitter in a few weeks. If you would like to see the school policy on how we will be using Twitter, the Twitter Policy can be found on the school website. The Twitter feeds will also appear on the front of the school website. More information to follow.



## Old £10 notes will not be accepted.



## Laptops-Good News!

The school has recently purchased 17 new laptops for classroom learning.



## Parent Consultation Appointments

Before the half term the parent consultation appointment requests were sent out to families. The teachers have given the children their appointment slots for the two evenings, which they should have brought home on **Tuesday 27<sup>th</sup> February**. Please note teachers work hard at trying to give appointment times as close to the times parents have requested, however it is virtually impossible for parents to get their requested times. eg in one class 10 people requested the 3:45pm appointment slot. Siblings are given priority as these parents have more than one teacher to see during the evening.

The children in class will be signing new versions of the Pupil Acceptable User Policy Agreement, there is a slightly different version for the younger and older children. This gives a clear code for behaviour and expectations when they are using devices in school to access the internet etc. Breaches of the agreement are taken seriously. Parents are also required to sign a Parent version of the User Policy which sets out the

expectations of their children when using ICT equipment within the school. These agreements will be given out during parents evening and parents will be asked to read and sign them before they leave the school. A box will be placed in the Reception area for forms to be left.

The school has also updated its consent forms when taking photographs and recordings of children during school activities and events. These forms will be distributed to parents during the parent consultation appointments and completed forms can be left in a box in the Reception area. If parents wish to discuss any part of the consent form then I am happy discuss it with them. The consent form covers whether parents are happy for their child's photographs to be placed on the school website, Twitter, around the school etc. Please note if a parent does not give consent then a child will be withdrawn before the photographs are taken.

## **Exciting Playground Adventure Coming Soon!**

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This new outdoor play area will be installed in May half term. It will be placed on an outdoor all weather safety flooring and will be able to be used all year round.



## Helping Your Child to Develop a Growth Mindset

In the week beginning the 5<sup>th</sup> of February the school took part in the Children's Mental Health Week. This was focused on children developing a growth mindset, particularly resilience. The school will be using this growth mindset theory in its daily interactions with pupils. We encourage pupils to use setbacks and difficulties to motivate them; celebrate effort and encourage pupils to accept challenges with a sense of achievement for trying. As soon as this was introduced we saw a positive impact on many children who now had a language to help them to cope with setbacks and difficulties. Pupils are more motivated, and engaged with their learning and more likely to put in effort to seek improvement. Growth Mindset theory is becoming very popular in schools as it leads to greater emotional well-being for pupils.

### **What is Growth Mindset Theory?**

It is about what individuals believe about their ability to learn new things. Many people have a 'fixed' mindset, which leads them to believe that intelligence and abilities are fixed, and that a person cannot improve upon their ability to do something. People with a fixed mindset will often say things like, 'There's no point in trying, because I won't be able to do it,' or 'I've never been any good at...' They will give up on challenging tasks easily, or avoid activities they have found difficult in the past. They tend to focus heavily on the result of a task, rather than the effort required to achieve it.

Research shows that humans' brains have a quality known as 'neuroplasticity'- in other words, it is actually possible to learn new things and make new connections between the neurons in our brains, even as we progress through into adulthood. People who innately recognise this fact tend to bounce back quickly from failures and setbacks and are more likely to explore how they can get better at doing something. They are described as having a 'growth' mindset; they do not define themselves by the outcomes of tasks but by the effort put in.

In summary, people with a fixed mindset believe that intelligence and ability are fixed-something that we are born with and that we can't really do anything about. People with a growth mindset believe that intelligence and ability can be developed through **persistence, effort, learning from our mistakes and trying different strategies.**

### **Why Develop a Growth Mindset?**

A growth mindset is likely to lead to greater emotional well-being. People with a fixed mindset tend to feel they fail at things because they are 'just not good enough'. They feel they have no control over their abilities and are helpless in the face of difficulties, and this can lead to self-esteem issues. Ironically, it is often the 'more able' pupils who have a fixed mindset as they are used to finding many things relatively easy; so when faced with something more challenging they will often avoid it completely or suffer damage to their self-esteem. Pupils who find learning more challenging, however, will often have more of a growth mindset, as they are used to setbacks; they are more able to celebrate small gains and improvements rather than focusing on results.

### **Helping Your Child Develop a Growth Mindset**

It will be beneficial for children if the Growth Mindset messages are also being reinforced at home. Some simple strategies to try:

- **Set high expectations.** Tempting though it may be to say, 'never mind, try the easier one', this approach doesn't nurture self-esteem. By expecting your child to try something more challenging, you are showing them that you believe they can do it.
- **Don't be afraid to criticise your child supportively.** Teach your child to see criticism as useful feedback on how to improve.
- **Don't do everything for your child** (at an age-appropriate level). If you do everything for them, you are simply telling them that you think you can do it better, and that they are not good enough.
- **Encourage resilience and 'stickability',** even when something is tough. It's helpful to talk to children in terms of 'growing their brains'-when something is at its most challenging for them, that is when their brains are making lots of new connections. Encourage them to see that struggling is a sign of learning, not of failure.

- **Celebrate mistakes.** Children should not be made to feel ashamed of mistakes since mistakes can help us to learn. If in doubt, look online for examples of famous sports people, inventors and other well-known people who struggled with errors, setbacks and failures before achieving their goals.
- **Whilst looking at these famous people, find out about their approach to effort.** Many people who have achieved great things, have also talked at length about the hard work, effort and persistence they have put in, in order to achieve these goals.
- **Think about how you talk to, question and praise your child.** Try swapping the following phrases with some alternatives:

Don't say	Instead say
'You're a natural!'	'You're getting better because you're working so hard!'
'Is that too hard for you?'	'It's challenging you, so you must be growing your brain.'
'You're so clever!'	'You always try so hard to do your best.'
'Not everyone is good at that, just do your best.'	'If it's hard, it's because you are learning something new.'
'Why did you get these ones wrong?'	'Let's look at the ones you got wrong and find out why.'

- Similarly, encourage your child to use growth mindset language. Try these:

Don't say	Instead say
'I'm no good at this.'	'What am I missing?'
'I'm really good at this.'	'I'm working hard at this.'
'I give up.'	'What strategies have I learnt to help me with this?'
'This is too hard.'	'This may take some time and effort.'
'I'll never be as clever as her.'	'I'm going to work out how she does it so I can do it too.'
'I can't do Maths.'	'How can I train my brain to be better at Maths?'

## Diary Dates 2018

### February

27<sup>th</sup> Y5 Peer Mediation Training

**28<sup>th</sup> Lenten Dressing Up Day 1 £1 – Onesie/PJs**

### March

1<sup>st</sup> Mass - Y6 (Y5)

**6<sup>th</sup> Parent Consultation Appointments 3:45-7:00pm (appointments given out on 27.02.18)**

**8<sup>th</sup> Parent Consultation Appointments 3:45-7:00pm (appointments given out on 27.02.18)**

8<sup>th</sup> Mass - Foundation Stage/Y1/Y2

8<sup>th</sup> Confessions for Y3 to Y6 after mass

**14<sup>th</sup> Lenten Dressing Up Day 2 £1 - Crazy Hair Day**

14<sup>th</sup> Swimming Gala Y5/Y6

15<sup>th</sup> Mass - Y4 (Y3)

**18<sup>th</sup> Whole School Sunday Mass 11:00am led by Y4**

19 <sup>th</sup>	Y1 & Y5 Fire Safety Talk
21 <sup>st</sup>	Swimming Gala Y3/Y4
21 <sup>st</sup>	Height & Weight checks from the school nurse (R and Y6)
22 <sup>nd</sup>	Mass - Foundation Stage/Y1/Y2
23 <sup>rd</sup>	Y3 Egyptian Outreach Day
<b>26<sup>th</sup></b>	<b>HOLY WEEK</b>
26 <sup>th</sup>	3 <sup>rd</sup> Payment for Year 5 Residential to Beaumanor Hall £50
27 <sup>th</sup>	Stations of the Cross 1:30pm in Church
27 <sup>th</sup>	Y3 and Y4 Athletics competition (30 children taking place)
29 <sup>th</sup>	Whole School Mass – led by Year 5
<b>29<sup>th</sup></b>	<b>Easter Service 1:45pm &amp; End of Year Presentations in Church (Parents warmly invited)</b>
<b>30<sup>th</sup></b>	<b>GOOD FRIDAY- SCHOOL CLOSED FOR EASTER HOLIDAYS</b>

## April

16 <sup>th</sup>	Teacher Training Day
18 <sup>th</sup>	Y1 Trip to Frankie & Benny's
24 <sup>th</sup>	First Holy Communion – Second Parent Meeting 6:30pm (in school-no children please)

## May

10 <sup>th</sup>	Holy Day of Obligation (Ascension)
11 <sup>th</sup>	PTFA Quiz
14 <sup>th</sup>	Year 6 SATS Week (all children to be in school)
15 <sup>th</sup>	Y5 Parent Beaumanor Parent Meeting 6:30pm (school hall)

### **28<sup>th</sup> to 1<sup>st</sup> June Half Term**

## June

9 <sup>th</sup>	Year 3 First Holy Communion 2pm (in Church)
12 <sup>th</sup>	Evening Parent Meeting for the New Intake for Reception 2018 - 7pm.
13 <sup>th</sup>	Class Photographs
22 <sup>nd</sup>	PTFA Film Night for Reception, Y1 & Y2
<b>23<sup>rd</sup></b>	<b><i>Saturday – Professional Photographer in the school who is available for any photographs that parents or those in the wider community, may wish to have taken eg family photographs, extended family photographs. More information will be given nearer the time. Appointment slots will be made.</i></b>

- 25<sup>th</sup> Sex Education Programme for Years 5 and 6. If parents wish to speak to the class teacher about this please contact the school.
- 27<sup>th</sup> Sports Day (FS and KS1 am, Y3 to Y6 pm).
- 29<sup>th</sup> Holy Day of Obligation SS Peter and Paul.
- 30<sup>th</sup> School/Parish Summer fete 12pm-3pm.

## **July**

- 2<sup>nd</sup> – 4<sup>th</sup> Y5 Residential to Beaumanor Hall
- 10<sup>th</sup> Eastern Area Secondary School Induction Day (Y6 out all day).
- 10<sup>th</sup> Afternoon whole school transition afternoon-visiting their new teachers/classrooms for September 2018.
- 10<sup>th</sup> New Reception intake 2018 visiting the school 2pm-3pm.
- 16<sup>th</sup> Y6 Production 2pm & 6:30pm.
- 17<sup>th</sup> Y6 Retreat to Mater Ecclesia Convent
- 20<sup>th</sup> Last day of term
- 20<sup>th</sup> 1:30pm End of term Presentations & Assembly