Dear Parents and Caregivers,

**Develop a Growth Mindset in your child**

A major focus of Student Wellbeing at Boambee Public School is to support our students in developing a positive attitude toward their learning especially when challenged. Next year, during Visible Learning teaching rounds our focus will be on: effort = value x expectancy.

How much effort someone puts into a task is equal to how much they want to achieve it multiplied by how much they expect to achieve it.

The following article by Michael Grose has some important information about how parents can help their child develop a growth mindset.

It’s exciting to know that your child’s talent and smarts are not fixed. Their brains can always learn more, continue to grow and be stretched. This doesn’t mean that your child doesn’t have a propensity to be smart in certain areas such as math or language learning or that all talent is created equal. Genetics gifts us with certain abilities that are either developed or they’re not. Instead, your child’s abilities and talents, just like yours, are evolving over time.

So as a parent it seems smart to develop a growth mindset in your child. A fixed mindset is limiting, even debilitating for kids. You want them to believe that with effort and practice they can develop their skills and abilities in whatever area or interest they want.

Science is now on their side - their brains will continue to grow and stretch, however a fixed mindset will let them down. If they believe that intelligence and talent is fixed then those beliefs will become a self-fulfilling prophecy.

Once again, it all comes down to attitude!

The problem with praising intelligence and ability is that it leads to fixed mindset development. Kids believe that their success is reliant on their ability or talent, rather than their effort or attitude. So to be respected and recognised as successful they become risk-adverse. Far better to achieve some success no matter how meagre, than risk failure and being seen as dumb, stupid or a failure. So how can a parent develop a growth mindset in children? Well, it comes down to language and a few other strategies as well. Here are three simple ideas to get you started:

1. **Praise effort, strategy and action not results**

   Focus more on the processes of what kids do rather than results to develop a growth mindset. Kids need to hear comments such as “You worked hard to get that right!” (effort), “That was a smart idea to tackle the hardest task while you were fresh!” (strategy) and “You recognised the first few steps were the most important but then after that you were right” (action). This type of praise, also known as encouragement, helps kids develop the belief that success has more to do with what they do than innate smarts and talents.

2. **Look for opportunities to stretch your child’s capabilities**

   Encourage kids to stretch their capabilities by adding depth and breadth to their list of activities. Boys, in particular, often go deep investing all their time into areas of interest such as sport or online gaming to develop their talents over time. Encourage them to stretch their capabilities across a range of areas rather than a few. Conversely, encourage a child who dabbles in many areas or interests without specialising in any area, to go deeper in one area.

3. **Give honest feedback**

   Providing your child with honest feedback about their performance not only helps them improve, but also promotes a growth mindset. We often shy away from giving feedback for fear of harming their self-esteem. Confidence can be maintained by being sensitive to how we provide feedback. For instance, focusing on two or three things kids do well before giving constructive feedback is one way you can keep a young learner’s
head up while giving pointers about better performance. Having a plastic brain means that we can continue to acquire new skills, learn new things and embed new habits across our lifespan. It is important then that we help children develop a growth mindset so that they can reap the benefits of brain plasticity over their lifetime rather be limited by their belief systems.

Boambee Public School Farewells Teacher/Librarian, Mrs Fran Thompson:
Please join the Boambee Public School Community as we all celebrate Mrs Thompson’s 59 years of dedication to the teaching profession and to the education of so many children. Where: Boambee Public School Hall When: Thursday, 3rd December 2015 Time: 3.30pm RSVP: by 1st December 2015 (please phone Boambee Public School on 6653 1107 for catering purposes)

Note: The Afternoon Tea is for adults only. Students will be farewelling Mrs Thompson at an official school assembly earlier in the day.

Captain Elections 2015
If your child has nominated themselves to try out for the position of Boambee Public School Captain for 2016, speeches and elections will be held on Monday the 30th of November from 10.00am in the school hall. Parents and family members are more than welcome to attend.

Speeches are to last for approximately 2 minutes and are to be prepared at home. Once the election votes have been counted there will be a male and female Captain and a male and female vice-captain chosen.

Uniform News
Second hand Uniforms: Please make sure any pre-loved uniforms are in good condition before sending in. No non-school items please.
School Bags: Due to lack of demand, it has been decided that we will no longer keep our Boambee School Bag. There are none left in stock. They will not be re-ordered.
Back to School: Get in early, beat the first day rush by purchasing next years uniform now. The shop is fully stocked with all your uniform needs. Size 6 Jackets will not be available until the cooler months, all other sizes are in stock.
Hats: are available at the school office for $12.00 each.

Reminder: Uniform shop will be closed next week but will re-open Monday 7th December from 9.00am until 2.00pm

Bonville Physical Culture Club
Classes resume for 2016 in mid February and are held here at Boambee school for girls aged 3 and over. For more information please contact: Melissa Mackenzie 0499 009 317 or Wendy Gallagher 0419 180 998.

Bingo
Tuesday evening at 7.00pm eyes down at the Coffs Ex Services Club. Come along and support our school

Tuesday 1st December - Team 3
Kate Kelly, Leanne Krainik & Sarah Floyd

Canteen News
If you can spare some time on a Wednesday, Thursday or Friday morning please contact Susan Dean-Hickey, Canteen Treasurer on 0403 778 191.

As the weather warms up don’t forget that we are selling Frozen Juice or Milk Cups for $1.00 or Frozen Custard on sticks for 50 cents.

Meal Deal
Mini Wrap and Smoothie of the day $5.00.
The Mini Wrap is one of our most popular selling healthy lunches - easy to hold - easy to eat - and comes with hot crumbed chicken tenderloin and lettuce, carrot, tomato and cheese.

Canteen Roster
Wed 2 Dec Leanne Larnach
Thurs 3 Dec Sarah Floyd & Anne-Marie Herden
Fri 4 Dec Julie Bellamy, Mel McInally, Marie Cane & Sandra

Important Dates
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<tr>
<td>30.11.15</td>
<td>Uniform Shop Closed</td>
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<td>30.11.15</td>
<td>Captains Speeches in Hall 10.00am</td>
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<td>01.12.15</td>
<td>Yr 5 &amp; 6 Swimming 1.00-2.30pm (last one)</td>
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<td>03.12.15</td>
<td>Mrs Thompson’s Farewell Assembly 1.00pm</td>
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<td>03.12.15</td>
<td>Mrs Thompson’s Afternoon Tea 3.30pm in the school Hall (Adults Only)</td>
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<td>04.12.15</td>
<td>Assembly 1.00pm - Kinder Graduation</td>
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<td>07.12.15 to 11.12.15</td>
<td>K-4 Swimming Program</td>
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“Crazy Hair Day for Movember”
We had an amazing array of imaginative hair styles on Thursday. We had Christmas trees, a reindeer, coloured, messy, birds nests, just to name a few hair. Thank you for your donations. We raised over $500.00!
“Year 5 and 6 at Lake Ainsworth”