Growth Mindset

Here at St Bernard’s, we believe that all children can achieve to the best of their ability. We are committed in supporting children become independent and motivated learners, so that when they leave us they continue to love learning. We have trialled the ‘Growth Mindset’ approach in Year 4 and last year and saw a great improvement in the children’s attitude towards learning. They were able to understand their own learning and make decisions about the way they learnt and how they challenged and supported themselves. They were not afraid of making mistakes, but instead thought of them as an opportunity to improve. The whole class was supportive of one another and developed into fantastic teachers! This year we will be taking a whole school approach towards the Growth Mindset school of thinking. For more on this please see http://mindsetonline.com/whatisit/about/

We will be using the idea of the ‘pit’ (see overleaf) to embed this concept into our learning. The pit illustrates a challenge— we all face different challenges throughout our life time. For example riding a bike—at first it is unthinkable and ‘too hard’ but after a while you start to work on it find a solution, you have a little success— you stay up for 3 metres! But you still have far to go. That night you lay in bed thinking about it, will I ever learn to ride?! The next day you go out again. You jump on and almost straight away come flying off. There was a rock in the way, although it is an obstacle, you find a way round it, you clear your path. After a long LONG time you manage to ride to the third tree! You run home jumping and shouting, ‘I did it, I did it!’ And this is the point. You did it. Not your teacher, not your friend, not your parents. But you. When you reach success from a challenge— whether it is in sport, at home or in the classroom— when you reach the top of the pit you are excited about it and want to tell EVERYBODY! If you would like to read more about the pit please visit James Nottingham’s website. There is a fantastic video!

If you have any questions or would like to know more, please see Mrs. Pountney.