

St Vincent's Catholic Primary School



Newsletter
3 February 2023

Dear parents and families,

How many times have we said to our children: practise, practise, practise...when they say they cannot do something?

When we encourage practice, we are encouraging them to take the Growth Mindset approach. This is neuroplasticity at work, which might sound quite complicated, but in a nutshell, it is teaching our children to embrace mistakes, obstacles and challenges as part of their learning.

Our brain has the ability to change and grow throughout our lives, not just in the younger years, but into old age. The more we use it, the stronger it gets.

Scientists have identified two opposing beliefs about intelligence and talent, beliefs that strongly affect our ability to learn: Fixed Mindset and Growth Mindset.

People who hold the **Fixed Mindset** think that "they are the way they are", intelligence cannot be changed. People who hold the **Growth Mindset** believe that intelligence can be developed, that the brain is like a muscle that can be trained. This leads to the desire to improve.

I believe passionately in the Growth Mindset and I know that all the staff at St Vincent's follow this strong philosophy for all our pupils. It confirms the eternal truths of the classroom; turn up, work hard, study, do well, work harder, do better, believe you can improve and you probably will. By having high expectations of every student, we promote academic achievement and wellbeing.

Parents can help their children develop a Growth Mindset by offering more encouragement, than praise and focusing more on the effort, than the result. By encouraging children to love learning and enjoy the process of learning, children are more likely to develop a Growth Mindset. In turn, they are more likely to be resilient in the face of difficulties. They will learn to be more willing to take on challenges and not to view themselves in terms of passing or failing tasks.

Tips to Growth

- Focus on effort, struggle, persistence despite setbacks
- Choose difficult tasks
- Focus on strategies
- Reflect on different strategies, what works and what doesn't
- Focus on learning and improving
- Seek challenges
- Work hard

MISTAKES ARE PROOF THAT YOU ARE TRYING

Have a lovely weekend.

Mrs Gonzalez



School Meal Payment

Payment for school meals should be made **in advance**, please. It would be helpful if you could pay for a term or half term, rather than daily or weekly, if possible. Payments made by cash or cheque should be placed in an envelope, labelled with your child's name and the amount enclosed. We cannot accept loose cash.

Messages about Absences

When you need to let us know that your child will not be attending school, because of sickness or a forthcoming appointment, please do so by email, if possible.

Stars of the Week



Reception – Marho for joining in well in the phonics sessions.

Year 1 – Sofia for always trying her best in all her work and being helpful in the classroom.

Year 2 – Flora for wonderful writing and beautiful artwork.

Year 3 – Daniel for working hard and being ready to learn.

Year 4 – Ella for working hard in all lessons and feeling proud of her work.

Year 5 – Tiago for offering different perspectives and being resourceful.

Year 6 – Hannah for producing a writing book of high quality.

Dates for your Diary

Years 2 and 4 to Mass	Wednesday 8 February (leaving at 9am)
Year 1 Liturgy assembly	Wednesday 8 February at 9am
Dress to Express, non-uniform day	Friday 10 February
Last day of first half of Spring Term	Friday 10 February
School closed for half term break	Monday 13 to Friday 17 February
First day of second half of Spring Term	Monday 20 February

Last Week's Attendance

23-27 January 2023	
Reception	75.0%
Year 1	96.7%
Year 2	98.3%
Year 3	100%
Year 4	98.5%
Year 5	96.3%
Year 6	93.0%
Whole school	93.9%



Children's Mental Health Week - "Dress to Express"

Use colourful clothing and unique accessories to express yourself on Friday 10 February. £1 donation. Half of the proceeds will be sent to Place2Be children's mental health charity, which provides counselling and mental health support and training in UK schools.



Prayer and Reflection



We begin February with the official end of Christmastide and a welcome theme of light. Just as the evenings and mornings are beginning to show signs of brightening, Candlemas, the Feast of the Presentation of the Lord on 2 February, celebrates Jesus, the Light of the World.

Please find here a link where you will find some of the content children will experience in school throughout February and gives you suggestions for engaging with them about it.

<http://www.tentenresources.co.uk/prayers-for-home/parent-newsletter/>