

Wellbeing Corner

Growth Mindset

Your mindset has a significant impact on your lifelong achievements and [self-perception](#). Someone with a growth mindset will bounce back after setbacks, be resilient, and have a love of learning. Someone with a fixed mindset may give up when problems arise or simply not try because they do not believe they have the ability.

Developing a growth mindset will help children to become more persistent, resilient and willing to try something new. We aim to support the development of growth mindset within the classroom and across the school. We have arranged a workshop for KS1 and KS2 on 6th July. The girls will take part in a live, virtual workshop to explore Growth Mindset. Information about the workshop can be found by following this link:

<http://www.mindsetmission.com/assembly.html>

The workshop is provided free of charge but the company ask the school to support them by selling NED messaged items – primarily yo-yo's like the ones used in the performance. Therefore, the week before the workshop, we will have the yoyo's available for the girls to purchase and we would appreciate your support with this so the company can continue to provide free workshops to schools.



ELSA

If you have any concerns about your daughters wellbeing or you feel they need a little extra support to deal with worries, friendship issues or events outside school, please contact your child's Form Teacher or email the ELSA's directly.

elsa@seatonhouse.sutton.sch.uk



Resources: These are also saved on Google Classroom

<https://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things>

<http://www.mindsetmission.com/parents.html>

<https://www.youtube.com/watch?v=rUJkbWNnNy4>

<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

