

Weekly wrap up



October 15, 2020

A Message From Kathy:

In 2006, Carol Dweck, a professor of Psychology at Stanford University, published a book called *Mindset, The New Psychology of Success*.

The premise is that there are two mindsets, a FIXED and a GROWTH MINDSET.

FIXED MINDSET: The belief that we are born with a fixed amount of intelligence and ability.

People operating in the fixed mindset are prone to avoiding challenges and failures, therefore robbing themselves of a life rich in experience and learning.

GROWTH MINDSET: The belief that with practice, perseverance, and effort, people have limitless potential to learn and grow. People operating in the growth mindset tackle challenges, unconcerned with making mistakes or being embarrassed.

Dweck's research and the subsequent ground swell around this theory is great news for the educational community. It pushes us to think differently, present curriculum in multiple ways and encourage character qualities that create confident, curious learners.

The Academy is doing a purposeful deep dive into Growth Mindset this year. At our best our intentionality will result in every scholar knowing that their brain is a muscle that grows every day. Feeling that they are valued members of our learning community. Embracing challenges. Learning that mistakes are opportunities for learning. Knowing that each day is an opportunity to grow. Saying "I've GOT THIS!" with confidence.

Look for Growth Mindset updates each week in this Newsletter.

Blessings, Kathy

Upcoming Halloween Fun at the Academy: 10/26 - 10/30

- Pajama Monday - Wear your favorite Pajamas
- Troll Tuesday - Crazy Hair Day
- Witch/Wizard Wednesday - Wear your favorite hat
- Trick or Treat Thursday - Wear orange or black to show your Halloween Spirit
- Freaky Friday - Wear your favorite Halloween Socks



Academy Wish List:

- Dry Erase Markers (thick and thin)
- Disinfecting Wipes
- Silent reading book donations - all grade levels are appreciated

Mark Your Calendars:

- Progress Reports will go out Friday, Oct 30th
- Wednesday, November 11th is a holiday.
- Thanksgiving Break: November 25 - 27
- Winter Break: December 21 - January 1