

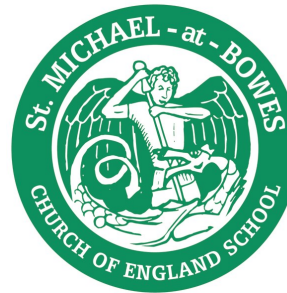


St Michael at Bowes CE Junior School Newsletter

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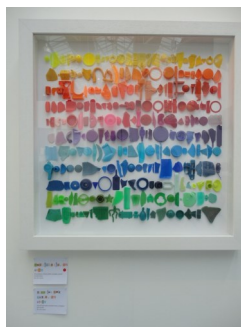
School vision: 'Helping each other to live successful lives in the world of tomorrow'



ARTIST IN RESIDENCE

On Monday, Ella Robinson, a local artist, came into school and led our assembly. She will be a part of the school community in the coming months as she is working with each class in turn to help them use their art skills to develop their reading areas.

On the right is an example of the beautiful artwork Ella has produced using a mix of found and bought items.



Autumn Term
Issue 9

Newsletter Date:
Friday 13th
November 2015

Dates for your Diary Reminders:

- Year 5 swimming—
Fridays
- Anti-bullying week—
Beginning 16th November
- National Anti-Bullying
day Fri 20th November
Dress in blue. £1.00 dona-
tion.
- 6W class assembly—
Friday 20th November
9.05 a.m.
- 5A class assembly—
Friday 27th November
9.05 a.m.
- 5E class assembly—
Friday 4th December at
9.05 a.m.
- St Michael at Bowes
Christmas Day— Fri-
day 11th December
- Year 4 Nativity—Friday
18th December at 10.30
a.m.
- End of term—Friday
18th December 1.30

COLD WEATHER



The weather is starting to change and is getting colder. Please ensure that your child comes to school suitably dressed with a coat, hat, gloves and scarf. Remember to label all items of clothing.

If your child has PE outside they may wear black or green tracksuit bottoms to keep their legs warm.

ONLINE SAFETY WEEK

Next week is our anti-bullying week. The children will be learning all about how to keep themselves safe online and we will also be learning about how to tackle bullying in all its forms.

Please make sure you attend our Parent Workshop for one hour on **Wednesday 18th November at 6pm**. There will be a crèche for parents who are unable to find childcare for the meeting.

We hope to see as many of you as possible at this very important event.

LUNCHTIME MATHS CLUB

Every Friday at SMAB a maths lunchtime club is run for all year groups. It is a fun way to reinforce maths concepts. Please encourage your child to attend.

YEAR 4 NATIVITY PRODUCTION

Year 4 will be performing their nativity story at St Cuthbert's Church in Wolves Lane on Friday 18th December at 10.30 a.m. All parents/carers, governors and friends are welcome to attend and join in our celebrations.

PUNCTUALITY AND ATTENDANCE

3T won the punctuality trophy with one late and **3M** won the attendance with 99.3% . Well done to both classes. **5L** won the Balloon Reading Race with 100%!



HOW CAN I HELP MY CHILD TO DEVELOP A GROWTH MINDSET?

The exciting thing about the **Growth Mindset** approach is that it is not just about ability. It focuses on what people believe about ability – and there are lots of ways that we can help our children to develop a **Growth Mindset**.

Research has shown that Mindsets can be changed relatively quickly and there are plenty of things that parents and families can do to help. Below are a few tips and ideas that can help promote a **Growth Mindset** in children.

Set high expectations for your child:

It is commonly believed that lowering our expectations promotes self-esteem in children (e.g. “never mind, let’s try an easier one”), but this is not the case. Having high expectations works like a self-fulfilling prophecy. It shows that you believe they can do it, which in turn has a positive impact on their own beliefs, behaviour and outcomes.

Encourage children to be resilient and not give up, even when they find something difficult or frustrating:

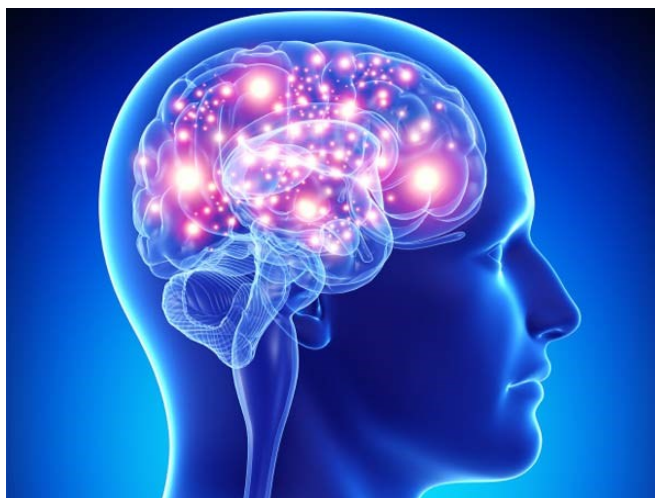
We now know that the brain adapts to new information and practise by creating new connections, so help your child to believe that challenge is a positive thing because it means they are growing their brains! This can help them to be comfortable with the times that they struggle and means that they see this as a sign of learning.

Celebrate mistakes!

The fear of making mistakes and associated shame can stop children from giving something a go in the first place. We all make mistakes, so try to embrace these mistakes and use them as learning opportunities, rather than feeling embarrassed about them. If we are not making mistakes then we are not stretching ourselves.

Use inspirational role models:

Think about your child’s favourite athlete, musician or teacher and talk about their journey to success. We call this unravelling the talent myth. If someone has done well we have a tendency to think they were born that way. We need to show our children that this is not the case. Rather than focusing on somebody’s ‘natural talents’, focus on their early efforts, strong work ethic, and the mistakes and learning that led them to where they are now.



NEXT TIME: HOW CAN YOU USE PRAISE TO HELP YOUR CHILD DEVELOP A GROWTH MINDSET?