

Mousehold Infant and Nursery School  
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11<sup>th</sup> October 2017

Dear Parents/Carers

### Growth Mindset

At Mousehold Infant and Nursery School, we know that pupils who have a positive attitude towards their learning will make good progress and be successful. Consequently, instilling all our pupils with 'growth mindsets' has become a key priority for the school.

#### **What is Growth Mindset?**

The term 'growth mindset' refers to a way of thinking, learning and taking on challenges. A person with a growth mindset is open to constructive criticism, takes feedback and uses it, takes on new challenges, pushes themselves outside of their comfort zone and shows resilience and perseverance. Studies show that it is people with a growth mindset (as opposed to a fixed mindset) who achieve in life, are successful in all they do and are happy. Of course, this is exactly what we want for all our children.

#### **Growth Mindset at Mousehold!**

Having been introduced to the concept of growth mindset at Mousehold this year, pupils and adults have participated in a range of activities to learn more about it and try to display a growth mindset in school. Pupils will be taught how their brains work and how new connections are formed when we try new things and practise them, over and over. Pupils will also learn about famous and influential people who have succeeded due to having a growth mindset and not giving up on their goal. We have had an assembly about growth mindset, but most importantly, teachers and pupils have embraced the language and the way of thinking that promotes using a growth mindset in all lessons.



### **How you can help at home**

- Praise the amount of effort your child is putting into things rather than how clever they are;
- Talk to your children about their brain being like a muscle - the more they use it, the stronger it gets;
- Encourage your children to not give up if they are finding something difficult;
- Challenge your children to try something new or challenging.

If you are interested in learning more and inspiring a Growth Mindset with your child at home, you can visit the website

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

You can also watch this short animated film

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

Finally, if you would like more information on Growth Mindsets, please speak to your child's class teacher.

Yours sincerely

Dhinasha Balachandre  
Nursery Teacher and Growth Mindset Coordinator

