



Bargarran Primary School

**Growth Mindset
Parental Information
Leaflet**

March 2021



A word from the Head Teacher

Dear Parent/Carer

March 2021

During the school session 2019/20 we started our journey on developing a whole school Growth Mindset by working with Dr John Paul Fitzpatrick from the University of Strathclyde.

A driving factor in undertaking our school Growth Mindset journey is related to our school vision

'At Bargarran Primary School we all learn and grow together.'

The development of a Growth Mindset is an opportunity for the whole school community to work together to make a positive impact on our children's future by working collectively in school and at home.

This leaflet provides a brief summary of the collective approach we implement within the school to help the children develop a Growth Mindset and make our school value of, **'be all you can be!'**, come to life.

If you would like any further information on our approach to Growth Mindset, please speak to your child's class teacher or contact a member of our Senior Management Team through the school office.

Kind regards,

Mr A Lyle

Head Teacher



What is Growth Mindset?

Research conducted by Dr. Carol Dweck (2007) has shown that people display a 'mindset' towards their learning and development. Mindset is a term that refers to the underlying beliefs and attitudes people have about learning and intelligence.

The findings of this research have shown that, broadly speaking, people display one of two mindsets. Some people have a:

- > 'Fixed Mindset' where they view intelligence as being static and something that cannot be developed.
- > 'Growth Mindset' which views intelligence as something that can be developed; the brain being viewed like a muscle that can be strengthened and developed.

Both 'Mindsets' have a very different impact upon the learning experience of an individual. Those with a Fixed Mindset shrink from challenge, avoid helpful criticism, giving up when the learning is difficult or met with an obstacle. Conversely, those with a Growth Mindset are willing to embrace challenge, learn from criticism, and persist through difficulties, developing skills and strategies to improve.



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Why Growth Mindset?

Curriculum for Excellence aims to develop the four capacities: successful learners, confident individuals, responsible citizens and effective contributors. Promoting confidence, independent thinking and positive attitudes to learning by helping pupils develop a Growth Mindset will, as research has shown, have a positive impact upon their learning and attainment (Dweck et al, 2007).

"The passion for stretching yourself and sticking to it, even (or especially) when it's not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives." Dr. Carol Dweck

Growth Mindset skills then, are not just skills for the learning journey in education, but skills that are transferrable to other aspects of life and work.

At Bargarran our motto is "A bridge to a bright future," and through the use of Growth Mindset our aim is to help all pupils make those bridges and connections in their learning.



Our Whole School Approach

As a school we know that pupils who have a positive attitude towards their learning will make good progress and successfully develop the capacities of Curriculum for Excellence. Encouraging and fostering the development of 'growth mindsets' in all of our pupils is one of our top priorities.

We want pupils to embrace the challenge, persist in the face of obstacles, find opportunities in their mistakes, value the importance of effort, see criticism as signposts and celebrate and be motivated through the success of others.

Staff work hard to maintain positive, aspirational and challenging learning environments, where pupils feel supported and encouraged through the learning process. We know that in order to fulfil the potential of our pupils and encourage them to develop their confidence and resilience we, as a team of parents and staff, need to be modelling the mindset of a learner who is not afraid to make mistakes, but rather uses these mistakes to inform their learning.

Some of the approaches we use in school includes:

- > Assemblies and Awards to celebrate Growth Mindset skills in practice
- > Growth Mindset Displays and Class Challenge Corners
- > Play Based Pedagogy
- > 3 Before Me Strategies - strategies to encourage pupils to dig deeper in learning before moving to the teacher
- > Class lessons to discuss Growth Mindset skills of reforming our mindset, perseverance, risk taking, understanding the power of 'yet' etc.

How parents and carers can help

Parents and carers can make a difference to your child's mindset by talking to them about what they have been learning, discussing their progress and praising the effort and processes used in their learning. Helping your child to see the value in the learning that comes from making mistakes or failures will reinforce their understanding of the learning process. Teaching your child(ren) to love challenge, be intrigued by mistakes, enjoy effort and keep on learning will encourage them to realise these skills are not just for school but are applicable to their lives as a whole.

Useful websites for more info

biglifejournal-uk.co.uk/blogs/blog/growth-mindset-resources
mindsetkit.org/growth-mindset-parents
selfsufficientkids.com/growth-mindset-children-resources/

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