

GROWTH MINDSET

2016-17 RIVERTON ELEMENTARY THEME

IMPORTANT DATES

Asst. Principal's Message

by Melissa Beck

It's crazy to think that we are half way through the school year! Sometimes students can get in a rut this time of year with the dreary weather and few breaks. I just wanted to touch on bullying to clarify what it is and what you can do at home to prepare and prevent. Granite School District created a wonderful information sheet which helps define bullying and provides tips on what to do. Here is a summary:

Bullying must have the 3 p's to be considered bullying: POWER-imbalance of power, PURPOSE-person intends to hurt you, and PATTERN OR PERSISTENCE-person continues action over and over again. Students are learning to get along with each other, therefore "normal peer conflict" is inevitable. Bullying is when the above three criteria are met. Below is a chart that distinguishes "normal peer conflict" and bullying.

Normal peer conflict or mean behavior	Bullying
Equal power-friends	Imbalance of power
Happens occasionally	Repeated negative actions
Accidental	Intentional
Not serious	Physical or emotional harm
Equal emotional reaction	Unequal emotional reaction
Not seeking power	Seeking control or things
Remorse-will take responsibility	No remorse-blames the target
Effort to solve the problem	No effort to solve the problem

What you can do if you suspect your child is being bullied

- 1) Don't encourage your child to fight back—two wrongs don't make a right.
- 2) Don't confront the parents of the other child directly.
- 3) Avoid bringing your child and the bully together to elicit an apology.
- 4) Talk with your child.
- 5) Contact the school to get more information.
- 6) If actions are criminal, contact the police.

Warning signs that your child may be bullying others

- 1) Frequent name calling.
- 2) Regular bragging.
- 3) Need to get their own way.
- 4) Spends more time with younger or less powerful kids.
- 5) Hostile or defiant attitude.
- 6) Easily takes offense
- 7) Frequent misbehavior at school.
- 8) Lack of empathy of others.

What to do if you suspect your child is bullying others

- 1) Talk with your child.
- 2) Encourage empathy for others.
- 3) Review consequences of bullying.
- 4) Reinforce respectful behaviors at home.
- 5) Help your child deal with feelings in positive ways.
- 6) Contact the school for help.

Allies are the KEY to stop bullying

Did you know?...that if one person watching the bullying situation says "stop it," half the time, the bullying will stop in 10 seconds or less?

Geography Bee

Parents are welcome to attend at 1:30 PM.

January 11

No School

Martin Luther King Holiday and grade transmittal day.

January 16-17

Girls Maturation Program

Parents/Guardians are invited to attend along with their student at 2:00 PM.

January 20

Birthday Bunch!

Parents/guardians are invited to eat lunch with their student if he/she have a birthday in January.

January 25

Spirit Breakfast at Chick-fil-A

Join us for breakfast at Chick-fil-A in *The District* starting at 8:00 AM. A portion of proceeds goes to our school!

January 21

Boys Maturation Program

Parents/guardians are invited to attend along with their student at 2:00 PM.

February 3

Spirit Night at Zupas

Come join us for dinner or a treat from 5-9 PM at the Zupas in *The District*. A portion of proceeds goes to our school!

February 7

District Science Fair

The district science fair will be held at Daybreak Elementary from 4:30-7:00 PM.

February 8-9

The following is an article published in *Education Week* about an idea called the "Pit of learning":

Have you ever felt stuck? Maybe you were working on something for a class and had to read, reread, and reread the information again but it's still wasn't necessarily coming to you. Perhaps you were working on your classic car and couldn't figure out how to put a part back together. Do you look at it as an opportunity to grow...after you get passed the frustration stage?

After all, we learn a lot about ourselves when learning doesn't come easy, which is why there was a Harvard study a few years ago about the Ikea Effect.

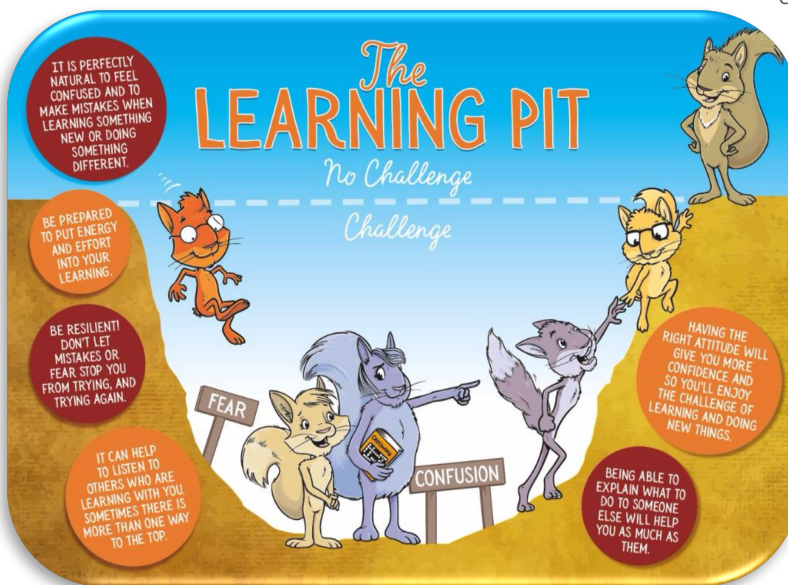
If you have ever found the inner-strength to build a piece of furniture from Ikea to deal with small parts and multiple pieces, you know a bit about resilience. Resilience is something we all need to get through those tough moments in life. Without resilience we are more at risk of shutting down and giving up. Of course we understand that many children learn resilience just from living their daily lives.

John Hattie, someone I work with as a Visible Learning trainer, talks, researched and writes that learning should be a challenge at times. He says that learning is hard work.

We need to find ways, even in this day and age of high accountability, to make sure that children (as well as adults) understand that learning is supposed to be a challenge from time to time. Yes, it's supposed to be fun and inspiring, but challenge

is important as well. One of the best methods of talking with students about challenge comes from James Nottingham. It's called the Learning Pit. In [his] blog, Nottingham writes,

One of the frameworks I regularly share with teachers is that of the Learning Pit, a model that explains how and why challenge is necessary for learning. Having first heard Dr. John Edwards in 2001 using a "pit" to explain how organisational growth more often than not involves getting worse before getting better, I thought that the metaphor



was an ideal way to explain to my students why I was consistently making things more difficult for them.

If done correctly, the Learning Pit can really help foster a growth mindset in classrooms and schools.

Students Readily Jump In to the Pit

In order to really jump into the learning pit analogy, the classroom climate has to be right. Classroom climate is equally as important as school climate. Teachers feel they can take risks in the classroom when they have a supportive school climate, and the same can be said for students who have a supportive classroom climate.

I've heard younger students say they jump into the pit and get dirty, try to claw their way out without the help of the teacher, and when they succeed it feels good. They understood that they took control over their own learning, even when it was hard. Just like the Ikea Effect, they found resilience and didn't shut down, so getting to the other side of the pit was gratifying.

The reason why using the Learning Pit analogy is so important is that it gives students control over their own learning. They are not victims sitting at their desks waiting for teachers to give them the next lesson of "sit and get," or Death By Ditto. It's not about the script or the time on task. It's about moving forward and knowing where to go to next (Hattie). Learning, when done with the pit analogy involved, puts students in the driver's seat.

Nottingham says, "It helps students to persevere, inquire, collaborate, and achieve a learning eureka!" Of course, he says it in his best English accent.

Reference: DeWitt, Peter. (2015). *The Learning Pit: Fostering a Growth Mindset*. Education Week.

Way to go!

The blanket drive sponsored by the PTA and an Eagle Scout in the community collected 245 blankets! These will go to families in need.

We were able to collect \$2,350 worth of coins from KSL's Quarters for Christmas.

Donations to Donorschoose.org allowed our school to purchase 25 more Chromebooks. Now every grade-level has their own cart with devices.

Proceeds from Spirit Nights at local restaurants has allowed for instruments to be purchases for our music class.

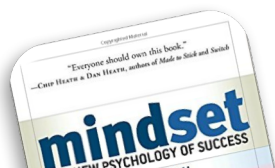
Thank you for all of donations!

Parent Book Study!

The Utah State Board of Education and the Utah Parent Center are sponsoring a parent book study. Carol Dweck's *Mindset* will be the focus of the study. Since this has been our theme for the year, we are excited to advertise this opportunity! All parents who participate will receive a free copy of the book. The discussions will be held online from 7-8:30 PM, so you can participate from your own home!

Dates: February 7 and 21st and March 7th and 21st.

Register at <http://cona.cc/2gbZM1o>



Teacher Spotlight

Mrs. Shaddick Grade: 2nd

This is Mrs. Shaddick's 29th year teaching and we are glad to have her at Riverton Elementary! She earned her Bachelor's Degree at BYU and has an endorsement in ESL.

Mrs. Shaddick has been out of the country four times!

She has four kids.

Mrs. Shaddick prefers cats over dogs and even has two of her own!

She prefers happy endings over scary movies.

On a day off she would most likely be found hanging out with her kids.

