



Meadowhead Community Infant School & Nursery

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Dear Parents and Carers,

This half-term in our assemblies we have been focusing on our school rule of being Ambitious by educating the children about having a **Growth Mindset**.

In the early years of education, children often feel they "can't do it" if a task doesn't come easily the first time. By teaching a growth mindset, we want to help our pupils understand that their brains are like muscles—the more they exercise them, the stronger they get!



Fixed Mindset vs. Growth Mindset

To give you a better idea of what we are teaching the children, here is how we distinguish the two ways of thinking:

	Fixed Mindset	Growth Mindset
Belief	Talent is something you are born with	Ability comes through practice and effort
Challenges	Avoided – want to look smart	Embraced as a change to learn
Mistakes	Sign of failure	Necessary – part of a journey
Feedback	Taken personally	Used to improve

The Power of "Yet"

One of the simplest and most effective tools we are using in the classroom is the word "Yet." When a child says, "*I can't ride a bike*" or "*I can't do my phonics*," we encourage them to add "Yet" to the end of the sentence.

"I can't read this word... yet!"

"I can't know how to solve this sum... yet!"

This small shift opens up a world of possibility and reminds children that learning is a process, not an immediate result.

How Can I Help at Home?

You are our best partners in helping this mindset stick! Here are a few ways to encourage growth at home:

- **Praise the Process, Not the Result:**
 - Instead of saying "You're so smart," try "I'm so impressed by how hard you worked on that drawing!" or "I love how you didn't give up when it got tricky."
- **Model "Learning from Mistakes":**
 - When you make a mistake (like burning dinner or losing your keys), talk about it openly. Show the children that adults learn from errors too.
- **Encourage Persistence:**
 - If your child is frustrated with a puzzle or a game, remind them that their brain is growing every time they try a new strategy.

Over the coming weeks we will be looking at famous individuals who have shown a growth mindset to inspire us... as well as being inspired from those children in school who show growth mindset.

All the grown-ups in school will looking out for our children who take on new challenges... and learn from their mistakes.

Warm regards,



Mr Waddington