



Principal's Desk September 16, 2016

Dear Burr Parents,

Welcome to the inaugural issue of a weekly communication that I will be sending to parents through Infinite Campus. It will be a brief (approximately one page) opportunity for me to connect with you about the work we are doing at Burr. It may also include reminders, tips, resources, and dates of importance. I hope you find it an informative resource.

Jason

Open House (K-5) – Thursday, September 22, 2016

6:30-7:15 - Grades K-2 Open House

7:15-7:45 – Please join curriculum specialists and me for a welcome and overview of our school.

7:45-8:30 - Grades 3-5 Open House; Grade 5 will be meeting in the library

Mindset

Two years ago, the principal's book club choice was *Mindset* by Carol Dweck. Carol Dweck is a researcher, currently at Stanford University, who has pioneered a great deal of work around the idea of growth mindset. A growth mindset is the belief that we can learn anything with support, hard work, and thoughtful strategic instruction. Children with a growth mindset outperform children who do not think of themselves and their learning this way. Qualities that we will model and teach include optimism, resilience, persistence, empathy, and flexibility. As in all things, you are our greatest partners, and so we invite you on this journey with us! Here are some ways you can support and connect with your child over these big ideas:

- **Share your own stories.** Talk with your child about times you showed empathy or were flexible.
- **Listen in on your own self talk and refine it.** Be mindful of saying things like “I can’t” as in “I can’t put together this IKEA furniture!” instead try, “This feels hard, but I am going to take a break and try it a different way to see if that helps!”
- **Read with your child** and talk about the ways characters are acting in regards to these habits of mind.
- **Read more about this!** For More Information, check out the following articles:

<http://www.edweek.org/ew/articles/2015/09/23/carol-dweck-revisits-the-growth-mindset.html>

<http://www.upworthy.com/researchers-studied-kindergarteners-behavior-and-followed-up-19-years-later-here-are-the-findings>

<https://www.yahoo.com/beauty/reading-harry-potter-books-can-make-kids-more-tolerant-93438785457.html>

<http://www.theatlantic.com/national/archive/2013/01/why-parents-need-to-let-their-children-fail/272603/>

<http://nymag.com/news/features/27840/>