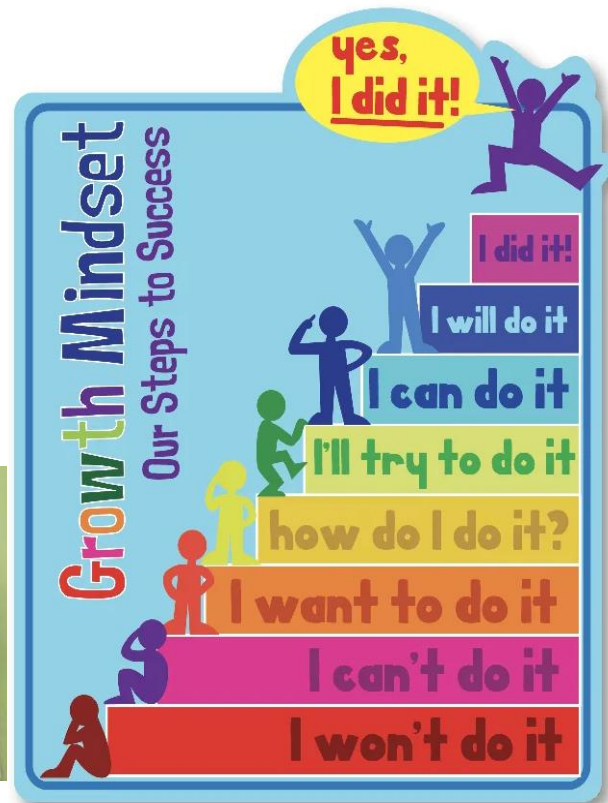
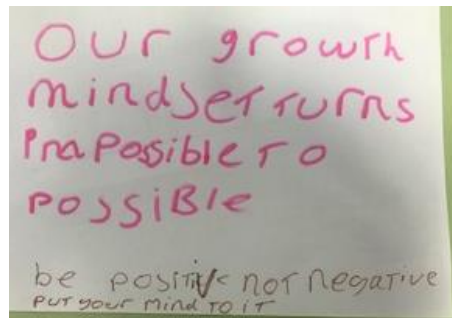


In PSHE students have been learning about **GROWTH MINDSET** – training thought processes to support success. Many of us have a **FIXED MINDSET** which can make it hard to move forward. So we are all going to try and adopt a growth mindset.

A person with a **fixed mindset** believes we're born into our talents. That if you weren't always good at something, no amount of effort will make you better.

But a person with a **growth mindset** believes that we can improve, as long as we're willing to try.

Guess who tends to have the most success?



## FIXED MINDSET

- > Success comes from talent.
- > I'm either smart or dumb.
- > I don't like challenges.
- > Failure means I can't do it.
- > Feedback is a personal attack.
- > If you succeed, I feel threatened.
- > If something's too hard I give up.



## GROWTH MINDSET

- > Success comes from effort.
- > I can grow my intelligence.
- > I embrace challenges as a chance to grow.
- > Failure means I'm learning.
- > Feedback helps me grow.
- > If you succeed, I'm inspired.
- > I keep trying even when I'm frustrated.



WE ARE HERE  
FOR YOU





# CHRISTMAS MOVIE RECOMMENDATIONS



Staff were asked to name their favourite Christmas films.

Have you watched all of these? Do you agree?



Why not take time to enjoy a Christmas film with family over the holiday. The Apartment, Christmas Chronicles, Die Hard,

Ebenezer Scrooge, Elf, Gremlins, The Grinch, Home Alone, Home Alone 2, Last Christmas, Miracle on 34<sup>th</sup> Street, Muppets Christmas Carol, National Lampoon Christmas Vacation, Polar Express, Snowman and the Snowdog, The Sound of Music and It's a Wonderful Life.



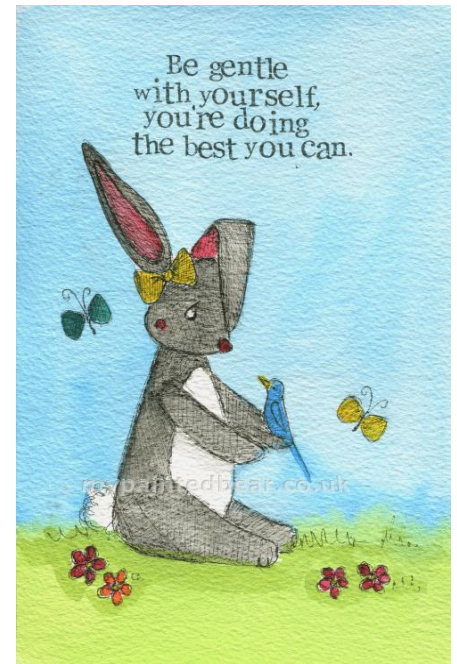




# TIPS TO STAY WELL at Christmas (from Mind.org.uk)

**Be gentle with yourself:** - be kind to yourself and make yourself a priority too.

**Plan ahead:** - make a note of the things that can make you feel stressed or panicked. Are there things you can do to make things easier? Plan for rest as well as seeing people. If you take medication of any kind, ensure you have enough for over the holidays. Don't run out of milk for a nice cup of tea!



**Manage relationships:** – We all try to be kind, particularly at Christmas, but avoid spending time with people who make you feel unhappy, anxious or unsafe.



**Look after yourself:** – get out for walks, switch your phone off, stay safe if going out, get rest and enjoy the delicious food.

**Talk to people:** – if you feel unhappy at any point, talk to someone who can help you. If you feel you are not coping, then please seek out support, for example, Samaritans: 116113 (freephone, open 24/7). And if you know someone who is struggling – talk to them too!





## 12 DAYS OF CHRISTMAS KINDNESS

DANCE TO  
YOUR  
FAVOURITE  
CHRISTMAS  
SONG  
**25** 

LAUGH FOR 5  
MINUTES  
STRAIGHT!  
**26** 


PAY YOURSELF  
5  
COMPLIMENTS  
**27** 

ASK  
SOMEONE IF  
THEY NEED  
ANY HELP  
**28** 

MAKE A  
GRATITUDE  
STAR FILLED  
WITH WORDS  
THAT BRING  
YOU JOY  
**29** 

DRAW  
YOURSELF  
AS A  
SUPERHERO  
**30** 

MAKE A  
SNOWMAN -  
IF THERE'S  
NO SNOW,  
USE PAPER!  
**31** 

SHARE  
SOMETHING  
THAT MAKES  
YOU HAPPY  
**1** 

MAKE A  
PAPER CHAIN  
WITH  
POSITIVE  
MESSAGES  
**2** 

TELL A  
JOKE  
**3** 

GIVE  
SOMEONE A  
COMPLIMENT  
- NOT ALL  
GIFTS COST!  
**4** 

MAKE AN EXTRA  
EFFORT TO  
LISTEN TO  
OTHERS TODAY  
**5** 

random  
act of kindness

Try at least one of these this week.

- Make a card for a neighbour.
- Make a gift for someone.
- Help with the tidying up and decorating.
- Make someone a cup of tea.

Paragraph

Styles

## Mr. Hall's Health & Fitness

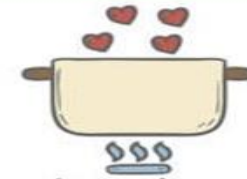
### Mindful eating



Feel the taste  
of food



Don't hurry



Cook and eat in  
a good mood



Drink more  
water



Soft, relax  
music



Sit at a real table



Eat your favorite  
food last



Not multitasking



Respect your body  
and health



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