



March 2020

Greetings Skyline Families,

Welcome to a Marvelous March Everyone! As we launch into March here at school we are focusing on what it means to have a growth mindset, building our self-efficacy and believing in the “Power of Yet!” Earlier this school year our teachers and students took part in a survey that focused on the social emotional learning of our students. This survey asked questions in a variety of categories such as classroom effort, emotion regulation, school climate, school safety, sense of belonging, and teacher-student relationships. Through this survey, we found that an area our students scored lower in than other categories was self-efficacy within the category of classroom effort. We knew right away this was something we wanted to dive into more, understand best practices around, create supports and resources for, and ultimately make a difference for our kids. Believing in yourself may be the greatest gift anyone can have! We want this for each and every one of our Explorers!

Self-efficacy is the Belief that you can succeed in achieving an outcome or reaching a goal.

Research shows that parents can have a powerful impact on their childrens’ mindsets. The language you use and the actions you take show our children about what you expect. Giving process praise, talking about the brain, accepting mistakes as learning opportunities, and understanding the role of emotions in learning are all practices you may already be doing or you can begin today. As we launch into a concentrated effort on this work here at school, we would love your partnership in this work with your child.

I want to share with you some learning from Mindset Works found here:

The way we praise our children can have a profound impact on their mindset. Research on praise and mindsets shows that when we praise children for being smart, it promotes a fixed mindset. It sends a message that their accomplishments are trait-based, and tied to something innate. In contrast, praising kids for working hard promotes a growth mindset. It sends a message that the child’s effort is what led them to success.

The brain is far more malleable than we once thought. Teaching our kids that they actually have control over growing their brains through the actions they take is empowering! Tell your children that when they work hard, that’s the feeling of their neurons connecting. The dendrites are reaching out to other dendrites, trying to connect to make a stronger brain. What strengthens those connections is practice, asking questions, and actively participating in learning. When children learn that their brains physically change with effort, it leads to increased motivation and achievement.

One of the best ways you can model a growth mindset is to speak candidly about the mistakes you've made, and what you've learned from them. Speak positively about your mistakes and struggles, and this will show your children that taking risks and making mistakes are a natural part of the learning process. Explain to your children that trying hard things is what helps us grow, and you can't be perfect when you try something hard!

Language impacts mindsets. Take a look at these examples:

Say This	Not That
"I can see you worked so hard on this!"	"You are so smart!"
"It seems like it's time to try a new strategy."	"It's okay. Maybe you're just not cut out for this!"
"I like watching you do that."	"You're a natural at that!"
"It looks like that was too easy for you. Let's find you something challenging so your brain can grow."	"That's right! You did that so quickly and easily; great job!"

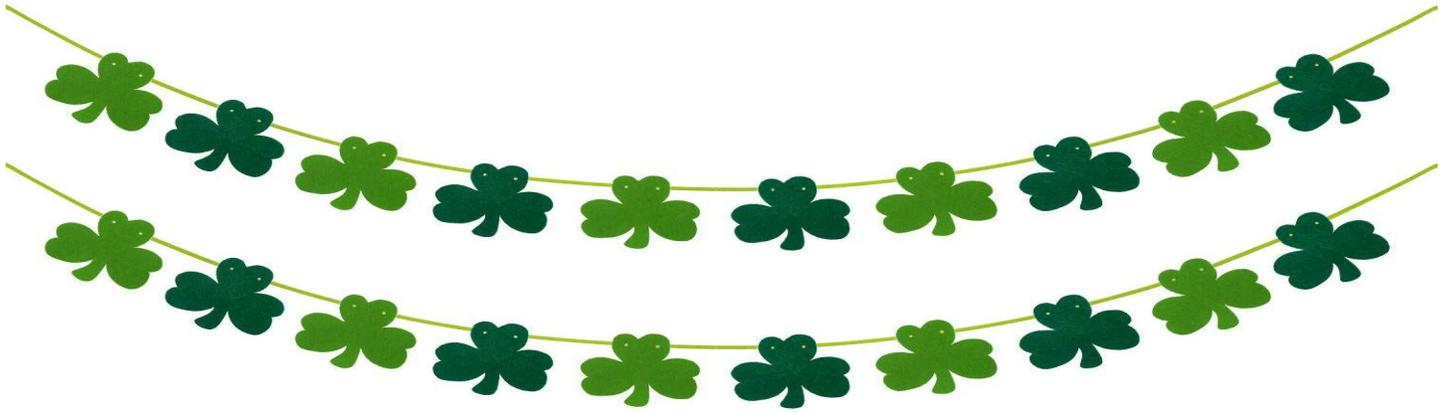
We're growing malleable brains here at Skyline and doing all we can to increase our students' positive self-talk. Through this work and learning, we're putting an emphasis on the Power of Yet. For example, we might not know how to do this YET, but we will be able to learn more and our brain will grow! A lot of this work as you might be able to see already is in the power of our words. Language is so powerful!

Thank you all for being partners in this work with all of us. We love your kids and know that their futures are full of promise. We're working to make these promises as strong as possible through positive self-talk, a growth mindset and knowing when to add YET to our talk! Thanks for joining us on this journey. If you want to look into more growth mindset resources, googling growth mindset, the power of Yet and self-efficacy will lead you into so many resources!

Enjoy a wonderful month of March Explorer Families!

Tori Thomas,

Skyline Elementary Principal



March Events

March 5th- Skyline PTA- Popcorn sale

March 6th- The Power of Yet Assembly and Workshops

March 6th- Skyline PTA- Staff Appreciation Lunch

March 10th- Kindergarten Concert, 6:30 PM at Skyline.

March 11th- Spring Fundraiser Assembly

March 12th- Skyline PTA- School store

March 12th- 4th and 5th grade concert at

LSHS Performing Arts Center-

4th grade students arrive at 5:45, performance at 6:00 PM

5th grade students arrive at 6:45, performance at 7:00 PM

March 17th- Little Viking Band Day- 5th Grade 9:30-11:30 AM

March 19th- ELL Family Coffee Chat- 9:30-10:30 AM

March 19th- Skyline PTA- Popcorn sale

March 19th- Kindergarten Information Night- 6:30-7:30 PM

March 20th- Glow Dance Night 6:30-8:00 PM

March 26th- Skyline PTA- School store

SPRING BREAK- March 30th through April 3rd