

## FROM THE PRINCIPAL

Dear members of the Lisieux community,

Yesterday morning marked an important milestone in the progression of our Stage 2 building works with the pouring of the slab. Staff and students looked on in excitement to see this take place in what was a very smooth operation. My thanks to all parents who assisted with traffic management requests on Wednesday morning to enable this to occur. Within the coming weeks you will notice some visible progress as the building begins to take shape.

This week, some members of the staff Wellbeing Team – Matt Curry, Brienca Dries and myself – have participated in a two day online Positive Education Conference. The messages from some of the world leaders in this field, including Professor Lea Waters, Angela Duckwork, Martin Seligman, Ilona Bonniwell and more, have really reinforced what we so passionately believe: that a focus on character development and wellbeing is equally important as academic focus, and in fact, a focus on these areas will have an intrinsic impact on academic development. In yesterday's session, the message of Angela Duckworth particularly resonated with me: that 'grit' is a spirit of tenacity and confidence that can be cultivated and will allow us to power through those low moments. We can help our children learn the habits of grit in the following ways:

- **By finding a passion** – when young people identify a passion, they will come to understand that practice, hard work and perseverance are the most effective ways to achievement. Duckworth recommends supporting children to 'find their thing' and then engage in 'deliberate practice almost daily', sticking with the selected activity for a set period of time.
- **Recognise that frustration, confusion and practise are par for the course.** Individuals with a 'growth mindset' are more resilient and tend to push through struggle because they believe that hard work is part of the process and understand that failure is not a permanent condition.
- **Take risks** - successful people are willing to step out of their comfort zones and risk failure in order to learn something new or pursue a goal.
- **Teach children that failure is not the end.** Grit means maintaining hope and vision to change even under challenging circumstances.

As Friday Flow recommences tomorrow, it may well be an opportunity for students to begin this process by identifying a passion, whether it be coding, magic, board games or dance. (I'm leading paper mache, which I haven't done since Year 5. I hope my memories align with the reality!)

ISSUE 32 | 29<sup>th</sup> October 2020

## SCHOOL CALENDAR

### OCTOBER

**October Birthday Morning Tea – Cancelled due to current food sharing regulations.**

### NOVEMBER

<b>Mon 2<sup>nd</sup></b>	<b>Staff Professional Practice Day</b> <b>Student Free</b>
<b>Tues 3<sup>rd</sup></b>	<b>Melbourne Cup Public Holiday</b> <b>Student Free</b>
<b>Thur 12<sup>th</sup></b>	<b>2021 Prep Transition Morning</b> <b>Session 1–9am–10am</b> <b>Session 2–10:30–11:30</b>

## FROM THE PRINCIPAL

Next week is a shorter week, with only three days. Staff will be participating in professional planning on Monday. Allocation of time for this is vitally important as this time is allocated for educators to focus on the improved delivery of high-quality teaching and learning. We know that the most important thing we can do to improve student outcomes is to develop and improve the skills of our educators. I wish families a restful four day break and look forward to seeing students refreshed on Wednesday.

God's blessings for the week ahead,

**Susan Ryan**

**Principal**

Susan.ryan@lisieux.catholic.edu.au

## PRAYER

*"The way is hard that leads to life." (Matthew 7:14)*  
*"By your endurance you will gain your lives." (Luke 21:19)*



You won't find the word 'grit' in the bible but there are countless examples of grit being demonstrated. The Bible uses words like 'steadfastness' and 'endurance' to illustrate perseverance towards a goal. Some examples are:

- Noah building a huge ship over decades as he waited for the fulfillment of God's promise.
- Abraham and Sarah waiting over quarter of a century for the fulfillment of God's promised child.
- Joseph languishing in prison for the fulfillment of God's promise.
- Moses leading the Israelites in the wilderness for 40 years.
- Jesus, himself, did not let hunger or storms or betrayal keep him from his goal of spreading his message of love.

Biblical grit is forged through adversity, and is centred on the glory of God.

Lord,  
Adversity can strengthen our faith. Just like our brains and our bodies, faith can be strengthened through exercise. When life is hard and challenges surround us, give us grit to know that our faith will lead us through to times of joy. Let us call on your support and know that you are walking with us. Amen.

## OUTDOOR LEARNING PHOTO OF THE WEEK





## THE GROWTH PROJECT

In The Growth Project, students in Years 3-6 have been learning basic hand sewing skills. They have been learning how to thread needles, tie knots, how to do a running stitch and blanket stitch and how to tie off their stitching. They are working on making a felt pencil case. They have discovered that sewing takes great patience, perseverance and concentration.



## WEEK 2 PHOTOS



# How (and Why) to Teach Kids to Have More Grit

By [Jill Ceder, LMSW, JD](#) Reviewed by [Amy Morin, LCSW](#) Updated on April 14, 2020



In the past few years, "grit" has become a buzzword in [child development](#) and education circles. In psychology, grit is based on an individual's passion, motivation, and determination to achieve a certain goal. The American Psychological Association states that grit is what separates the very best from those who are simply good enough.

Angela Duckworth, a psychologist at the University of Pennsylvania, renowned TED speaker, and bestselling author of [Grit: The Power of Passion and Perseverance](#), first began studying grit as a seventh grade math teacher. In 2007, she published a landmark study on grit and is now considered a leading expert on the subject.

Duckworth's research has focused on students who've shown long-term success in their academic and life trajectories. She found that a combination of grit as well as self-control, reliance, and ambition were the most reliable predictors of a positive outcome, rather than intelligence.<sup>2</sup> The kids who won the spelling bee, for instance, weren't necessarily smarter than their peers; they just worked a whole lot harder at studying the words.

Duckworth found that grit matters more for those in reach of their full potential than intelligence, skill, or even grades.

Unlike IQ, which is relatively fixed, grit is the type of skill that anyone can develop.<sup>1</sup> Some children may naturally have more grit than others, but there is plenty you can do to help your child develop their grit and perseverance to help them succeed.

Paul Tough, author of [How Children Succeed](#), agrees that developing skills like "grit, perseverance, self-control, optimism, gratitude, social intelligence, zest, and curiosity" are more important than IQ. Tough says that these traits can be boosted in children if their parents are able to provide them with enough challenges to work through and overcome. He argues that both adversity and even failure are crucial to a child's development.

So, what can you do to help your child develop more grit?

## Let Your Child Find a Passion

Most young children do not have a "passion," though you can help them develop their interests during those early years. And as children grow older, allowing them to pursue an interest they have chosen themselves will help motivate them to engage in the hard work and perseverance needed for success. If a parent chooses the activity, there is less likelihood the child will feel as connected, and they may not want to work as hard to be successful.

One of the characteristics of "gritty" people is that they are motivated to seek happiness through continued focused engagement and they strive for meaning and purpose, so letting a child find their own passion is necessary for the long term.

## Place Kids In Activities Out of Their Comfort Zone

Parents should encourage their children to try and continue activities that might be challenging. [Encouraging kids](#) to try new things gives them a chance to prove that they can do anything.

Many people may believe that if they are either good or not good at a skill, it is because they were born that way. The problem with this belief is that it leads many kids to give up on things easily if they do not succeed right away. Duckworth suggests that you give your child the opportunity to pursue at least one difficult thing; an activity that requires discipline to practice. The actual activity does not matter so much as the effort and the learning experience that comes with it.

### Let Your Kid Get Frustrated

[Parents](#) hate to see their kids struggle, but taking risks and struggling is an important way for children to learn. When your child is dealing with a skill, activity, or sport that is difficult to master, resist the urge to jump in and “save” them and do not allow them to quit at the first sign of discomfort. Pay attention to your own levels of anxiety. Don't be afraid of your child's feelings of sadness or frustration; this is how they develop resilience.

When kids never have the ability to succeed at something difficult, they may never develop confidence in their ability to confront challenges. Don't let kids quit just because they are having a bad day.

Allowing your child to give up the moment things get frustrating teaches them that struggling isn't part of working hard. And if they give up, they may never get to witness what greatness could have happened had they worked through those struggles.

So, should you make your kids follow through on all activities, even the ones they whine and cry about? A compromise might be to try finishing all the activities until the end of the season or session. If your child chooses not to sign up again, allow that. What is important is that they pushed through the discomfort, which is a natural part of the process of learning something new.

### Model a Growth Mindset

In her [2013 TED Talk](#), Duckworth said the best way to increase grit in children is to teach what psychologist Carol Dweck, Stanford professor and author of [Mindset: The New Psychology of Success](#), calls a “growth mindset.”

Dweck has found that people with growth mindsets are more resilient and tend to push through struggles because they believe that hard work is part of the process and they do not believe that failure is a permanent condition.

In a growth mindset, students understand that their talents and abilities can be developed through effort, good teaching, and persistence.<sup>4</sup> The opposite of a growth mindset is a fixed mindset. Children with a fixed mindset may believe they have a certain amount of brains and talent and nothing can change that.

A growth mindset is shaped by adults through language and behavior that we model for kids. In order to encourage a growth mindset, be mindful of your own thinking and the messages you send to your children through your words and actions. [Praising kids](#) for being smart suggests that innate talent is the reason for success, while focusing on the process helps them to see how their effort leads to success. When parents talk positively about making mistakes, kids start to think of mistakes as a natural part of the learning process.

### Brainstorm Together

If your child is struggling, one of the best things a parent can do is discourage them from quitting at a low point. Instead, use the experience as a way to teach resilience as an opportunity for success.

Help them brainstorm strategies and make a plan of what actions they will take and how they will proceed, but allow them to take ownership of the solution. A great journey can sometimes have some unappealing emotions, such as being confused, frustrated, or completely bored out of your mind. When children understand that learning is not supposed to be easy all the time and that having a tough time with a skill does not mean they are stupid, this is where resiliency and perseverance develop.



### Teach That Failing Is Okay

Talk with your children regularly about your own failures and how you persevered, or ways you could have been more resilient. [Children learn from the adults](#) around them, so if you want your children to handle setbacks with grace and calm and become a model for determination, you need to model this yourself.

Talking to your kids about your own failures will help them understand that it is okay to fail, and they will see how people can problem solve and bounce back. [Talk about setbacks](#) as they arise.

Help kids build alternative plans and think of different ways to view situations. Show them that being flexible and knowing how to problem solve is a useful and mature quality.

### Discuss Effort and Not Accomplishments

The goal of a task is not perfection, and if you intervene constantly, your child will realize that you do not have confidence in their abilities. Engage in family discussions about trying new things, and let each family member talk about things that are difficult for them. Discuss any long-term and short-term goals and how you plan to achieve both. Allow family members to openly share their struggles and how they got past them. Share feelings about challenges and celebrate when family members attempt to persevere through difficult tasks.

### Be a Gritty Parent

The best way for kids to learn to be "grittier" is from watching their parents. You can tell kids a lot of things you want them to do and how you want them to act, but the real lesson is in how *you* act. Show kids that you take on tasks that are sometimes scary, and that you sometimes struggle or fail and then bounce back. Model resilience for your children and show them that failing is nothing to be afraid of.

[Manage your own anxiety](#) and stop trying to control your child's actions; instead coach them by doing activities with them, not for them. Continuously encourage your child and teach self-encouragement. Your parental voice eventually becomes the voice in their head so remember to engage in positive talks as much as possible. Though criticism could discourage your child from wanting to try again, there are times when constructive criticism is necessary for their growth.

### A Word From Verywell

Giving your child a chance to fail and bounce back is one of the greatest gifts you can give as a parent. Allow your kids to struggle and feel discomfort. Allow them to go through the emotions of disappointment and confusion, and help them figure out the next steps to make the situation better and more productive. It is within this learning process that they will develop perseverance, resiliency, and true grit, which will lead them in the direction of success for their future.



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If you have any questions about  
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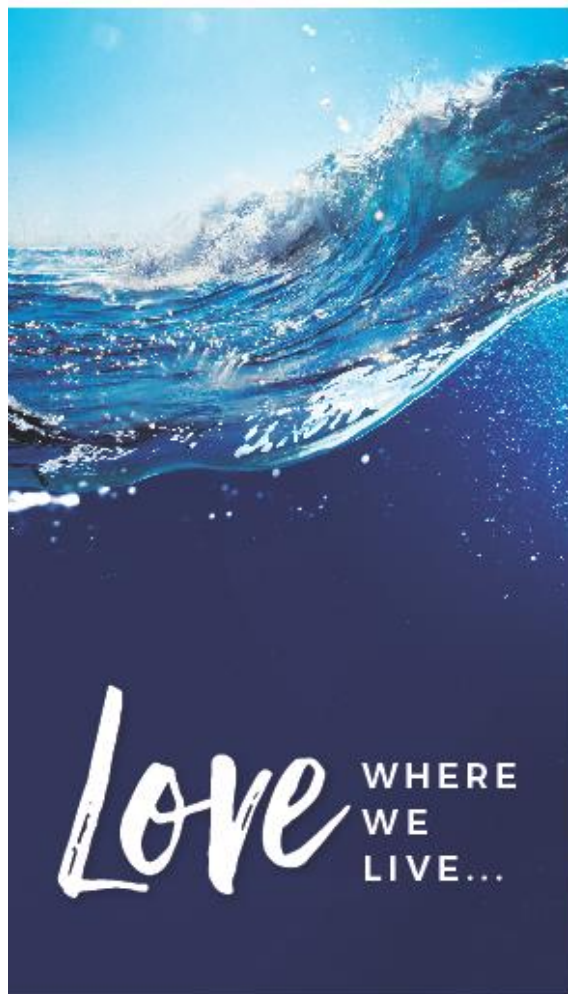




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**LIMITED SPACES LEFT FOR TERM 4**





It's on again! Beached Duck Race No2

Have a "quack" by adopting a duck in the Lions Club of Torquay's Beached Duck Race No 2.

**9.30am Saturday November 14<sup>th</sup>**

COVID Safe

\$5/duck, numbers limited. All funds will go to Lions projects serving our community.

Please go to our **Facebook** page or [torquay.vic.lions.org.au](http://torquay.vic.lions.org.au) for further information on ticket purchasing and prizes.

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