



COMMUNITIES IN SCHOOLS (CIS) NEWSLETTER

In CIS this month, we are talking about the way we talk to ourselves and exploring fixed vs growth mindset.

A fixed mindset means that you believe you cannot grow or learn new things.	A growth mindset means that, even if something is hard, you believe you can learn and do better.
"This is too hard!"	"This may take some patience."
"They are better at it than me!"	"What can I learn from them?"
"I can't do it!"	"I will learn how to do it!"
"This is way too easy!"	"How can I challenge myself more?"
"Who cares!"	"I want to make myself proud!"

Sometimes, we often find ourselves defaulting to a fixed mindset. Especially when we have daily challenges that are out of our control, such as a pandemic. I challenge all of us to take a moment of mindfulness and reflect how we are talking to ourselves. Try to reframe your voice into something more positive and challenge that fixed mindset! The way we talk to ourselves is so important!

Valley-Hi Faculty Quote:

"My favorite quote says "Reading gives us someplace to go when we have to stay where we are" by Mason Cooley. I think this quote is more relevant than ever before, being that so many of us have had to limit where we can go and what we can do during the pandemic. Books have NO limits...they can take us anywhere, open up new worlds we never imagined, introduce us to new friends and so much more. If you need help finding a good book send me an email jennifer.grimes@nisd.net."

- Mrs. Grimes, Valley-Hi Librarian

For more information about the CIS program or resources available, please contact Miss Abi at: acrotts@cissa.org