

## Grow like a Growie!

Dear students, parents, caretakers, school staff and others interested,

The end of the second year of Bridge HDT is slowly approaching, only three months left! So far, the students worked hard during the Bridge HDT lessons and we see that it is paying off. The tutors see that students have grown in both math and social-emotional areas. Where one student has more self-confidence, the other student has mastered calculating with decimals.

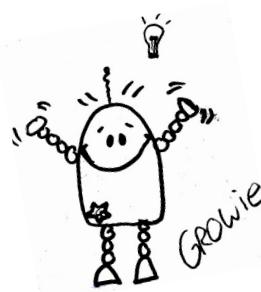
During the Bridge HDT lessons we think it is important to reflect on how far our students have come. To think back to the first day they joined our classes and realise what they have learned so far, and to celebrate these growth moments!

A growth mindset plays an important role at the Bridge HDT. A growth mindset is a state of mind in which it is believed that by committing oneself, talents and skills can be developed. We believe that every student can grow in whatever he / she wants as long as they put their best foot forward.

In addition, in our lessons everyone works at their own pace, we take on challenges, we learn from our mistakes and accept from each other that we have difficulty with various (math) subjects.

Research has shown that a growth mindset can have a positive effect on the learning process, motivation and dealing with setbacks, among other things.

That is why we hope that we can plant a 'Growth Mindset seed' with every student and that it will germinate sooner or later. The tutors do this partly by giving targeted compliments (which we call Shout-Outs or Precise Praise), reflecting on progress, celebrating milestones, challenging students with difficult sums and by examining what they can learn from mistakes. To make it understandable for the students what a growth mindset is, we use "Growie and Fixie" our mascots as metaphors. Growie is a symbol of growth and Fixie is a symbol of a fixed mindset. So we encourage each other to be a Growie!



On to the last mile, go Growies!

On behalf of the entire team,  
 Alexandra Nacev, Site Director The Bridge HDT Amsterdam PO (Southeast)

## Juf Astra Saying Goodbye



Our dear colleague Juf Astra is taking on a new challenge in education and therefore unfortunately says goodbye to The Bridge. We're going to miss you!

Astra: *'Working as a tutor at The Bridge in Amsterdam Southeast was different every day. It was always a challenge; to figure out what works best with students who are all so different, so beautiful and so unique. I was honored to be able to contribute to their growth and development and I have learned a lot myself. I will miss all of the students enormously, but we will definitely meet again!'*

**Concentration exercise**  
**"Schouderklopje (pat on the back)"**

Try this exercise at home!

*Sit up straight with your feet firmly on the floor or let your legs dangle. Stretch your arms straight. Bend your arms so you can pat yourself on the shoulder. Continue to breathe slowly and do not hold your breath. As you do this, think about what you are doing well and what you have done well.*



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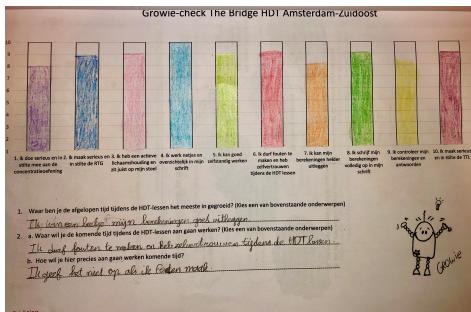
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## Three examples to encourage a Growth Mindset

**Growie check:** six times a year the students complete a growie check. This gives them the opportunity to reflect on their personal development and their behaviour in class. They also think about their progress, how they have grown, and what they can still improve.



**Check-in class:** These classes are about social emotional learning. Earlier this year, we discussed topics such as working together, dealing with emotions, and we introduced Growie and Fixie. Last lesson was about qualities and confidence in yourself and in others.



**In the spotlight:** Every few weeks we put a duo in the spotlight. The tutors decide together which duo has grown the most in the past period and therefore deserves to be celebrated. The tutor creates a beautiful poster that will hang in the classroom for the coming period.



### A student's experience of a check-in class

- **What process did you make recently?**

"I've gotten better at getting old things under control, such as solving numerical sums. And I think I've gotten better at concentrating, although that's not always the case."

- **What did you like the most about the check-in classes?**

"That we were allowed to draw and that we could express our opinion about our HDT buddy."

- **What are your qualities?**

"I share a lot, I am caring, positive and independent. But that's not always the case either, sometimes I joke with my HDT buddy."

- **How could you use your qualities during the HDT classes or while doing math?**

"With sharing, I could tell how a sum can be solved in a different way. And with being positive... yeah, don't laugh when someone makes a mistake. Because you can learn from mistakes."

- **When were you a Growie during the HDT classes?**

"When I explain my calculations. I also like to do that and I'm good at it. It's just that I talk too much."

### Ways to achieve a Growth Mindset (at home)

- For both correct and incorrect answers, ask in a neutral tone and with a neutral face: "Why is this the answer?" This normalises making mistakes.
- Tell about a situation in which you had to persevere yourself or made a mistake; be a role model in this.
- Don't talk about smart or stupid kids or high or low levels. It's important to point out every time that they are not stupid and to debunk this.
- Give compliments that address commitment, progress, and behaviour, rather than speed, performance or giving correct answers.



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