

Families Of



Welcome

In the chat box please write your name and your student(s) name and grade level.

During presentations, please remain on mute and write any questions in the chat.

Agenda

- Welcome
- Ice Breaker/ Adult SEL
- FOH Updates
 - Upcoming Events
 - Community Resources
 - Fundraisers
 - Whats Next
- Information from Administration
- Q&A

- The way you see something will determine how you respond to it. If you view something to be hard, it will be hard. If it looks like you can't, you won't. This month we are working towards critically evaluating our own perspectives. By becoming aware of how we think, we begin to manage those thoughts and restructure them to see the world through a different lens.
- Build a deeper understanding of growth mindset, one example of a social-emotional competency that can help you and your kids be successful in school and life.
- Leave with at least one specific idea that you could try at home to support your children in developing a growth mindset

Two Mindsets: Fixed vs. Growth

- People with a fixed mindset believe that their own intelligence and talent are innate traits that don't change
- People with a growth mindset believe that ability can change as the result of effort, perseverance, and practice.
- Mindset affects all kids regardless of achievement level
- Differences in mindset can lead to achievement gaps in grades, test scores, class behavior, and other student outcomes that last for years

What Do These Mindsets Look Like?

Fixed Mindset “I just can't learn math; I'm not good at it”	Growth Mindset “Math is hard, but if I keep trying, I can get better at it”
Believe intelligence is something you're born with... or not	Believe intelligence is the result of effort and continued work
Desire to look smart, to avoid looking dumb	Desire to learn, even if it takes effort
Tend to see challenges as threatening	Tend to embrace challenges as fun and exciting
Tend to give up when things get hard	Tend to persist in the face of setbacks
Ignore criticism	Learn from criticism
Feel threatened when others are successful	Find inspiration and lessons in others' successes
See the path to success as something out of their control	See their own effort as the path to success

Encouraging a Growth Mindset: Growth mindset practices for use at home

Praise Effort Over Results

Praise effort and process, not results: “You did great on that. You must have worked really hard.”

Nurture a belief that tolerates risk: “In this family, we value taking on tough challenges more than we value easy success.”

Instead of waiting until kids are done with a chore or homework, check in with them while they are working. Comment on how much progress they have made and ask them whether they have ideas to make the work even better.

Frame Mistakes as Part of the Learning Process

Allow your children to see that you, too, make mistakes and that what matters is that we keep trying. In fact, we often learn just as much from the things we do wrong as from the things we do right.

Specifically Reward Effort and Process

Create a reward system at home focusing on effort or process, not just one focusing on outcomes.

Communicate High Expectations

Let your children know that you have high expectations for them and that you have these expectations because you know they are capable of meeting them.

Upcoming Events

- 10/22 Movie Night (In-person/Virtual TBD)
- 10/25-10/29 Hope Book Fair
- 10/29 Fall Festival (Crafts for Kids and Adults)

NEXT DATES



20lbs Food Box
(Non-Perishable Groceries)
Meat----Bread
Fresh Fruits & Vegetables

Tuesday, October 19, 2021

Tuesday, October 26, 2021

10:00 am-12pm

First Baptist Congregational Church
1613 Washington Blvd

Bring your Carts
Large Bags to carry your food

HOPE

HEALTH & WELLNESS CENTER

A program of the Office of Community Engagement and Neighborhood Health Partnerships

Hours of Operation

Tuesday

8:30am - 4:30pm

Thursday

10:00am - 6:00pm

El Horario de Servicios

Martes

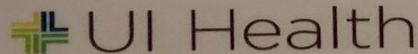
8:30am - 4:30pm

Jueves

10:00am - 6:00pm

Phone/Téléphono: (312) 355-7560

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Office of Community Engagement and
Neighborhood Health Partnerships



Families Of Hope is a group led by parents/guardians, grandparents, aunts/uncles, and adults, that supports the students/staff and overall community at Hope Learning Academy.