

# St John's CE Middle School

## Wellbeing Afternoons



Wednesday 10<sup>th</sup> February  
Issue 5

The focus of this week's Wellbeing afternoon is having a growth mindset.

### Growth Mindset

#### Exercise and Physical Activity



Our live sessions are back this week! Join Mrs. Hine for some live fitness fun to music, followed by Yoga. You can join both or one of the sessions. I'm looking forward to seeing you all!

Fitness 13:30 – 13:55 and Yoga 14:00 – 14:30

Meeting ID: 266 633 6207

Watch this video all about how we can have a Growth Mindset.

<https://www.youtube.com/watch?v=rUJkbWNnNy4>

Having a growth mindset is so important, and even more so for those of you learning from home. We need you to keep working hard on your learning, and try not to give up even though the teacher is not in the room with you.

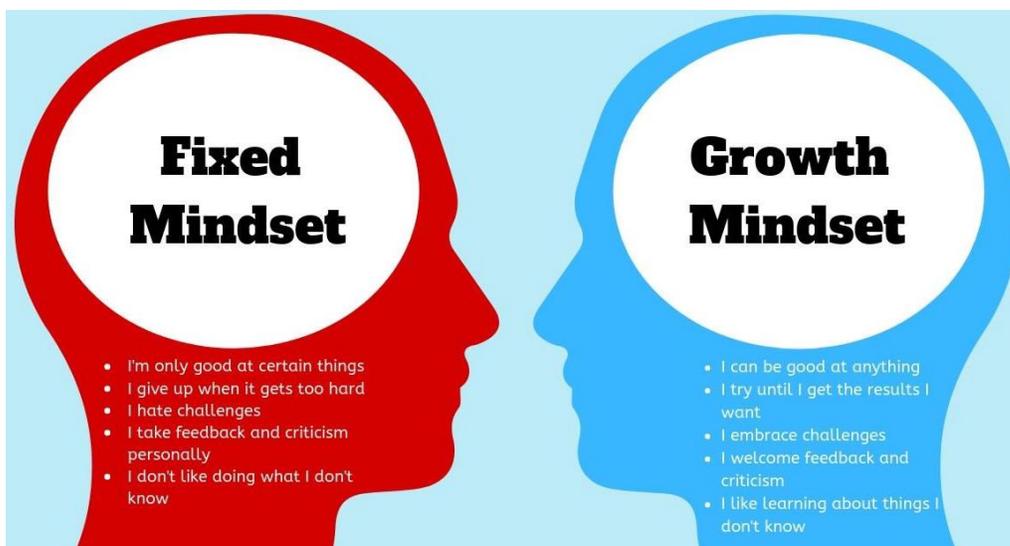
On our recent enrichment day about metacognition, we talked about growth mindset and being able to work independently.

You are all doing so well at home, please keep trying your hardest. When you return to school we will be looking at the work you have done and celebrating your success.

Once you have watched the video, answer these questions:-

- What do people with a Fixed Mindset think about effort?
- Why are people with a Growth Mindset more likely to succeed?
- Why is having a Growth Mindset so important?

Activity: Do some research about having a growth mindset. Then, create a poster for pupils younger than you, explaining what growth mindset is and why it is so important. You could also include drawings and diagrams. I would love to display these around school!



# St John's Lockdown Reading Challenge!

Listen to an audiobook.	<b>TAKE A PHOTO OF YOURSELF READING IN AN UNUSUAL SPOT.</b>	Read a favourite book from your childhood.	Write a book review about a book you have recently read.	Read aloud to a member of your family for at least fifteen minutes three times in a week.
Read a book set in a different time or place.	Read a book that was made into a film.	<b>Take a book out on a walk with you and take a photo of it.</b>	Read a new book, then write an alternative ending for it.	Read a book that is at least fifty years old.
Make a miniature book using just one piece of paper!	Host a virtual book club session with friends, so you can discuss books together.	Try reading a book genre you have never read before.	Create a new character for a book and draw them.	Create a fact file about an author.

We would love to see photos of what you are reading, or anything you achieve from this challenge. If you complete every challenge on the sheet, please send evidence to [kdevey@st-johns-bromsgrove.worcs.sch.uk](mailto:kdevey@st-johns-bromsgrove.worcs.sch.uk). All children who complete all of the challenges will receive a prize!



## Growth Mindset Wordsearch

N O A L W A Y S I M P R O V I N G Y I P D E  
 O U D A V S D S I R L T B E D V N G I P P E U E  
 T R O N D B U O N W R D Y I E W M G S O O R U S  
 A M W S G B D A D F B X B A T L P W S S S V  
 F B N R Y B D U E F I G B V E C W X A I P I G E  
 R D O M S W F A P D M O B T R U B I R T L S U T  
 A V Y T O D Y I E P S G W W M Y B P D I N T E W  
 I N T O N E U S N A S C D P I C R M I V L E W V  
 D X N C T I X U D O U P N N N S W C A E E N A G  
 T B F S R V D G E P C Y W W E A X V C M A T M O  
 O R G D A L V F N T C A G O D I W N Y E R B O  
 F P C G Y W G M T I E V D A I O S O N N U I T  
 A E R E F X C R M S X C O S F F T T I X T M  
 I I E S A Y L E P I S B A G L U S R A N A I F  
 L W A N W A T F O S F L E X I B L E L G R O T  
 S T A L N B L S M U V S B S G L T U A L G U B  
 A O I O X C P E I F C X G I M L M W P T A R S E  
 V B V W M N X C T E I R M G P F N X U T S S G  
 L D E D C L T I F W R P O A W L M I N O G Y  
 B Y Y U P A N I V F S U W A R I F D U T S P Y R  
 Y M A G X X F V E O N R D L B E M U E U O S D I  
 M O G X B T D E P R F L T D C D Y O D R L B C  
 U C S S C G G S O T Y T I Y N A X F S E S T X E  
 R E S O U R C E F U L T A O C E V T S A N

- |          |            |                          |                    |                  |             |          |
|----------|------------|--------------------------|--------------------|------------------|-------------|----------|
| Positive | Determined | Independent              | Not afraid to fail | Always Improving | Ambitious   |          |
| Success  | Goal       | Optimism                 | Learning           | Effort           | Resourceful | Flexible |
|          | Reflective | Positive Mental Attitude | Persistent         | Creative         |             |          |

## St John's CE Middle School Wellbeing Afternoons

Thank you so much to everyone who shared how they spent their Wellbeing afternoon. Housepoints have been awarded to everyone who sent in photos or reflections of their time. We'd love to see what you get up to again this week. Please email [nhine@st-johns-bromsgrove.worcs.sch.uk](mailto:nhine@st-johns-bromsgrove.worcs.sch.uk) or submit via your planner on Epraise.



Rhianna, 8AME

### Mindful Colouring and Art



Emelia, 5CW

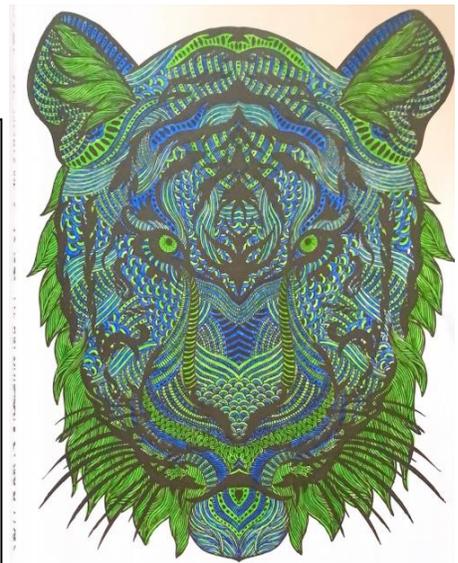


Alice, 8MC

### Mindful Colouring and Art competition winners



Gemma and William are both this week's competition winner. We have your prize at school ready for your return to school.



# St John's CE Middle School Wellbeing Afternoons

We love seeing photos of what you are doing to look after your wellbeing at home, please keep sharing with us. Next week we will show you what our Key Worker pupils have been doing in school too.



Monday Afternoon Run

## 3.16

miles

7'44"  
Avg. Pace

24:27  
Time

389  
Calories

147 ft  
Elevation  
Gain

0  
Avg. Heart  
Rate

172  
Cadence

Bromsgrove, United Kingdom



Ollie Edrop

