



## PERSONAL DEVELOPMENT AT ST IVES SCHOOL

### ST IVES GROWTH MINDSET ACADEMY (SIGMA)- CURRICULUM INTRODUCTION STATEMENT OF INTENT

SIGMA is at the heart of our schools philosophy and underpins everything from personal development, rewards and attendance to CPD and the quality of education. Each half term we focus on a different Growth Mindset value. Students are rewarded with SIGMA merits and teachers ensure lessons develop Growth Mindset skills. We have a programme of tutor time activities and assemblies to ensure that we are delivering a consistent message.

The St Ives Growth Mindset Academy (SIGMA) helps to embed a culture which celebrates learning and values the challenge of academic and personal progress. Students are taught about the six key aspects of Growth Mindset, encouraged to embrace challenge without fear of failure and to have high personal aspirations and resilience. A specific strand of SIGMA is the Learning to Learn programme where students are guided in techniques and strategies which will help them memorise knowledge, and deepen their understanding with increased confidence and independence.

### GROWTH MINDSETS

Research by Developmental Psychologist Dr Carol Dweck of Stanford University points to people having one of two mindsets: Growth and Fixed. A child's belief about intelligence is an important factor in whether they become an effective learner. We all hold beliefs about concepts such as 'intelligence', 'ability' and 'personality', with roughly half of us holding a **'fixed'** mindset and the other half a **'growth'** mindset.

*"In a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb. In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it."* Dr Carol Dweck

However, it's not all about Dr Dweck. The school will be taking the advice this leading academic gives, mixing it with further academic research and making it suit the current school, authority and national policies and how we think it will best benefit St Ives School students. We are using SIGMA (St Ives Growth Mindset Academy) to share our values with students, staff, parents and stakeholders.

## **APPROACHES WE TAKE TO DEVELOP A GROWTH MINDSET WITH ST IVES SCHOOL STUDENTS**

- Using feedback/praise designed to promote and highlight Growth Mindset.
- Our House Point system has evolved to ensure students are rewarded for displaying our 6 core SIGMA values:
  - ◇ Effort
  - ◇ High Standards
  - ◇ Learning from Mistakes
  - ◇ Being Resilient
  - ◇ Taking on a Challenge
  - ◇ Embracing the Power of Yet
- Each half term students across all year groups are celebrated for championing their SIGMA values. We also run annual awards to celebrate the students who have demonstrated these values consistently over the academic year.
- Showing students that their brain and body can physically achieve more through training and effort.
- Providing opportunities for students to think about and write about their mindset.
- Students in Year 7 and 8 study a SIGMA programme during tutor time to embed our Growth Mindset culture of the school.
- Inspirational assemblies Giving clear and inspirational examples of others who have used their Growth Mindset to great effect.

## **SIGMA PARENT WORKSHOPS**

We are continue to run parent / carer workshops on Growth Mindset where we will explain how Growth Mindsets are being developed at St Ives School. The aims of this sessions include:

- What does it mean to have a Growth Mindset?
- What does Growth Mindset look like at St Ives School?
- How school can help our students to develop a Growth Mindset
- How to cultivate a Growth Mindset at home