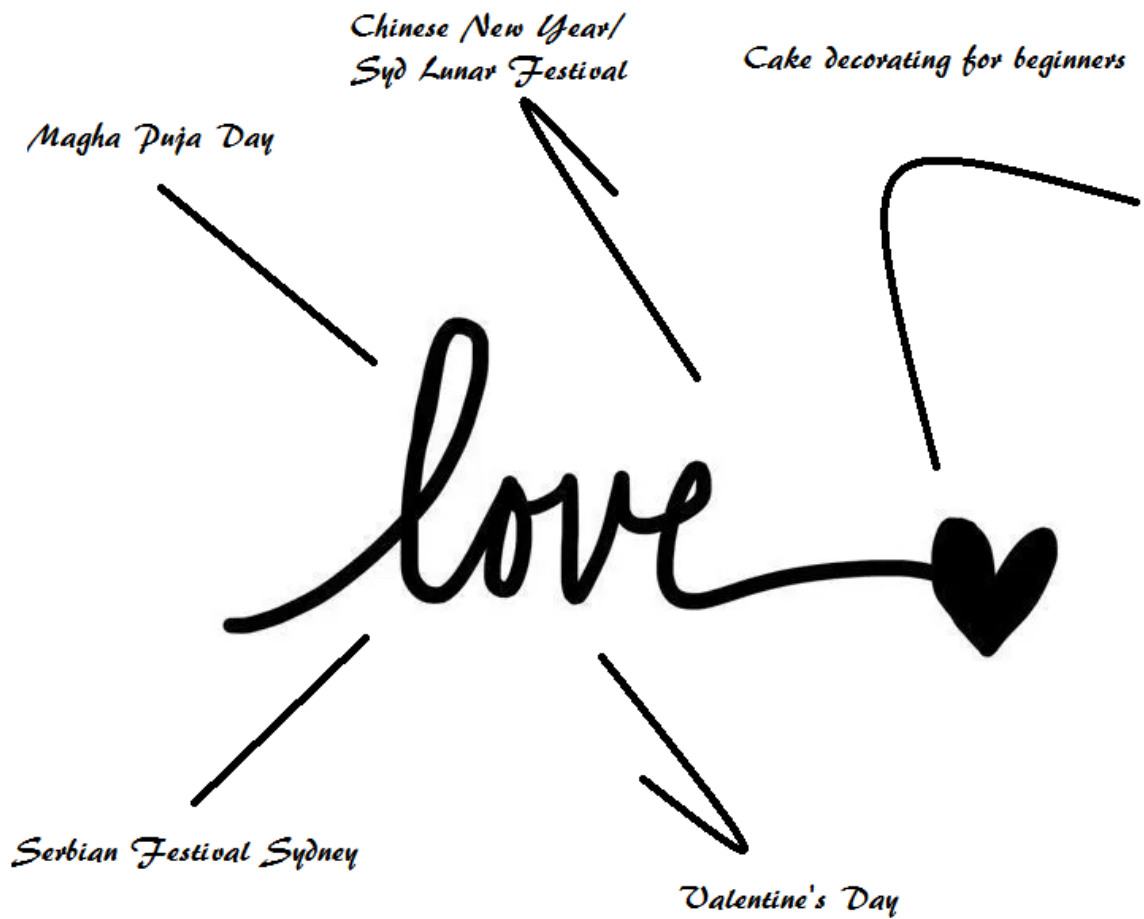




Magha



What's on for February?!





### **Cake Decorating for Beginners**

12<sup>th</sup> February 2020 – 1<sup>st</sup> April 2020

90 Beverley Road Campbelltown NSW AU

(02) 8080 2121

### **Serbian Festival Sydney**

22<sup>nd</sup> February 2020 – 23<sup>rd</sup> February 2020

11 Harbour Street, Sydney NSW 2000

[info@serbianfestival.com.au](mailto:info@serbianfestival.com.au)





## Valentine's Day

For tickets: [www.eventbrite.com.au/e/conscious-couples-retreat-sydney-tickets-78818408983](http://www.eventbrite.com.au/e/conscious-couples-retreat-sydney-tickets-78818408983)



## Sydney Lunar Festival 2020

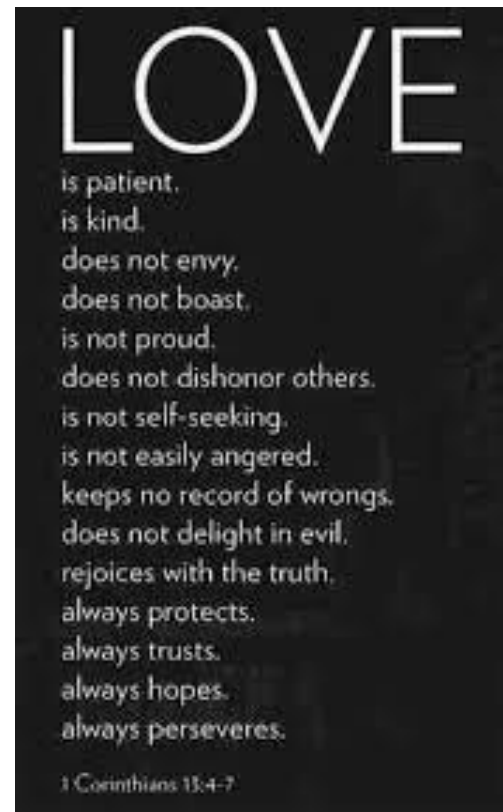
tel: (02) 9265 9333

[lunarfestival@cityofsydney.nsw.gov.au](mailto:lunarfestival@cityofsydney.nsw.gov.au)

<https://whatson.cityofsydney.nsw.gov.au/major-events/sydney-lunar-festival>



# Teach kids about Valentine's Day!



There are countless ways to teach children about the concept of 'love'. You may see Valentine's Day as a great opportunity to do so! Valentine's Day is more than material items and treats. We often tend to mistake material items for simple acts of love which basically cost zero.

By instilling the values of love in your children, you are giving them a life-time gift!



Here are some great ways to teach children the

meaning of love



- Assist your child to develop a strong sense of empathy
  - <https://www.goodstart.org.au/news-and-advice/february-2018/why-teaching-children-empathy-is-important>



- Express "I love you" in words and notes -  
<https://wehavekids.com/parenting/love-letters-to-my-kids>



- Read stories on love -  
<http://www.momentsaday.com/best-childrens-books-about-love/>



- Celebrate your child's best efforts rather than focus on achievement -  
<https://www.mindsetkit.org/growth-mindset-parents/how-parents-can-instill-growth-mindset/3-ways-parents-can-instill-growth-mindset>



- Spend meaningful time with your children - <https://www.naeyc.org/our-work/families/spending-quality-time-with-your-child>



- Teach them patience - <http://www.imom.com/good-character-for-kids-how-to-teach-patience-to-your-kids/>



- Teach them to share - <https://www.askdrsears.com/topics/parenting/discipline-behavior/morals-manners/11-ways-teach-your-child-share>



- Teach them selflessness - <https://www.yourmodernfamily.com/be-selfless/>





<http://oleanderandpalm.com/2014/01/valentines-card-printables.html>



# Magha Puja Day



*Sunday, 9/2*

*Monday, 10/2*

*Magha Puja Day is an important day celebrated by Buddhist cultures on the basis of a time when 1,250 Buddhists spontaneously came together to pay their respect to the Buddha.*

***Purpose:** Do only good things and purify mind.*

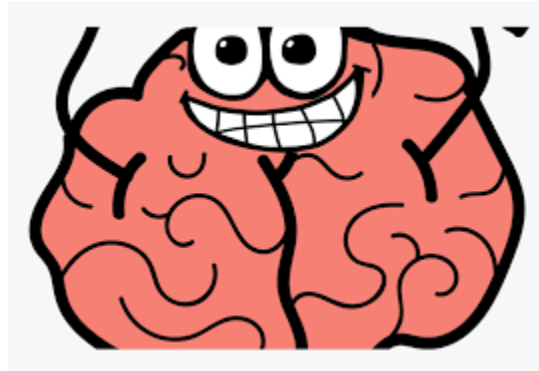
## ***How to celebrate?***

- *Light oil lamps*
- *Exchange gifts*
  - *Chant*
  - *Meditate*
- *Attend temple for special observances*
- *Participate in Buddhist activities*





## *Encouraging a growth mindset in Early Childhood*



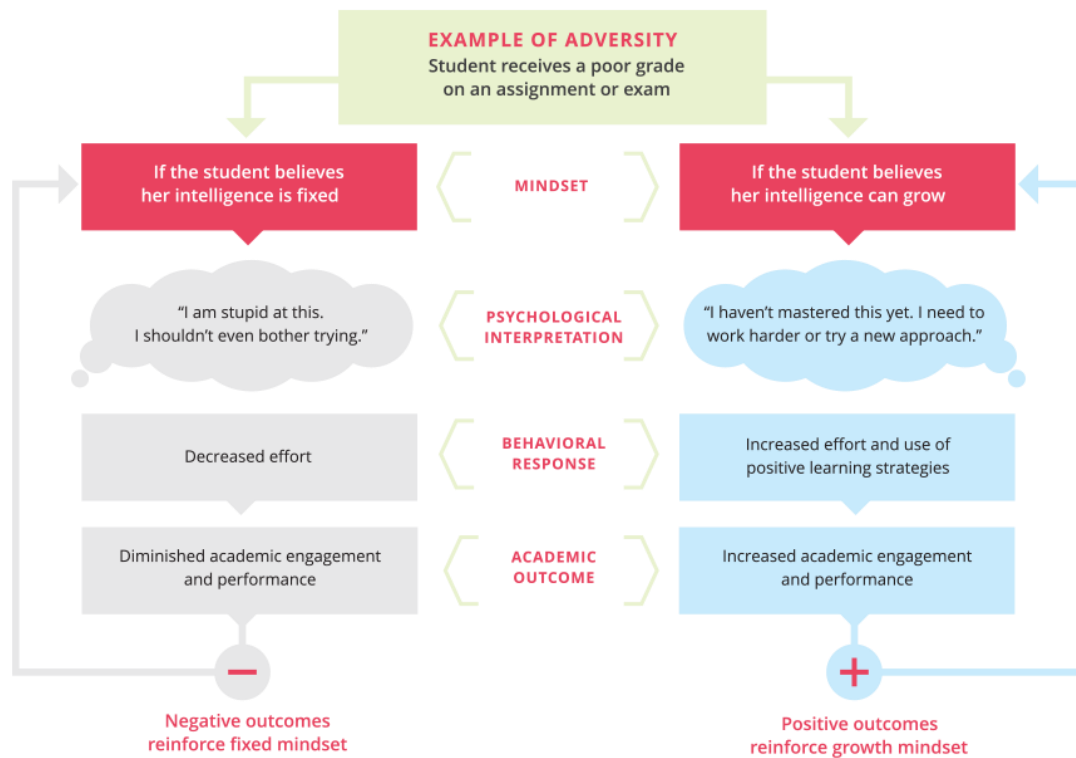
*“A growth mindset is when students understand that their abilities can be developed,”*  
(Dweck, 2014).

*Student’s attitude towards learning is impacted by the way we encourage and interact with students.*

*A growth mindset is the belief that intelligence can be developed.*

**Fixed Mindset:** “In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort.” (Dweck, 2015).

**Growth Mindset:** “In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.” (Dweck, 2015).



## ADVANTAGES OF A GROWTH MINDSET

There is a lot of peer-reviewed research on the pros of encouraging a growth mindset in students. These include:

- They will seek out better feedback and persist for longer.
- They cope better with transitions and develop better self-regulation.
- It reduces stress and aggression in students as well as increasing wellbeing and emotional functioning.
- It Improves self-esteem, learning orientation and reduces helplessness.
  - It's linked with grit and pro-social behaviours.

# HOW TO DEVELOP A GROWTH MINDSET

There is no set way on to develop a growth mindset in students. Areas that may act as a good starting point include:

- **Types of Praise** – praising the process, their effort and individual development over the result, Encouraging your students to ask for and act on feedback. Encouraging a sense of curiosity
- **Level of Expectation** – having high, challenging but realistic expectations of their performance and communicating this to your students. This can also help to fight against Imposter Syndrome.
- **Positive Group Norms** – creating a growth culture that values learning, education and development.
- **Helpful Self-Talk** – Teaching students to manage how they talk to themselves and to do so in a positive, helpful and energised way.

## *Growth Mindset Course for Parents*

<https://www.mindsetkit.org/growth-mindset-parents>

## *Growth Mindset Course for Educators*

<https://www.mindsetkit.org/growth-mindset-educator-teams>



# *Recipes of the month.*



*3 recipes*

*children can cook themselves ←*



thank you