

O'MALEY

Innovation Middle School



O'Maley Happenings – Thursday, October 19, 2017

What's happening at O'Maley this week???

PROJECT 351 - We are pleased to announce that 8th grader **Caroline McKay** has been selected to represent Gloucester as this year's Project 351 Ambassador. Project 351 is a statewide community service organization where one student is selected from each of the cities and towns in Massachusetts. The group gathers over Martin Luther King Jr's weekend in January to begin planning for the various events that will be supported this year. ~ Congratulations Caroline!

"Day of Service" - Friday, October 27th. Please have your child bring in racks to use that day. If you could/would donate yard bags – you can drop them off at the office. Please label the items you wish returned.

O'Maley Academy News: O'Maley Academy is hosting **FAMILY GAME**

NIGHT - Trivia and Bingo! Tomorrow, Friday, October 20th, 6:30-8:00.

Great fun for the whole family. All O'Maley students and their families are invited to this free event! **BYOBG** - Bring your own baked good to share at the community dessert table. And pizza slices will be for sale for only \$1. What a great way for the family to spend a Friday night!!

Save the Dates! - Jalapeno's Night fundraiser for O'Maley Academy on November 6th. Dine in or take out at Jalapeno's and a portion of their proceeds goes to O'Maley Academy!

Career Night - November 15th at O'Maley from 6-7:30. Students will be able to choose careers they are interested in and hear from professionals about how to make that career a reality and what it is like to be in that profession.

contact: marywhite@gloucesterschools.com

Washington, DC news: Please

help! **BAKE SALE** Saturday, October 28th at Market Basket in Gloucester. **We need lots of baked items** to offer for sale. This important fundraiser is to provide financial assistance to those who need it most for the trip. Items can be dropped off at O'Maley on October 27th or at Market Basket at 8:30 on October 28th. Contact Allison Cousins for more details or if you'd like to help out on Saturday, October 28th email acousins@gloucesterschools.com

SPIRIT WEEK! October 23 – 27

Monday - Pajama Day (dress code appropriate)
Tuesday - Squad Day (dress up like twins or as a group)
Wednesday - Favorite Character Day
Thursday - Crazy Hair Day
Friday - Favorite Sports Team Day
Each student who dresses up each day will earn a point for their grade in our March Madness competition!

HALLOWEEN DANCE - All school Dance Friday, October 27th 6-8pm. \$5 admission and proceeds go to Washington, D.C. scholarship fund.

Field Trips

Grade 7 will be traveling to Camp Spindrift for team building activities!
Dirigo House- October 20th

Grade 8 will be visiting the Gloucester Stage Company to see a live production of "To Kill A Mockingbird"
Anchor House- October 25th

PAGE 2 - Please scroll down to page two of O'Maley Happenings to see the first in a series of occasional articles that will be written by volunteer members of the O'Maley School community.

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The Fixed Mindset vs The Growth Mindset

Do you have a fixed mindset or a growth mindset? It is very important to know how your beliefs can impact others. Carol S. Dweck PH. D in her 1988 research based model notes that a person's mindset can set the stage for their beliefs, motivation and ability to face challenges. Our children are greatly affected by our beliefs about growth and learning.

A person with a fixed mindset believes that people are born with a certain set of talents and intellect and that regardless of what is done to improve on those qualities, they will never be better than they are wired to be. They feel that it is more important to look smart and therefore they avoid challenges that might expose any weaknesses about themselves. Often those with a fixed mindset will give up easily and don't feel that effort is important. They often ignore negative feedback or any kind of criticism and feel threatened by the success of others.

Someone with a growth mindset has the belief that intelligence can be developed and that brain cells continue to grow while we learn. This belief leads to a desire to learn more and embrace challenges. These people are more persistent in the face of setbacks and believe that effort leads to mastery. They also learn from positive and negative feedback and criticism and gain from the success of others. People with a growth mindset believe that natural talent or intelligence is only a place to start for growth. They have the attitude that you can do or learn anything with dedication, hard work and when you put your mind to it.

While keeping our own mindset in check, it is important for us to consider what we say to children and also how we say it. If we as role models share openly and express that we too hated school, had mean teachers, were never good at math or any other negative beliefs felt toward school, we are sending the message that it is ok for children to make excuses for themselves. We should always be cognizant of our tone of voice and language in order to promote a positive and optimistic mindset. Instead of being negative we should share that we worked hard in school and that it made a difference for us.

When your child or student expresses a fixed mindset be ready to help them rethink their words.

If a child says:	You could say:
I'm not good at Math	This may take some time and effort
I'm not good at Writing	I'm going to train my brain at Writing
I give up	I'll try some strategies I've learned
I made a mistake	Mistakes help me improve
I can't make this any better	I can always improve

Give children specific feedback such as I can see that you worked hard on that project or you demonstrated a positive attitude when you were learning how to add fractions. Avoid broad statements like: Good job or nice work. The brain is always growing and making new connections. We can help children know this too.