



# GIS NEWSLETTER

15 February 2022

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## After-school program (SFO) survey for grade 1-3 guardians: reminder

We are in the process of evaluating our after-school program (SFO). To make informed decisions, we need information on your needs for SFO next academic year. Please share the information with us via this [survey](#). It only takes a few minutes to complete.

This survey is strictly for internal use. It is anonymous, no personal information is collected and none of the questions are linked in any way.

## Reminder for Grade 10 students

This is to remind students in Grade 10 and their parents that the high school application system VIGO is now open and students can submit applications to selected high schools. Please ensure your child has either Bank ID or Min ID to be

able to access the system. The deadline to submit applications is 1 March 2022. Please note that the deadline falls during our break, so please contact the school before the break if you need help.

## Let's grow together!

In this new section of the weekly newsletter, we would like to invite the GIS community to share interesting resources about education and parenting. Have you read an interesting book or article? Have you watched an inspiring video? Have you seen a thought-provoking image? Don't keep it to yourself! Let us now and we will share it in the newsletter. Please email the link and a brief description to Mr Armanski at [adam.armanski@gjovikis.no](mailto:adam.armanski@gjovikis.no). Let's help each other broaden our horizons and grow together!

This week, we would like to share with you a PRIMARY PRINCIPAL'S PICK. Mr Bentley recommends *Mindset* by Dr Carol Dweck. You can borrow the book at GIS Library. Please find below Mr Bentley's recommendation:

"Benjamin Barber, an eminent sociologist, once said, 'I don't divide the world into the weak and the strong, or the successes and the failures.... I divide the world into the learners and non-learners'."

As part of the IB learner profile, our GIS students are supported in becoming "inquirers." Inquiry nurtures curiosity and promotes enthusiasm for **life-long learning**. At GIS, we embrace the stance that everyone in our learning community is endlessly capable of learning and growing throughout our lives, no matter what we might achieve.

The book [Mindset, by Carol Dweck](#) invites us to delve deeper into our individual beliefs about learning and how they influence how we think, feel, behave, and achieve.

As loving, proud, and encouraging parents, we are inclined to tell our children that they are wonderful (of course they are) even talented or gifted. We might say

things like, “You’re so like your mother, great at maths!” and “You’re such a *natural* artist.” or “You *always have been* brilliant at telling stories.” However well-intended such comments are, after reading Mindset you might find yourself thinking differently about the way we praise and encourage our children.

Mindset as a theory is highly regarded and increasingly referenced in the field of education. The book by Carol Dweck has been one of the most important I have ever read, as an educator *and* as a parent.

The way our children perceive themselves enormously influences the way they engage with their lives, their approaches to learning, successes, struggles and failures. Furthermore, this sense of identity or *self*-concept is largely given to our children by others. We parents and teachers, are very significant others. We can help our children to develop positive learning identities – to develop growth mindsets. Instead of “I can’t do that.” we can guide their internal dialogue towards, “I can’t do that .....**yet.**”

We invite you to borrow “Mindset” from Gwynne Rasen, our school librarian, to inquire into this theory of human learning and the role you can play in supporting our most precious learners. We parents have growth mindsets too.

## School support contact details

If you have any questions about the matters below, please contact the relevant person:

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