

Dear MCS Families,

I hope you all had an enjoyable and relaxing break!

We covered a lot in our character education lessons in the second quarter. In November, we covered patience and growth vs. fixed mindset. As the older students could tell you, fixed mindset is when you believe you are *born* with talents and abilities and growth mindset is when you believe talents and abilities come from hard work and effort. We talked about why having a growth mindset is important and the “power of yet”. Please see the links on the right for more information about growth mindset.

In December, we spread joy and showed gratitude to all of the adults that work at our school by writing or coloring thank you notes. In January, we will be talking about peace, mindfulness, as well as understanding and handling our feelings.

The junior high students will start exploring specific careers that align with their interests and we will also look at post-secondary options this quarter.

The military lunch group will continue meeting monthly through the rest of the year. I am also doing 6-week social skills/friendship lunch groups; if you feel your student could benefit from participating, please let me know. I am also available for individual counseling for everything from family transitions to self-esteem, so let me know if you feel this would be appropriate for your student.

Sincerely,
Erica Lienemann
MCS Counselor
alienemann@manhattancatholicschools.org

Growth Mindset Resources for Parents:

Carol Dweck's TEDTalk on Growth Mindset:

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

Foster a Growth Mindset at Home:

<https://www.oxfordlearning.com/growth-mindset-tips-for-parents/>

