

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



**EARTH DAY 2020**



*“Follow your spirit, and  
upon this charge  
Cry ‘God for Harry,  
England, and Saint  
George!’”  
From William  
Shakespeare’s Henry V*



# HEADTEACHER'S MESSAGE

## Did you know?

A Brentwood Diocesan Priest is the Catholic Chaplain at the Nightingale Hospital based at the Excel Centre in East London. Fr James McKay is the parish priest of Our Lady of Walsingham, Custom House and he is part of the multi-faith chaplaincy team at the hospital. You can read about his work [here](#).

We are grateful for the work of all those on the NHS frontline and remember them in our prayers. We also remember those members of our Holy Family community who are ill at this time and those who have been bereaved. This virus is having a terrible effect on us and we must continue to follow the guidelines about social distancing and social isolation.

This week we have been making phone calls home (our intention is to call every student's family at least once a fortnight) and this has been a really positive experience and we have been pleased to find our calls very well received. It is important that you and our young people know that they are not forgotten and that Holy Family is here for them and will always be here for them.

## Help and support

Attendance has been a little higher this week than it was over the holiday period. A reminder that children of key workers and those in receipt of free school meals are all entitled to attend school. We have sufficient capacity to cater for more students and we are able to maintain strict social distancing. I would therefore encourage families to send children in, even if only for one day a week, so that they have some different social contact, the chance to speak to teachers and the opportunity to receive help regarding their studies or any other issues.

## Grading GCSE and A level students

We are working through this process and seeking to do so as objectively, rigorously and fairly as possible. We are not able to discuss the grades we will be submitting about students' performance with students or with parents/carers. Please respect this and do not seek to influence the grades which teachers submit. We are not allowed to have any dialogue with you about this, nor to let you know the decisions reached, I'm afraid.



# HEADTEACHER'S MESSAGE

## St George's Day

Thursday 23rd April is St George's Day. St George is, of course, the patron saint of England, although he wasn't English but was born 2000 miles away in Cappadocia, now part of modern Turkey. He was martyred for refusing to make a sacrifice to pagan Roman gods and was canonised in AD494.

St George is commemorated in a number of other parts of the world including Venice, Genoa, Portugal, Ethiopia and Catalonia.

Please continue to remember us in your prayers.

Dr Andy Stone

Headteacher



23RD APRIL

# HAPPY ST. GEORGE'S DAY

**Born around 280 in Lydda, now in Israel, he died on 23 April 303 at Nicomedia, Bythinia (now in Turkey). He was declared a saint in 494.**

**The Patron saint of England, Georgia, Portugal, Beirut, Malta, Palestinian Christians, the Scouts and skin diseases!**

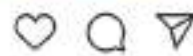
**And of course, alongside Our Lady, the Patron of our parish church, Our Lady & St George. Often associated with killing a dragon, which may represent fighting against injustice. St George was a martyr, someone who died for their faith.**



# SOCIAL MEDIA CATCHUP



@hfcswaltham



Liked by speedstitch and 35 others

**hfcswaltham** Happy St George's Day! 🇬🇧 Born around 280 in Lydda, now in Israel, he died on 23 April 303 at Nicomedia, Bythia (now in... more

View 1 comment



@hfcswaltham



# Chaplaincy Corner

- Mrs. Grierson. Chaplain

# *Happy Easter!*



Yes, we are still in the season of Easter and will continue until we celebrate the coming of the Holy Spirit on Pentecost Sunday, 31 May. Fifty days to celebrate the joy of the resurrection, and we should not let this pass us by.



## *Earth Day*



Wednesday 22 April was the 50th Earth Day. Earth Day is a celebration of the planet we live on as well as an opportunity to talk about climate change action. I'm sure our Eco-Council would have planned something had we all been in school, but this year Earth Day went indoors and online.

Since the lock down, levels of air pollution and greenhouse gases have fallen across the UK and in many other parts of the world. But this will be a short term gain. What we must all do is consider how we can change our lives long term. Maybe this time of lock down has brought you to realise you don't need to shop as frequently, or that actually you can walk or cycle somewhere rather than drive.



# Chaplaincy Corner

- Mrs. Grierson. Chaplain



As we see the beauty of spring all around, let us consider Pope Francis' words on Earth Day: *"In this Easter season of renewal, let us pledge to love and esteem the beautiful gift of the earth, our common home, and to care for all members of our human family. Like the brothers and sisters that we are, let us together implore our heavenly Father: "Send forth your Spirit, O Lord, and renew the face of the earth" (cf. Ps 104:30)*

**Thursday 23 April is St George's Day**, the Patron saint of England and our local parish, Our Lady & St George. St George is also the Patron saint of Georgia, Portugal, Beirut, Malta, Palestinian Christians, skin disease sufferers and the Scouts. St George is often associated with killing a dragon, which may represent fighting against injustice.



Saint George,

With courage, you stood up to those in power, to tell them that what they were doing was wrong.

Pray that we, too, may have courage to stand up for what is right, with God's help.

You were not ashamed of your faith. Pray that we, too, may be proud of our faith, and may cheerfully show the love of Jesus in all that we do.

St George, pray for us.

Amen.

# Tips for studying at home from Severn Trent & successatschool.org

click  
here  
to  
read the  
full article

1  
Have the correct  
study/workspace set  
up

2  
Be active!

3  
Take breaks

4  
Get dressed

5  
Be kind

6  
Try to relax

7  
Stay healthy





# **CERTIFICATE FOR PARENTS**



**National  
Online  
Safety**

Holy Family is subscribed to National Online Safety which is a platform that the school communicate can access for specific training on the online world. As a parent the training via this platform will help you to better understand the sites your child is using and more importantly the dangers they can be exposed to in the digital world. The training will help you to look out for signs that your child might be being exploited in some way and equip you to manage such situations.

To access the site, you can use the link below (or click here) to create your own account. Once you finish the training you will be issued with a certificate too!

This is particularly important in the current climate as many students will be using more digital technology therefore the risk of the online world increases simply due to the amount of time they may be spending on their laptops or mobile phones.

Students will also be sent this link to sign up as there are lots of courses that students can complete too.

<http://nationalonlinesafety.com/enrol/holy-family-catholic-school-sixth-form>

# Idea: Practice your debating at home!



I'm sure that lots of you are missing your lively and stimulating weekly face to face interactions, whether that's the sixth formers from the various speech and debate groups or the whole school debate club.

So to help you out one of our debating friends, Julian Bell from Godolphin and Latymer School for Girls has some brilliant ideas to help you improve your speech and debate whilst school is closed!

## 1. Practice Preparation

Pick a motion, and take either proposition or opposition. Give yourself 15 minutes (or longer if you want to practise long prep). Prepare a speech for or against it.

## 2. Analyse Yourself

Once you've prepared a speech, perform it and record it on your own device (NB just as in a real debate DO NOT write it out; give it spontaneously, with as few notes as possible). Then play it back, pausing the video, taking notes. Repeat as often as you want, or move on to a new motion.

## 3. Debate Yourself

Prepare and record a proposition speech as above. Play it back, this time pausing from time to time to give yourself points of information. Respond to your own points of information. Then prepare and record a speech for the opposition, and repeat the above procedure.

Practise being a judge by deciding which side won the debate and why. You could even do this with a friend, sending each other videos or having a google hangouts debate!

If you're comfortable sharing these videos or speeches you have prepared send them on to Miss Lipa, she would love to see how some of you manage to still debate even though you're in isolation!



# Family Fundraising

*Helping each other to help others*



Architect & Holy Family ex-student Wilson Lam has teamed up with some friends to do their bit to support the NHS.

**'Boano Prismontas'** have been voluntarily manufacturing face shields for front line NHS staff and they need our help.

If you are able to donate please click the link below:

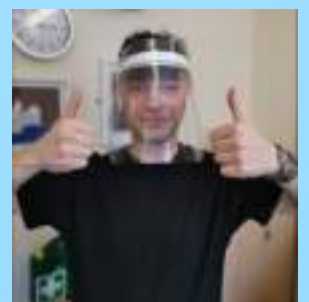
**[www.gofundme.com/f/face-shields-for-our-nhs-heroes](https://www.gofundme.com/f/face-shields-for-our-nhs-heroes)**

"I am currently using my free time after work and weekends to design/ manufacture and test face shields for the NHS. We have trialed with a few NHS individuals to tweak the design and have been very successful to give the most practical design for the face shields. We are in the midst of R&D for a non-single use version to make it worthwhile and more environmentally friendly.

Bearing in mind we are paying all this from our own pockets, we decided to try 'Go Fund Me' to cover the cost of only the materials. We have recorded around 1200 shields with no help up to date but will hopefully produce a lot more with the help of everyone."

Wilson recently returned to school to give talks & advice to our students about his career with Levitt Bernstein.

Thank you to everyone at Boano Primontas for everything you are doing.





# FOOD & TEXTILES

## InstaFOOD Visual Diaries



By Alisha Ibiabuo (Year 7)



By Elisjana Puci Domenica (Year 9)

## Easter Challenge - Hot Cross Buns

Hi Miss Solahi,

I hope you are having a good Easter holiday.

Me and my older brother Joshua saw your assignment this morning and decided to join forces to make hot cross buns to eat tomorrow for Easter.

The following photos show the the before and after of the product.

We followed the recipe step by step. Please bear in mind that I forgot to do the other line across to make it a full cross.

They tasted yummy!

Best wishes,  
Chinedum RE and Joshua 9A



By Alisha Ibiabuo (Year 7)



## More Homemade Dishes!



By Luan Ademaj (Year 8)



By William Gray (Year 8)

## Textile Challenges



- Learning how to sew on a button
- Design a new bag
- Learning how to knit
- Where do our clothes come from?
- Design your dream bedroom
- Make a sock puppet
- Design your own perfect trainers





# PRODUCT DESIGN



## Origami Challenge!

Yr 7 have been creating Strawberries, crowns, pinwheels, dogs and stars but to name a few...



# SPANISH



Students have been looking at how  
Easter is celebrated in Spain!

What happens during Easter in Spain ?

The most spectacular events take place in Malaga and Seville, where the streets are taken over by flamboyant parades and intricate religious displays depicting biblical scenes.



CHURCH



On Easter everyone goes to the Morning, Afternoon or Evening Church service

How do they celebrate?



Easter, or Pascua, is a Spanish holiday celebrated over the course of several days in remembrance of the death and resurrection of Jesus. At the end of a forty-day fasting period called La Cuaresma, or Lent, La Semana Santa, or the Holy Week, takes place, and includes daily processions and festivities.

One example of something they eat are tortas. Tortas are a very simple dish, most often made by soaking slices of stale bread in sweetened milk, also flavoured with cinnamon or vanilla, then baked in beaten egg, fried in oil and sprinkled with a mixture of sugar and powdered cinnamon. Qui Delicias!





# Year 7 Stars

Our year 7 students have been nominating each other remotely - and the positive messages have really put a smile on all our faces!

✧ Anieka! "She was there for me when i was upset and when no one else could help me" From Ruby

✧ Kojo! "he is nice" from Cameron

✧ Berenise! "she came third in singing competition" from Harshan

✧ Zuzanna B & Natalia! "A fun and caring member of 7ig" from Christabel

✧ George & Delroy! "makes me laughs" from Lewis B

✧ Janelle! "She always responds to my texts when i need help with the work" from Kaylah-Lee

✧ Nicholas! ""because he got a excellent amount of numbers of pi" from Harshan

✧ Tayjah "because she has been very nice to me and she is nice to me all the time" from lyannah

✧ Amarise! "for sharing and being kind to others and helping people" from Naomi H

✧ Arturo! "For being a good friend" from Thomas

# Year 7 Stars

Our year 7 students have been nominating each other remotely - and the positive messages have really put a smile on all our faces!

**Thomas- 7P**

For being proactive in getting on with his remote and independent learning and showing maturity and responsibility towards his Spanish studies. Ms Prada

**Jah'kye Burton-Khan**

For massive improvement in his homework Ms Asante

**Ola Tig**

Excellent slideshow on Poland Mr O'Neill

**Amira Tig**

Excellent slide show on Poland Mr O'Neill

**Brooke Paley**

Extra effort in completing R.E. activity on-line despite tech snags. Mr Skelton

**Raya Hutcheon 7P**

Gained top marks for all geography homework tasks last week Mr O'Neill

**Penelope**

French work submitted in a timely manner Ms Sheikh-Oomar

**Claudia**

For completing her French work promptly Ms Sheikh-Oomar

**Jonathan Mendez**

Outstanding effort to keep up to date with work in D&T Ms Barry

**Jestin George**

Winner of 'Picture of the Day' Competition - 3 times in a row ! (tuesday, wednesday And thursday) Mr Madden

**Aaliyah Hill**

Creating Outstanding Origami! Ms Barry

**Duncan Reyes**

Always giving a fantastic effort in D&T Ms Barry

**Isabella Camillo**

For creating an outstanding piece of Origami from Recycled paper. Ms Barry

**Eveleen Drapalyuk**

For Amazing effort & Dedication to D&T Ms Barry

**Gabriel Oladokun**

A stunning piece of work on Africa using google slides, well done! Ms Nordon

**Brooke Paley**

Brilliant work on Africa and lots of perseverance when using technology, well done for not giving up! Ms Nordon

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**Brooke Paley**

Brilliant work on Africa and lots of perseverance when using technology, well done for not giving up! Ms Nordon

**Chelsy Shokitare**

A fantastic piece of geographical research on 6 nations of Africa. Well done! Ms Nordon

**Destiny Simon**

A great piece of Independent research on Africa, very well done. Ms Nordon

**Anna Dudzik**

Good presentation on African nations and not giving up on herself! ;) Ms Nordon

**David Abebrese Bofo**

Good work on Africa including knowledge of location and flags! Ms Nordon

# YEAR 8



## Year 8 Stars

Hello Year 8!

Mr Sayer and I have been receiving STAR nominations from your teachers.

The following students have been nominated for producing outstanding work so far and for contributing to the Holy Family Way.

Well done and keep up the excellent work!

Please congratulate the following students.

Thank you  
Miss St Aimie & Mr Sayer

**From Ms Orblin  
- MFL**

**Kezia T.  
Yu Ruo  
Cino  
Claude-Andre  
Maame  
Perry K.  
Ozge  
Samuel H.  
Sam M.  
Athena S.**

**Zackary R.  
Wiktor M.  
Katrine O  
Francis W.  
Atara  
William G.  
Damien C.  
Quincy Y.  
Jericho G.**

**From Ms  
Scullion  
- English**

**Denny Chingoka-Zhou  
Gabriele Reinyte  
Neriah Jane Orafu  
Jasmine James  
Kezia Amankwaa**

**From Ms Salahi  
- DT**

**William Gray  
Luan Ademaj  
Chinedum Onunkwo  
Maria Baleanu  
Perry Kwarteng  
Maria Baleanu  
Nathan Chan**

**From Mr  
Beckett - RE**

**Damien Callus  
Joseph Brunton**



## The Learning Support Team

Special Educational Needs and Disabilities (SEND) & English as an Additional Language (EAL)

Anouchka Schmidt – SENDCO [a.schmidt@holyfamily.waltham.sch.uk](mailto:a.schmidt@holyfamily.waltham.sch.uk)

Aoife Minnock – Deputy SENDCO [a.minnock@holyfamily.waltham.sch.uk](mailto:a.minnock@holyfamily.waltham.sch.uk)

Monika Scullion – SEN & EAL teacher [m.scullion@holyfamily.waltham.sch.uk](mailto:m.scullion@holyfamily.waltham.sch.uk)



### How can I explain to my child what COVID-19 is?

Use 'Social stories™'. Social stories™ were created by Carol Gray in 1991. They are short descriptions of a particular situation, event or activity, which include specific information about what to expect in that situation and why. Social stories™ present information in a literal, 'concrete' way, which may improve a person's understanding of a previously difficult or ambiguous situation or activity. Social stories™ are often used to explain events to people with Autism.

**Carol Gray wrote a story on the COVID-19.** Click on the link below to access the PDF file. Read this story to your child once a day until you feel that they have understood the content.

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

The National Autistic Society has lots of resources for families of children with Autism on how to cope with the current Coronavirus situation. They have created a PDF with top tips for families on dealing with the lockdown measures.

Click here for resources:

<https://www.autism.org.uk/services/helplines/coronavirus/resources/tips.aspx>



## Where can I find free resources adapted to my child's needs?

- 1) **TWINKL** is a subscription-based website aimed at pupils from EYFS to KS4. Their resources are currently FREE while schools remain closed. They have a lot of resources for students with SEND as well as students whose English is not their first language.

Go to: [www.twinkl.co.uk/offer](http://www.twinkl.co.uk/offer) and sign up for FREE!

- 2) **Primary Resources** also has a lot of resources for a range of subjects. It is aimed at primary school pupils but is suitable for children with SEND/ EAL needs. If you are looking for basic literacy and numeracy resources, this website is great. FREE access.

Go to: <http://www.primaryresources.co.uk/>



## How can I encourage reading if we don't have access to books/newspapers at home?

**Flipboard** app (available on Apple store/Play store) <https://flipboard.com>

This app is great on phones and tablets/lpads. Download it and create an account for free. You will be asked to select topics you are interested in and the reading materials suggested will then be based on your personal interests. The idea behind Flipboard is to browse through thousands of newspaper articles and 'flip' the pages until you find



something that you like. Very interactive and easy to use. It gives your child the opportunity to read articles on topics they like.

### How can I support my child with the workload?

Don't panic! Teachers have set a lot of work to ensure your child has plenty to do.

However, it can become a source of anxiety for pupils with SEND as they can take longer to complete tasks than the rest of their peers.

Tips:

- Sit down with your child and decide on a working schedule. Help them decide how they wish to complete work over the course of the day. How about splitting 3 hours over the morning, afternoon and early evening?
- Ensure they have regular breaks to help them focus and avoid feeling overwhelmed.
- Let them design their working/leisure timetable – They can be as creative as they wish! The more ownership they have over their schedule, the more they are likely to stick to it!
- Explain to them that literacy and numeracy must be part of their daily routine, around 30min each.
- Reading is non-negotiable. It's an opportunity to read as a family, if time allows. How about discussing what everyone in the house has read this week? Try Flipboard (see above)
- Encourage physical activity. Joe Wicks offers free 'PE workouts' on Youtube!
- If it simply becomes too much, move on! Your child can have another go tomorrow.



# Home Learning Survey – The Results

At the end of our second week of Home Learning, students were asked to complete a short survey so we could capture a quick 'snap shot' of how things were going.

We had a fantastic response with the number of surveys completed currently standing at 529. More come in every day!

The results make interesting reading and we are now using them to help shape what our Summer Term will look like for the students.



**Which year group are you in?**

Year 7 – 112

Year 8 – 111

Year 9 – 104

Year 10 – 67

Year 11 – 86

Year 12 – 25

Year 13 - 24



**How are you coping with being off school?**

I'm fine – 46%

I'd prefer to be at school – 28.5%

I'm enjoying being at home – 25.5%



**Think about the amount of work you're being set. Are you being set -**

Too much? 52%

A manageable amount? 43.9%

Not enough? 4.1%



**Is the work you're being set ok for you?**

It's ok—83%

It's hard—15.5%

It's easy—1.5%



**How many hours are you typically spending on schoolwork each day?**

About one hour—22.9%

Between two and three hours— 50.3%

More than four hours— 26.8%

## And the most pleasing result of all:



**Have you started learning something new in terms of a new skill (for example learning a new language, undertaking additional research on a subject not studied at school, learning how to play a musical instrument) or started to do something that you normally don't have the time to do (like baking, playing an instrument more, helping at home)?**

Yes— 72.4%

No— 27.6%

**Because in these most extraordinary of times, we are so proud that several of our students have decided to make the most out of a bad situation and do something new.**

Here are a few things that they have been doing:

- Playing the piano
- Sushi making
- Baking cakes
- Learning sign language
- Painting models
- Learning Spanish
- Learning to play the ukulele
- Doing an online eyelash course
- Learning Tagalog
- Photography
- Drawing
- Learning German
- Learning to whistle with my fingers
- Skipping
- Learning Cantonese
- Learning the bass guitar
- Doing embroidery
- Scrapbooking
- Volunteering for the Metropolitan Police
- Singing
- Doing an access course for university
- Learning how to do magic tricks
- Skateboarding
- Learning about criminal psychology
- Learning bass guitar
- Learning Japanese
- Boxing
- Cycling
- Going on runs with my family
- Helping more with chores around the house
- Learning Russian
- Sewing
- Cooking meals
- Doing science projects
- Learning trumpet
- Learning Congolese
- Researching university courses
- Learning Russian
- Playing the drums
- Learning how to do paper origami
- Painting portraits
- Learning how to produce music in FL Studio
- Helping my dad deliver food packages
- Doing tiktok dances
- Learning how to braid and cornrow hair

# BBC BITESIZE

## FREE RESOURCES

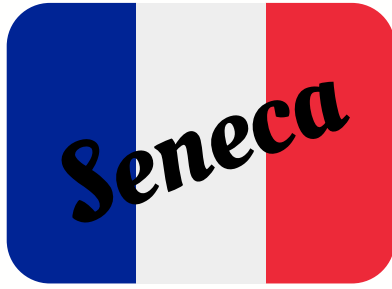
School's off,  
learning's not



**BBC Bitesize are offering some fantastic online resources - click above to access them. They provide support to students and their parents with a series of special daily broadcasts for both primary and secondary students, complementing a whole host of extra resources online. From Monday to Friday, you'll be able to watch Bitesize Daily on BBC Red Button from 9am to 11am, and again on BBC iPlayer. Each 20-minute lesson will cover a different age group from ages five to 14, and will be brought to you by experts, teachers and some very familiar faces from the world of TV, sport and beyond. As well as dedicated programmes covering Maths, Science and English, there will also be lessons featuring other subjects such as History, Geography, Music and Art.**



# MFL Champions!



**Juno V., Aleena C.,  
Sarita A., Gabriel L.,  
Angel K., Giorgia L.,  
Mariya L., Eva P.,  
Sinead K., Wiktoria M.,  
Katrine O., Zackary R.,  
Francis W**



**Danice O.,  
Yu Ruo C.,  
Kayisha G.**

**Atara A.,  
Ozge A.,  
Katrine O.  
Zackary R.,  
Eva P.,  
Mariya L.,  
Jayden A.,**

**Shay L.,  
Aaliyah H.,  
Yu Ruo C.,  
William G.,  
Perry K.,  
Jane T.**





**ONLINE**  
**TUESDAYS**  
**19.05–02.06**  
1st class 19.05  
**4–5.30PM**

# AFTER SCHOOL CLUB

Join us for a free After School Club from the 19th of May, guided by designers Namuun Zimmermann from Studio Sain and Rike Glaser from CIRG. You will be introduced to a series of critical design exercises using digital communication to capture and challenge how we use everyday products in times of isolation.

## CRITICAL DESIGN

This is an opportunity for 10 state school students (age 15-18). The objects designed in the After School Club will be exhibited online.

**SIGN UP VIA**  
[school@storeprojects.org](mailto:school@storeprojects.org)  
[www.storeprojects.org](http://www.storeprojects.org)





**ONLINE  
THURSDAYS  
IN MAY**

**1st class 07.05  
4–5.30PM**

# **AFTER SCHOOL CLUB**

Join us for a free After School Club in May guided by designer Danielle Purkiss. Design and make animations using the software Adobe Creative Suite. You will explore the world of materials and their behaviour, and learn to use basic drawing and animation techniques. To participate in this workshop you will need a computer.

## **MATERIAL ANIMATION**

This is an opportunity for 10 state school students (age 15-18). The objects designed in the After School Club will be exhibited online.

**SIGN UP VIA**  
[school@storeprojects.org](mailto:school@storeprojects.org)  
[www.storeprojects.org](http://www.storeprojects.org)





# MANGAHIGH

## MATHS GAMES AND QUIZZES

	Insufficient understanding
	Basic Understanding 1 point
	Mastery 2 points
	Exceptional Achievement 3 points

Compete with each other for top  
scores and medals!

Login: [fullname@holyfamilycath](mailto:fullname@holyfamilycath)

Password: family

School ID: 72953

# THE WAY OF THE MATHS NINJA



## BELIEVE IN MYSELF

I know that I will be successful with effort, practice and guidance.



## EMBRACE CHALLENGES

I set goals and work hard to achieve them, especially when I am out of my comfort zone.



## BE A FLEXIBLE PROBLEM SOLVER

I look for different ways to solve problems.



## CELEBRATE MISTAKES

I use mistakes as an opportunity to learn and grow my brain.



## FIND INSPIRATION IN OTHERS

I use feedback to revise my thinking and give feedback that is useful and kind.  
I communicate with others to share ideas and learn new approaches to solving problems.



Learning is a continuous journey that never ends!



PERSIST