Parent Information and Opportunity – from Mrs. Hunt, October 30, 2013

\*\*\*An excellent seminar has been scheduled for December 9, 2013 in Salt Lake City, Utah. The topic is Self Regulation – Parents and Teachers have the opportunity to attend this one day workshop for $70.00, (registration is normally, $159.00). Research shows that teaching young people to improve their self regulation can help them to better handle anger issues, anxieties, impulsiveness, academic performance, classroom behavior challenges, self esteem struggles, and more. Young people will become better at the skill of regulating their emotions and behavior. If Cosgriff has twenty (20) teachers/parents sign up for this seminar, we will be able to register for the reduced fee. Please email Mrs. Hunt, [bhunt@cosgriff.org](mailto:bhunt@cosgriff.org) and/or turn in your registration form with payment to the School Office, by November 15, 2013. (Click here) for seminar description and registration form.

\*\*\*Please read this article regarding math ability vs. effort and hard work. This article supports Carol Dweck’s extensive research proving that intelligence (ability) is malleable, a quality that increases with hard work, persistence and effort referred to as growth mindset. Opposed to the notion that intelligence is a fixed number and one’s ability cannot be changed or improved = fixed mindset. Carol Dweck’s research was shared with all parents at “Back to School Night” by the administration. (Click here) to access this informative article.

Thank you,

Mrs. Hunt