

Capistrano Unified School District
MARCH 2019 MTSS NEWSLETTER:
GROWTH MINDSET

What is MTSS?

CUSD is making a commitment to increase the social emotional, behavior, and academic support for all of our young people. We call this focused approach to organizing and providing support: “Multi-tiered System of Supports” or “MTSS.”

MTSS Focus for March: *Growth Mindset*

For the month of March we are emphasizing the importance of **growth mindset** as part of our “social emotional” support for all students. A growth mindset is the belief that the most basic abilities can be developed through dedication and hard work. This view creates a love of learning and a resilience that is essential for great accomplishment. Students with a growth mindset understand they can improve through hard work, the use of effective strategies, and help from others when needed.

Family Resources: *Growth Mindset*

The following articles and resources are available for your family to learn more about growth mindset and strategies you can use at home:

“Once you learn about growth mindset, you’ll understand the role that parents have in helping their children develop a resilient way of thinking that will benefit them for the rest of their lives.”

Interested? Learn more in the following article:

- **What Parents Need to Know About Growth Mindset**

<http://onetimethrough.com/what-positive-parents-need-to-know-about-growth-mindset/>

“The way we praise our children can have a profound impact on their mindset.”

Interested? Learn more in the following article:

- **How Parents Can Instill a Growth Mindset at Home**

<https://www.mindsetworks.com/parents/growth-mindset-parenting>

“Kids with a growth mindset believe they can develop themselves into whatever they want to be. They see mistakes as learning opportunities, not reasons to give up.”

Interested? Learn more in the following article:

- **Growth Mindset Parenting: Raising Kids Who Won’t Quit**

<https://beenke.com/parenting/growth-mindset-parenting-raising-kids-who-wont-quit/>

Parenting Workshop for March: *Growth Mindset*

To support our families and provide parenting strategies to support their children's social emotional and behavioral needs, we are offering the following parent workshop during the month of March:

Growth Mindset

Monday, March 18, 2019 from 6-7 pm at the District Office (Board Room)

Presented by CUSD Coordinator Rebecca Pianta and CUSD Counselor Alex Todd, the purpose of this workshop is for parents to learn about growth mindset, how it affects learning and behavior, and strategies for reinforcing the growth mindset in children. The workshop will be conducted in English with Spanish interpretation.

Please click this link to RSVP:

<https://goo.gl/forms/7GppUyg0iqqQoRBt2>

Interested in More Resources? Visit the Online Family Resource Center!

To find more valuable resources and services related to our MTSS, visit the **ONLINE** CUSD Family Resource Center! To access MTSS information in the Family Resource Center, click here <http://sped-capousd-ca.schoolloop.com/frc> or find the "FRC Resource Tree" symbol on your school's website and click on "**Multi-tiered System of Supports (MTSS):**"

https://sped-capousd-ca.schoolloop.com/pf4/cms2/view_page?d=x&group_id=1535527121766&vdid=ih5g1ymaa190



***For more articles, resources, and videos regarding MTSS,
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