



# GROW@CNCHS

April 2015

## Growth Mindset Ambassadors

During assemblies in March, Mrs Warburton presented a number of pupils with badges and certificates for having a growth mindset. A mindset is simply a belief about yourself and your qualities such as your ability, faith, personality and talents. These pupils in Year 7, 8 and 9 have shown staff and other pupils that they will seek out challenges, work hard, show resilience and creativity to become a better learner.

*The following pupils have been recognised as having a growth mindset and are now grow@cnchs ambassadors.*

Year7	Form
Owen Burgess	7A
Eliza O'Hara	7B
Matthew Biddle	7C
Zack Tyler-Kyle	7H
Abigail Kavaney	7F
Katie Unsworth	7M



### Pupil Opinion

"I was really happy that I received the grow@cnchs badge, I work hard and think its important to try my best in all lessons, this way you can succeed." *Rebekah Higgins 9A*

"I think its important to try different challenges, it is the only way that you can learn." *Max Worrall 9H*

"I think its important to try a range of different activities, my favourite is football" *Matthew Whalley 9M*

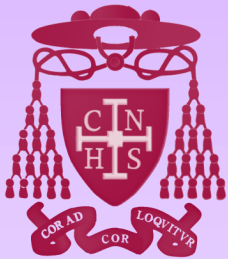
"I think it is important to try and join in with all the different types of activities in lessons" *Dhana Ruelo 9H*

Year 8	Form
Mya Green	8A
Coral Farrell	8B
Weronika Frost	8C
Taig Green	8F
Jacob Stokes	8H
Holly Mannion	8M

Year 9	Form
Rebekah Higgins	9A
Dean Cousins	9B
Anne-Marie Withers	9C
Michael Chan	9F
Max Worrall	9H
Dhana Ruelo	9H
Matthew Whalley	9M



*Cardinal  
Newman  
Catholic  
High  
School*



I'm not  
telling you  
it's going  
to be  
**easy,**  
I'm  
telling you  
it's going  
to be  
**WORTH IT.**

**Can you be the next grow@cnchs ambassador?**

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“Together we can make a difference. Everyone in our school is valued.”

*Do you have any examples for our next newsletter?*



## Who is your inspiration?

Many of us have different people who can inspire us, they can be family, sports stars, celebrities or friends. We can take inspiration from others to help us achieve our goals and to realise that sometimes when we fail, we should make it a beginning not an end.

Djokvic is a fantastic tennis player and currently number one in the rankings. He worked hard to achieve his dream including leaving his family for long periods of time when he was a teenager to train. Djokvic recently stated “Just believe in your dreams. If you have dreams, don't give up. Belief is the most common word to me, even more than hope.”



## Grow Trip to Catalyst

On our trip we were experiencing the ways science works in industry, We were greeted by staff at the catalyst museum and sent to learn about science in our daily lives. We met a lovely lady who introduced us to an app where you can see what you need for all jobs involving science. The App is extremely helpful if you are interested in a science career. She also challenged us to make a balloon kebab. Many were popped but with careful precision some of us manages to create the balloon kebab.

Next we met people from the nuclear energy company. They taught us about nuclear fission and fusion, how their jobs in the computer department are essential for improvement to the use of nuclear energy. After that we went to the studio and learnt about chemistry in chemical waste disposal and were told how it can be dangerous working with chemicals but at the same time challenging and fun.

After we had lunch we experienced an interactive trip to the local power plant where we heard about the safety of the plant and the amount of control required to maintain safety without even leaving the room. After we finished the learning about INEOS we designed a car of the future and tested it by crashing it.

Overall the trip was very enjoyable and gave us an overview of different opportunities in industry and what we could achieve.

**By Alisha Dutton 9C**



**“Open your mind, grow inside and achieve”**