



GROW@CNCHS

July 2015

Cardinal
Newman
Catholic
High
School

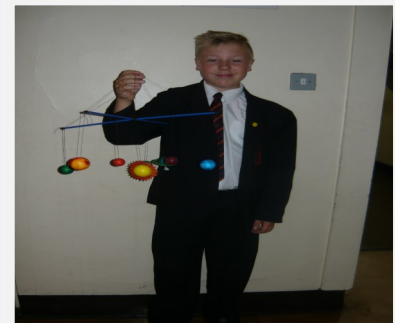


What does Growth Mindset mean?

Having a growth mindset to us means being able to always try new things and never give up. It also means being able to overcome new difficulties and always being able to oversee the negatives. It means being able to always see the positive in every situation. A growth mindset also allows for us to reach our potential, this is important so that we can learn and achieve.

By Dean Cousins 9B & Michael Chan 9F

Mrs Sindall set a science project for set 3 and you were meant to create a fact file on loads of planets and places out of this world. I decided to make a solar system as I knew that no one else would create their very own solar system. I enjoyed making the project because it was fun and helped me learn and understand more about solar systems.



By Joe Thomson 7B

Growth Mindset and dedication

To be at the top of your game at anything, as well as skill and effort you need dedication. In addition to training and practicing two or three times a week I have had to give up special things, for example my birthday this year was on the same weekend as the National Table Tennis Finals, so I had to rearrange my birthday celebrations.

I have had to give up lots of my time at weekends as I have been playing National League matches as well as travelling up and down the country to table tennis tournaments. A lot of my evenings are given up as being a dedicated sportsman, I travel around the North West to various practise sessions. Being dedicated also means keeping fit and agile, enough to compete with the country's top players, so I have to work extra hard in training.



My dedication has paid off this year as I reached my sixth National Final. I was also awarded Warrington Table Tennis clubs player of the year award for the second year on the run playing in the adult league.

In a recent article, Warrington's head coach, Sue Harper, said: "Alexander is an outstanding example for other young players of what is possible through dedication and rising to new challenges. He has a great approach to competition and to challenging himself. He always gives his all."
By Alex Flint

Can you be the next grow@cnchs ambassador?

Bridgewater Avenue,
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Te: 01925 635556

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

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



Be the Best you can be...

The “Be the best you can be” assembly was a joyful educational and very emotional presentation. Great Britain Athlete: Adrian Derbyshire, presented the start of the assembly, Adrian explain how we can go the extra mile and be positive role models for one another. In 2008 Adrian ended up in hospital and couldn’t walk or speak, his life had changed forever. Adrian wanted to rebuild his life and by January 2009 he learnt to talk, read and write again and was back in the gym.

Adrian applied to try different Paralympic sports such as basketball and tennis, but it was wheelchair fencing that Adrian mastered. Adrian is a 2 x Gold and 3 x Silver Olympic medallist and believes in the motto of “I can”. Adrian never gave up, he kept fighting and created the Adrian Derbyshire project a few years ago. Adrian is an ambassador for 4 charities in Warrington and in his spare time coaches children in schools and colleges for various organisations.

After Adrian spoke, Mr Monks, our maths teacher, also talked to us about his time in High School. Mr Monks explained that at the start he was never good at maths and sometimes doubted himself. He realised when at school that he needed to push himself and to “*BE THE BEST YOU CAN BE*”.

Mr Monks also mentioned that he currently plays football with his brother. On his team, out of all of them, he has to work the hardest at every match or practice because no matter what whether you think you’re good or bad you’ve always got to try your best.

The assembly taught us that you have to “*BE the BEST version of YOU*” and to put effort in and do the best you can, no matter what.

By Max Worall 9H and Dhana Ruelo 9H

Growth Mindset and Sport

Being an athlete, I know that the main key to success is having a growth mindset. Swimming is one of the most challenging sports there is, it requires a great deal of commitment and dedication. You always need to have a positive attitude and aspire to be the best person your can be! A growth mindset can make a massive impact on your performance, it’s all about challenging yourself and going the extra mile.

I think another excellent example of a growth mindset is Owen Burgess, 7A, who is also a swimmer and strives for success on a daily basis. He completes seven training sessions a week and works extremely hard putting his efforts into pushing himself to make sure he is at the top of his game. Personally, I believe that by having a growth mindset, Owen could one day reach his dreams and have success like his inspiration Michael Phelps.



By Coral Farrell 8B



“Open your mind, grow inside and achieve”