



# TOYON TIGER MONTHLY NEWS

January 2019

Toyon's Mission Statement : Toyon creates innovators, inspires leaders and sparks love of learning.  
Core Values: Toyon Tigers Lead with Ideas and Motivation

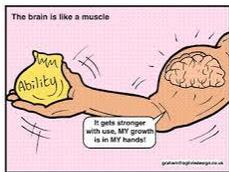
Krista Castellou, Principal  
[kcastillou@busd.net](mailto:kcastillou@busd.net)

Phone: (408) 923-1965  
Fax: (408) 937-4908

## Principal's Message

Happy New Year!! It is so hard to believe that winter break is over and 2019 is upon us! This school year is going by so quickly and President's Week will be here before we know it. We are excited for a new year and the sense of excitement and renewal brought with it. Once again, we are so grateful for all the students, parents, and staff that bring joy to us on a daily basis. We truly hope that everyone had a safe and relaxing winter vacation!

Krista Castellou  
Principal



## How to Give Your Child a Growth Mindset

(Excerpts from [TheSchoolRun.com](http://TheSchoolRun.com))

It's thought that most children naturally have a growth mindset, but their experiences at home or school can change this. 'At around the age of four, children realize that people are making judgements about their ability, and start making self-judgements as a result,' explains Dr. Hoskins.

One of the most important things you can do to help your child develop a growth mindset is to think about the language you use around them. Using fixed language, like, 'You're so good at drawing,' or, 'Don't worry – you're just not very good at math' can lead to children developing a fixed mindset where they don't believe they can change, grow and improve.

**It's better to focus your feedback – whether positive or negative – on the task itself, rather than your child's ability.** So, you could say things like, 'I love the way you've drawn the sky in this picture – it's so realistic' or, 'I think you could get this sum right if you had another go.'  
'Your voice then gives children strategies when they're struggling, by telling them to try again, try harder or try another way,' says Dr. Hoskins.

**Having high expectations for your child also helps them develop a growth mindset.** 'Children with a growth mindset who have high expectations and challenging tasks perform better, because low expectations create less growth in the brain,' Dr. Hoskins explains.

Bear in mind that high expectations are not the same as pressure. Saying things like, 'I need you to get this homework right or I'm going to be really disappointed' will put your child under pressure, which could in turn lead to self-doubt and failure. But turning it round and saying, 'I know you can do this if you put some effort in' gives them belief in their own ability and the confidence to try, fail and try again.

Alongside setting high expectations, teach your child how to cope with their emotions. 'Society has taught children that when they're working on something challenging and their heart is racing, to interpret it negatively,' explains Dr. Hoskins. 'We can teach them to reframe this so that instead of thinking, "My heart is pounding, it must be because I'm so bad at this," they think, "My heart is pounding, this is really hard but that means I'm learning lots."'

**We can also train children to celebrate their mistakes, rather than hiding them.** 'Some schools practicing a growth mindset culture have a "learning mistakes board," where the children sit around and share the "great mistakes" they've made that day and what they've learnt from them,' says Dr. Hoskins. 'Helping children to face up to their mistakes will lead to them seeing them as part of the learning experience.' So the next time you're tempted to correct your child's homework for them, hold back: you could be denying them a vital opportunity to learn, grow and improve.





You may have noticed the temporary fencing that was installed before we left for Winter Break. Construction has begun for our new Flexible Instructional Space (FIS) and new sidewalk around the front office. The construction team has been hard at work during the Winter Break cutting out the old walkway around the front office and is installing a new walkway. We will have a new temporary entrance to the front office from the front of the school. During the school day, students will be able to come into the office through our side office door along a newly installed sidewalk. Please excuse the "mess" as we work hard at updating our beautiful school.



In 1963, Martin Luther King, Jr. helped to organize the famous "March on Washington". Over 250,000 people attended this march in an effort to show the importance of civil rights legislation. Some of the issues the march hoped to accomplish included an end to segregation in public schools, protection from police abuse, and to get laws passed that would prevent discrimination in employment.

It was at this march where Martin gave his "I Have a Dream" speech. This speech has become one of the most famous speeches in history. The March on Washington was a great success. The Civil Rights Act was passed a year later in 1964.

#### Interesting Facts about Martin Luther King, Jr.

- King was the youngest person to be awarded the Nobel Peace Prize in 1964.
- Martin Luther King, Jr. Day is a national holiday.
- There are over 730 streets in the United States named after Martin Luther King, Jr.
- One of his main influences was [Mohandas Gandhi](#) who taught people to protest in a non-violent manner.
- He was awarded the Congressional Gold Medal and the Presidential Medal of Freedom.

  
All you can eat  
**Pancake Breakfast!**



**COME JOIN TOYON ELEMENTARY  
SCHOOL'S PTA  
for our Annual Flapjack Breakfast  
Fundraiser  
Saturday, January 26, 2019  
8-10am  
Applebee's Neighborhood Grill & Bar  
51 Curtner Avenue  
San Jose, CA 95125  
(The Plant Shopping Center)**

#### CALENDAR



##### January 2019

Jan. 9	PTA	6:00 pm
Jan. 16	Leadership Council	2:45 pm
Jan. 18	PTA Movie Night	6:00 pm
<b>Jan. 21</b>	<b>Martin Luther King Day- NO SCHOOL</b>	
Jan. 24	Walk n' Ride Assembly	
Jan. 25	Spirit Day: Favorite Author	
Jan. 25	Coffee with the Principal	8:15 am
Jan. 26	PTA Applebee's Pancake Breakfast	
Jan. 31	5 <sup>th</sup> Grade Panorama	
Jan. 31	DELAC meet @ DO	8:30 am

##### February 2019

Feb. 6	School Site Council	5:00 pm
Feb. 6	PTA	6:00 pm
Feb. 7	Spanish Immersion Info Night @ Berryessa Union DO	6-7:00 pm
Feb. 14	Valentine's Day	
Feb. 15	Coffee with the Principal	8:15 am
Feb. 15	Minimum Day	
Feb. 18-22	Presidents' Week- NO SCHOOL	
Feb. 25-3/1	5 <sup>th</sup> Grade Science Camp	
Feb. 27	Leadership Council	2:45 pm

#### Please call the district hotline

923-1901 (Chinese) 923-1902 (Spanish) 923-1903 (Vietnamese)

Somebody will get in touch with you to deliver the essence of the document.

Por favor llame al teléfono de asistencia al 923-1902 y alguien se pondrá en contacto para darle la información esencial del documento.

Xin gọi số hotline của khu học tại 923-1903 và sẽ có người giúp quý vị để hiểu những điều cốt yếu của văn kiện  
如果您需要更进一步的帮助，以便了解学校发回家的信件。请拨打学区中文热线电话 923-1901  
有人會與您取得聯繫，為您解說文件上的重要內容。