



ROYAL SCHOOL
ARMAGH

YEAR 8
2026-2027

YEAR 8
INDUCTION BOOKLET



Floreat Armachia

QUALITY

CHARACTER

CARE

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Welcome from the Headmaster, Mr Montgomery



Welcome to The Royal School Armagh, a happy and successful school where every pupil is recognised as an individual and where we aim for all to reach their full potential. You have already achieved success by gaining a place in the school and for that, you can be justly proud. This is a school which is steeped in tradition, with over 400 years of history but is also future orientated and has a positive impact on the lives of the young people who come here. We respect the traditional values of hard work, good manners, and self-discipline, whilst also preparing our pupils for their future lives in an ever-changing world. We pride ourselves on our family atmosphere and the fact that pupils feel safe, cared for and supported.

Whilst the school has excellent academic results, our mission concerns itself with very much more than the academic. We offer an extensive extra-curricular programme which is designed to build confidence, self-esteem and an emotional intelligence. I would encourage you to join as many extra-curricular clubs and societies as you can.

I wish you well at the Royal School and trust that you will find your time with us both enjoyable and rewarding.

Mr Graham G. W. Montgomery
Headmaster

Open Letter from the Head of Year, Mrs Phillips



Dear Incoming Year 8,

Congratulations on securing your place here - as your Head of Year, I am delighted to welcome you as part of our community at the Royal School Armagh.

Starting year 8 is an exciting time: it's both the end of your primary school experience and the beginning of a new journey that is full of challenges and opportunities to grow both academically and personally. You have shown great promise by reaching this point, and your teachers and I are here to support you as you build on this success.

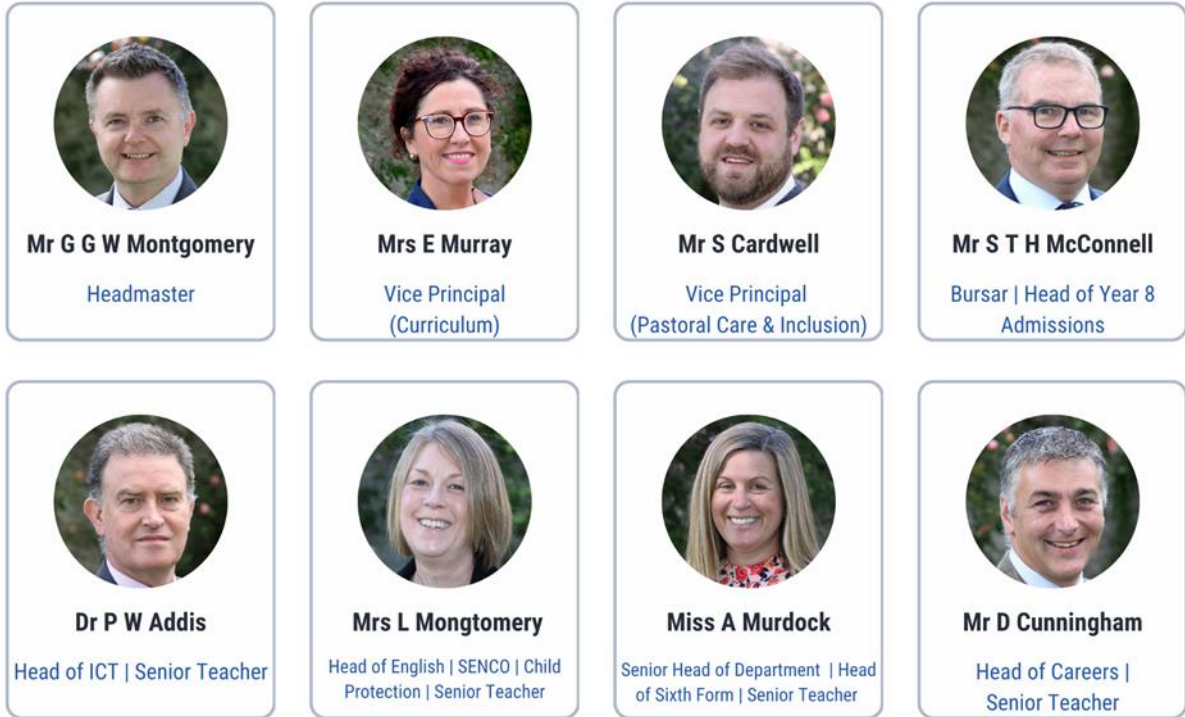
We are also aware that this new beginning may seem daunting. Be assured that you are not alone, and that as you settle in, make new friends, and manage the ups and downs of school life, your teachers are here to guide you and help you manage this transition. You'll find out more about the support structures in school through the induction process, firstly by meeting your Form Teacher who will be invaluable to you as you familiarise yourself with school life.

This year, you'll have access to a wide range of exciting opportunities: new subjects, clubs, sports, trips and competitions. I strongly encourage you to get involved, to try something new, and to discover what inspires you.

Most importantly, remember that you belong here. You have earned your place in our school through hard work and dedication, and we are so excited to see all that you will achieve in the months and years to come.

Mrs Phillips
Head of Year 8

Senior Leadership Team



Teaching Staff 2026

Fifth row (L-R) Mr Agnew, Mr Thompson, Mr Beggs, Mr Fowles, Mr Graham, Mr Boyd, Dr Holland, Mr Butler, Mrs Gordon, Mr Parker, Ms Mulligan

Fourth row (L-R) Mr Moore, Mr Scott, Mr Irvine, Mr Forrest, Mr McConnell, Mr Du Toit, Miss Mallon, Mrs Allen, Miss Logan

Third row (L-R) Miss Boyle, Mrs McCrory, Mr McClure, Miss Fleming, Mrs Shufflebottom, Mrs Phillips, Mrs Kerr, Mrs Weir, Mrs Welshman

Second row (L-R) Mrs McConnell, Mrs Chambers, Mrs Dalzell, Mrs McCluskey, Mrs Buchanan, Miss McBride, Mrs Quinn, Miss Hamilton, Mrs Knox, Mrs McDonald, Mrs Kingston

Front row (L-R) Dr Addis, Mrs Montgomery, Mrs Murray, Mr Montgomery, Mr McConnell, Mr Cardwell, Miss Murdock, Mr Cunningham

Your Year 8 Team

Every pupil is part of a tutor group and each morning you will be met by your form tutor for registration and form time. The form tutors for the academic year 2026-2027 are:



Always remember:

Your Head of Year, Form Tutor and other staff are here to listen

- If you have something important to talk about;
- If you are worried about something that is happening to you, or to someone you know;
- If you need help, or if you need to know how to get help.

If you are worried about telling things in confidence, tell the teachers or staff – they will understand.

If they are concerned about your safety, they may need to share this with others, but they will always tell you first.

The Designated Teacher for Child Protection is



If you are still unsure about talking to a member of staff you can telephone:

They will help you to work out what to do next.

These calls are **FREE**: they will not show up on your phone bill.



Heads of Department



Ms Mulligan

Art



Mr Scott

Biology



Mrs Buchanan

Chemistry



Mrs Shufflebottom

Design & Technology



Mrs Montgomery

English | Senior Teacher



Miss Murdock

Geography | Senior Teacher



Mrs Allen

History



Miss McBride

Home Economics



Dr Addis

ICT | Senior Teacher



Mr McClure

Maths



Miss Hamilton

Modern Languages



Mr Boyd

Music



Mr Beggs

PE (boys)



Mrs Knox

PE (girls)



Mr Agnew

Physics



Mrs McDonald

RE

Technicians

Art / Technology – Mr Morrow

HE – Mrs Dunwoody

ICT – Mr Cooper

Science – Mr Clarke

Librarian

Mrs Cloughley

Concourse staff for general enquiries:

Mrs Diffin and Mrs Hazelton

Induction Day – Wednesday 26 August

On your first day, only Year 8 and Year 13 pupils will be in school. There will be time for school tours and to become familiar with your surroundings.

On your arrival

Upon arrival at school, you should go to **your form room** where you will be greeted by your form tutor.

Plan for the day

- 8.50 am - arrive at your form room to meet your Form Tutor and class
- 9.15 am - Year 8 Assembly with the Headmaster and Senior Teachers
- 9.30 am - return to form room to work through Induction Booklet and explanation of timetables
- Receive homework diary and locker keys
- Register for cashless catering system
- Issuing of bus passes (if eligible)
- Tour of the school
- Meet with games staff (no kit required today)
- School day ends at 3.15pm

Bring with you

- ✓ Packed lunch or your parents / guardians will need to add money to your **Parent Pay account** before 26 August (the dining room operates a cashless catering system.)
- ✓ School bag
- ✓ Pencil case and stationery
- ✓ £5 deposit for your locker

The School Day

Registration and Assembly	8.50 am - 9.10 am
Period 1	9.10 am - 9.45 am
Period 2	9.45 am - 10.20 am
Break	10.20 am - 10.35 am
Period 3	10.35 am - 11.10 am
Period 4	11.10 am - 11.45 am
Period 5	11.45 am - 12.20 pm
Period 6	12.20 pm - 12.55 pm
Period 7	12.55 pm - 1.30 pm
Period 8	1.30 pm - 2.05 pm
Period 9	2.05 pm - 2.40 pm
Period 10	2.40 pm - 3.15 pm

Whole-school assembly is held in the Assembly Hall on Tuesday and Thursday. You will be escorted to the Assembly Hall by your Form Tutor and stand in rows. You will be shown where to stand.

There is an assembly rota for Fridays with Year and House Assemblies taking place.

Lunch will be on your timetable and will be between Periods 6 – 8.

The Timetable

There are 45 periods each week. Each class lasts for 35 minutes (1 period) although there will be some double period classes which last for 70 minutes. A bell will ring at the end of each period to let your teacher know that the class should finish.

While you will remain with your Form Class for most subjects, you may be split into different groups for some subjects e.g. H.E., Music, Technology and PE – so don't worry if your timetable is different from someone else in your class.

You will receive a computer printout of your timetable. It is advisable that you keep your timetable safe and copy it into your homework diary in September.

This is an **example** of what your timetable could look like.

Period	Monday	Tuesday	Wednesday	Thursday	Friday
1	Fr GH L2	Eng LM L5	Maths NMC M4	Tec LS T3	Hist OM H1
2	LLW AM G2	Religious SMD L4	Fr GH L2	Tec LS T3	Fr GH L2
3	Maths NMC M4	Home E JM HE2	PE GB SH1	Maths SW M4	ICT LF OP1
4	Eng LM L5	Home E JM HE2	PE GB SH1	Eng LM L5	Sc SWF S8
5	Hist OM H1	Eng LM L5	Maths SW M4	Fr GH L2	Eng LM L5
6	L	Maths SW M4	Sc SWF S8	C	ENG LM L5
7	Geog AM G2	U	Geog AM G2	Geog CP G2	H
8	Sc SWF S8	Hist OM H1	N	Art WF A2	Games GB
9	Sc SWF S8	Sc SWF S8	Music AB MU1	Art WF A2	Games GB
10	Sp HK L3	Fr GH L2	PSE AM G1	Geog AM G1	Games GB

Subject
Teacher
Classroom

From the exemplar timetable above you can tell what the subject is, who the teacher is and which room the class is in.

Your Subject Teachers

Use your timetable to find out who your teachers are going to be, then write their names in the table below. If you are unsure how to spell their name, there is a list of all the teachers in the school on the next page.

<u>Subject</u>	<u>Teacher's Name</u>
English	
Mathematics	
Science	
French	
History	
Geography	
Music	
Art	
ICT	
Home Economics	
Religious Education	
Technology	
Physical Education	
LLW	

Teaching Staff and Subject Areas:

<u>ART</u>	Ms Mulligan, Ms Thomas-Raja
<u>BIOLOGY</u>	Mr Scott, Dr Holland, Mrs Chambers
<u>CHEMISTRY</u>	Mrs Buchanan, Mrs Lucas
<u>COMPUTER STUDIES</u>	Dr Addis, Mr Forrest
<u>ENGLISH/ENGLISH LIT.</u>	Mrs Montgomery, Mrs McConnell, Mrs Weir, Miss Boyle, Miss Mallon, Miss Rountree
<u>MODERN LANGUAGES</u>	Miss Hamilton, Mrs Kerr, Mr Butler, Mrs Weir, Miss Mallon
<u>GEOGRAPHY</u>	Miss Murdock, Mr Parker, Mrs McCluskey
<u>HISTORY</u>	Mrs Allen, Mr Millar, Mr Graham
<u>HOME ECONOMICS</u>	Miss McBride, Miss Logan
<u>MATHEMATICS</u>	Mr McClure, Mr Cunningham, Mrs Morrison Mr McConnell, Mrs Welshman, Mr Cardwell, Mrs Johnston
<u>MUSIC</u>	Mr Boyd, Mrs Phillips
<u>PHYSICS</u>	Mr Agnew, Mr Fowles, Mrs Kingston
<u>PHYSICAL EDUCATION</u>	Mrs Knox, Mr Beggs, Mr Thompson
<u>RELIGIOUS EDUCATION</u>	Mrs McDonald, Mr Moore, Mr McCombe
<u>TECHNOLOGY</u>	Mrs Shufflebottom, Mr Irvine

Tracking

You will receive two academic reports during the year 2026-27.

The first academic report will be based upon examinations taken in January. The second report will be based on your summer examinations in May. This report will also include a written comment from your teacher and will refer to your academic progress in addition to your ATL (Attitude to Learning). Advice for how to prepare for tracking events is in your homework diary.

Near the start of the year, you will do a Cognitive Abilities Test (CAT). This will assess academic potential on a range of measures and use data from hundreds of thousands of pupils across schools all over the UK. We use the information from CAT to identify a Minimum Attainment Level (MAL) for you in each subject. This represents the minimum standard you can be expected to achieve. That's where encouragement, ambition and teaching come in: working with your teachers you then identify a target grade to aim for (TAL) in each subject. The TAL will probably be higher than the MAL - to encourage ambition - but it will NEVER be lower. During the course of the year, you will do many assessments but two of these will be "Tracking Events" which we will use to track your progress and see if you are achieving your potential.

After each Tracking Event you will complete a Review My Learning (RML) document for each subject. You will then use these documents for all your subjects to complete your Reflective Learning Journal; your Form Tutor will help you with this. The idea is to identify what went well in the tracking event, what could have gone better, and what you need to do to improve. Occasionally, throughout the year, there will be an opportunity to spend time discussing your progress with your Form Tutor who will work with you to develop an overview of your progress and set general targets to help you improve.

Glossary

MAL: Minimum Attainment Line - the minimum level of attainment you can be expected to achieve

TAL: Target Attainment Line - the level of achievement you are aiming for

CAL: Current Attainment line - the level you are currently attaining.



School Procedures

Attendance and Punctuality

We are committed to excellent attendance and punctuality as this has a direct impact on pupil attainment. School opens at 8.40am and pupils are expected to be in their form rooms by **8.50am**.

All pupils are encouraged to strive for 100% attendance. Schools are not permitted to authorise holidays during the school term. When you return to school after an absence, you should give your Form Tutor a note of explanation from your home on the first day of your return. This note must show the date(s) of your absence.

If you become ill in school, let your teacher know immediately. You will be sent to the Concourse office and a member of staff will contact your parents for you – **you must not make your own arrangements to be collected**.

- If you feel ill or hurt yourself outside class, make sure a member of staff is told immediately.
- If you need to get out of school early, then you must bring a note to your Head of Year before assembly to be signed so that an exit card can be given to you by concourse staff. This card explains to teachers that you are permitted to be out of school.

Homework

Your Homework Diary will be your most important school possession and will help you organise your homework. Complete it for the correct day and avoid getting into trouble with your teachers!

Your Form Tutor will explain the different parts of your homework diary and show you how to complete it

Lockers

A locker key will be issued to you at the beginning of the first term. This will cost £5.00.

- If you lose your key then a new key will be issued at a cost of £3.00
- A locker key is quite small so it is advisable to keep it securely on a key ring, attached to your uniform.

Your school bag should fit into your locker. Do not get a bag which is too large. Your other belongings should also fit into your locker and must not be left on top of it. If you need to bring a large item to school, (e.g. a musical instrument) then this should be brought to the Music Department or Mr Cardwell for safekeeping.

You should always keep your locker door locked and should never tamper with another pupil's locker.

Lost Property

- Make sure all your clothes and belongings have your name on them.
- If you must bring a large sum of money to school, it can be left with the Concourse Office for safekeeping.
- If you lose a sum of money, **let a teacher know at once.**
- If you find money or valuables, give them to a teacher immediately.

Items that have been found are kept in the lost property store. There is a charge of 50p for each item claimed. This is given to charity.

Uniform

All pupils must wear the uniform appropriate to their year group. This ensures conformity but more importantly a sense of belonging to the school community. There is a Uniform Shop at the School which is located in the 'Old Building'.

Normal opening hours during term time: Monday, Wednesday and Friday, 12.30pm - 4.30pm

Additional opening times: Monday to Friday during July and August from 8.30 am to 4.30 pm.

Stationery

You will receive some stationery from your subject teachers. Make sure that you put your name on all of these. You will need to provide your own pencils, pens, rulers, calculator and any other necessary items. All of these items and much more can be bought in the **school shop** which is located on the right under the archway leading to the boarding department. It is open on **Monday, Wednesday and Friday from 12.30 pm- 4.30 pm**

Bus Passes

These are received by the school at the start of the school year.



For the first few days you may have to pay your own bus fares.

Contact the **Concourse Office** if you have any problems.

Lunches

As part of the cashless cafeteria system, pupils will have an individual electronic account, which they can access with their fingerprint, or a unique code.

Parents will be able to “top up” this account via the Parent Pay App, ensuring that there is always enough money to purchase food.

Takeaway food or packed lunches can be eaten in the canteen, at the picnic benches, or at the designated seating in the main building.



Vending Machines

There are vending machines dispensing drinks outside the Dining Hall, in the foyer of the Sports Hall and in the main building.

If you lose money in a vending machine, go to the Concourse and one of the Administration staff will help you out. You may not get your money back immediately because the machines are not owned by the school.



Extra-Curricular Activities

Beyond the classroom, we encourage every pupil to take an active part in the daily co-curricular life of the school, fulfilling personal aims and learning to feel proud of their contributions to their house, year, club or team. Busy pupils traditionally thrive, growing in confidence through their opportunities and benefiting from wide-reaching social groups.

The aim is for every pupil to be immersed in an exciting programme of co-curricular and extra-curricular enrichment that suits need, ability and interest. Pupils can enjoy after school clubs, across a vast range of areas of interest such as badminton, chess, dance, hockey, rugby and TaeKwon-Do.

Extra-curricular and co-curricular activities and educational visits play a very important role in enhancing a pupil’s experience of school life and beyond. Our pupils can enjoy a wide range of opportunities such as visiting Iceland to see the glaciers, playing hockey in Holland and participating in a cultural Spanish and/or French trip.

A full list of activities can be found in your homework diary.

House System

Every member of the School Community makes a contribution to the House System. Pupils represent one of four Houses, which are named after former Archbishops – Armstrong, Beresford, d’Arcy and Rokeby. Houses compete with one another, thus providing a focus for group loyalty. Activities across the year could include:

- *Athletics*
- *Debating*
- *E-sports*
- *Hockey*
- *Netball*
- *Photography*
- *Rugby*
- *Sports Day*
- *Swimming*
- *Talent Show*
- *Quiz*
- *Tennis*
- *Golf*

Each house is led by a member of staff who is their House Master or House Mistress, and they are assisted by four senior prefects: two house captains and two deputy house captains (two males and two females) for each house. A house assembly is held once a month with a focus on celebrating whole school events in which house members have participated and excelled, and to encourage participation in inter-house events. Both the house assembly and whole school house events provide Year 8 pupils with an opportunity to meet older pupils and allow them to foster strong relationships and to feel part of a team. The house system is, therefore, a key aspect of the pastoral system.

Heads of House



Miss Hamilton

Armstrong



Mr Graham

Beresford



Mr Forrest

D’Arcy



Mr Fowles

Rokeby

What if?

WHATIF? WHAT
WHATWHATIF?/IF?
IF? WHATIF?

1. I am late?

If it is before 9:00 am, go to your Form Room and your Form Tutor will sign you in as late. If it is after 9:00 am then you must go to the concourse office to sign in.

2. I am late as I have been at an appointment?

You should have a valid reason recorded in a letter from your parent or guardian. Show this to the office staff when you are signing in at the concourse office.

3. I am absent?

Your parent or guardian will be contacted via the school text system to verify your absence. On return to school, you must bring a note to your Form Tutor to explain your absence.

4. I feel unwell in school or require first aid?

If you are in class or at an extracurricular activity, speak to your teacher first and if required they will send you to the concourse office. If you are feeling unwell at break or lunch, then go to concourse office. Your parent or guardian will be contacted if you need to sign out of school. Do not contact home yourself, this must be done through the school office, Vice Principal or Headmaster.

5. I have an appointment and need to sign out of school?

You must have details of the appointment in a letter, signed by your parent/guardian. This should be brought to the concourse office who will arrange for an exeat card which you will bring to Mrs Phillips to be signed. This can be shown to the teacher whose class you need to leave.

6. I have lost something in school?

You should have your uniform, equipment and books named. You should look after your possessions carefully. However, if you do lose something, then go to your Form Tutor or your Head of Year and they will help to locate it for you. Anything left in the corridors after 4.00 pm on a Friday will be placed in the Lost Property store. Items can be reclaimed from Lost Property by paying 50p to Mr Cardwell. (money from Lost Property will be donated to charity at the end of the year).

7. I need to contact home?

Do not contact home yourself using your mobile phone. You must go to concourse office and a member of staff will contact home for you.

8. I have forgotten:

● *my homework diary?*

Your Form Teacher will have a spare diary sheet that you can use for that day. You can then copy in the details from the sheet to your diary when you get home.

● *my dinner money?*

It is important to keep your electronic account topped up. If your account is empty and you have no money with you, go to the Concourse Office who will arrange an overdraft to allow you to buy your dinner that day. **Do not go hungry.**

9. I am worried or concerned about something?

You can speak to your Form Teacher, Head of Year, Subject Teacher or Senior Member of Staff or Member of the Safeguarding Team. Don't keep a worry or concern to yourself, no matter how trivial you think it is.

10. I feel that I am being bullied or think that someone else is being bullied?

Report it straight away to any member of staff

Review of Induction Day

My form tutor is called	
My year head is called	
My form room is	
My locker is number	
For lunch today I had	
Three things I learnt today are	<ol style="list-style-type: none"> 1. 2. 3.

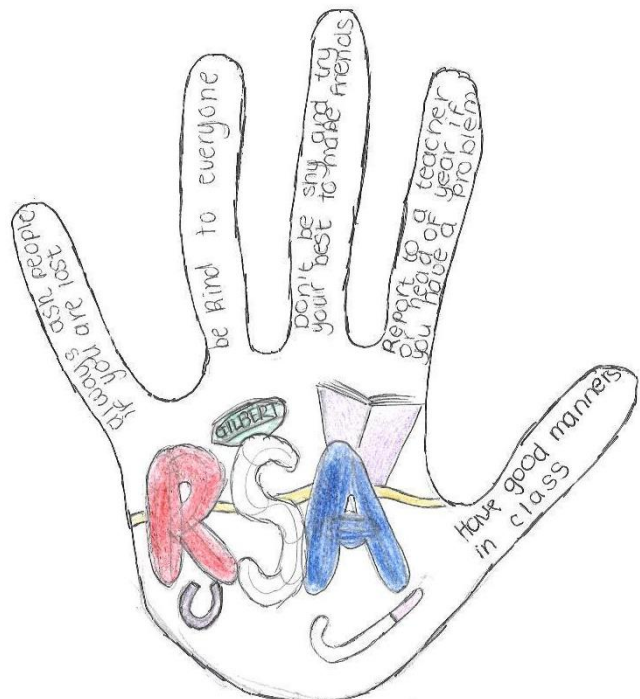
Day 2 - Thursday 27 August

What you need to bring with you:

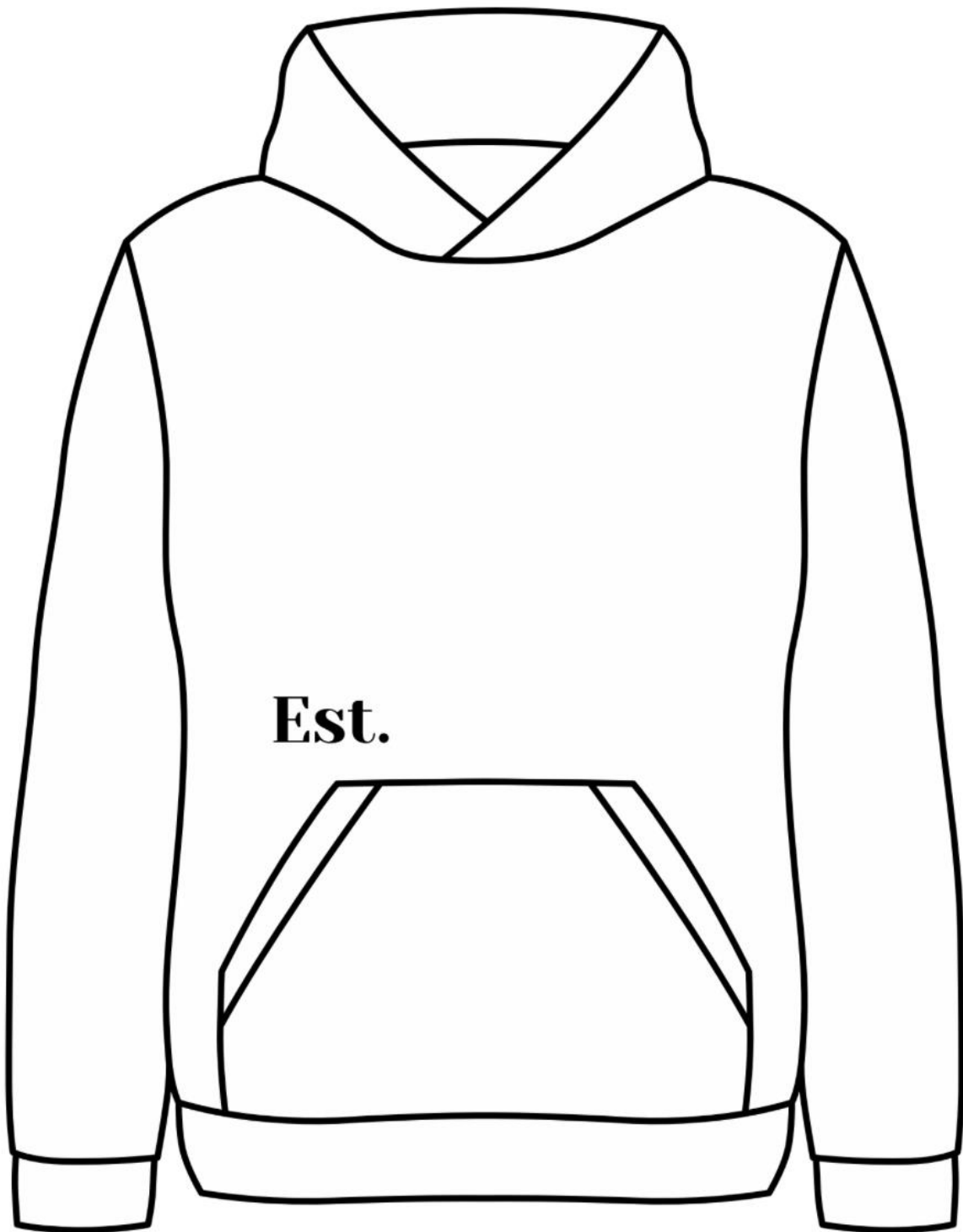
- Packed lunch or pre-paid parent pay account
- School bag
- This booklet
- Pencil case
- Locker key
- Games kit
- Bus pass or money if bus pass not yet issued

Plan for the day

- 8.50 am – Year 8 Form Tutor Time (go to your form room)
- Induction Booklet and explanation of timetables
- School day ends at 3.15 pm



All about me hoodie



A note to myself

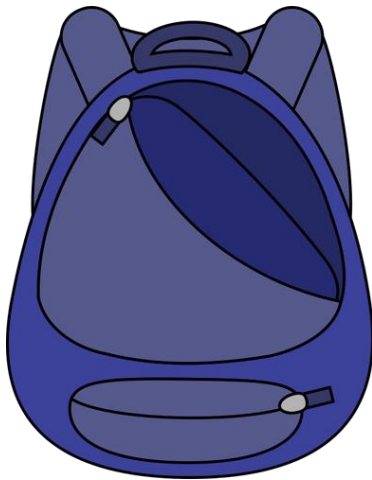
Starting secondary school is a big change, and you may be feeling a mixture of nerves and excitement.

Fill in the thought bubbles to reflect on how you're feeling today - this might be good to look back on at the end of the year!



What's in your school bag?

Be prepared and organised!



Make a good impression by coming to school every day with all you need to learn well and participate fully.

Here is a list to help you:

- Any notes in your diary from parents/carers
- All books and equipment for today's lessons
- Pencil case
- Water bottle
- Locker key
- Don't forget your packed lunch if you choose not to use the school canteen

Below are some subjects you will be doing in Year 8. Think about some equipment that you may need for these lessons and write what you will need to bring with you to school.

Subject	Equipment
Games/PE	
Maths	
H.E.	
Music	
Art	

Your pencil case

You should always ensure that you have brought the following items to school in your pencil case:

- Pens
- Pencils
- Ruler
- Rubber
- Glue stick
- Colouring pencils



Tips for success:

- Pack your bag the night before and get your uniform ready.
- Make sure you eat some breakfast so that you are full of energy.
- Always arrive on time. Lateness is not acceptable, although, we will understand if you get a bit lost in the first couple of weeks.
- You will have a morning break and it is a good idea to eat a snack and have a healthy drink (No fizzy or energy drinks are permitted in school).
- Bring along a packed lunch or ensure your ParentPay account is topped up.

Worries and wobbles

Everyone who starts at a new school worries about all sorts of things - even new teachers do! There is always someone to help you. Other pupils remember what it was like to be the 'new girl or new boy'. The list of what's new seems huge, but before you know it you will feel like you have always been here.

People to help you:

Your form tutor: _____

Form prefects: _____

Head of Year: _____

If, at any point in the school year, you're finding that you're struggling with anything, these people are your first point of contact.

Remember that there are also other outside agencies that offer support. These can be accessed by speaking to Mrs Phillips:

Reach Mentoring



School counselling



Your support network

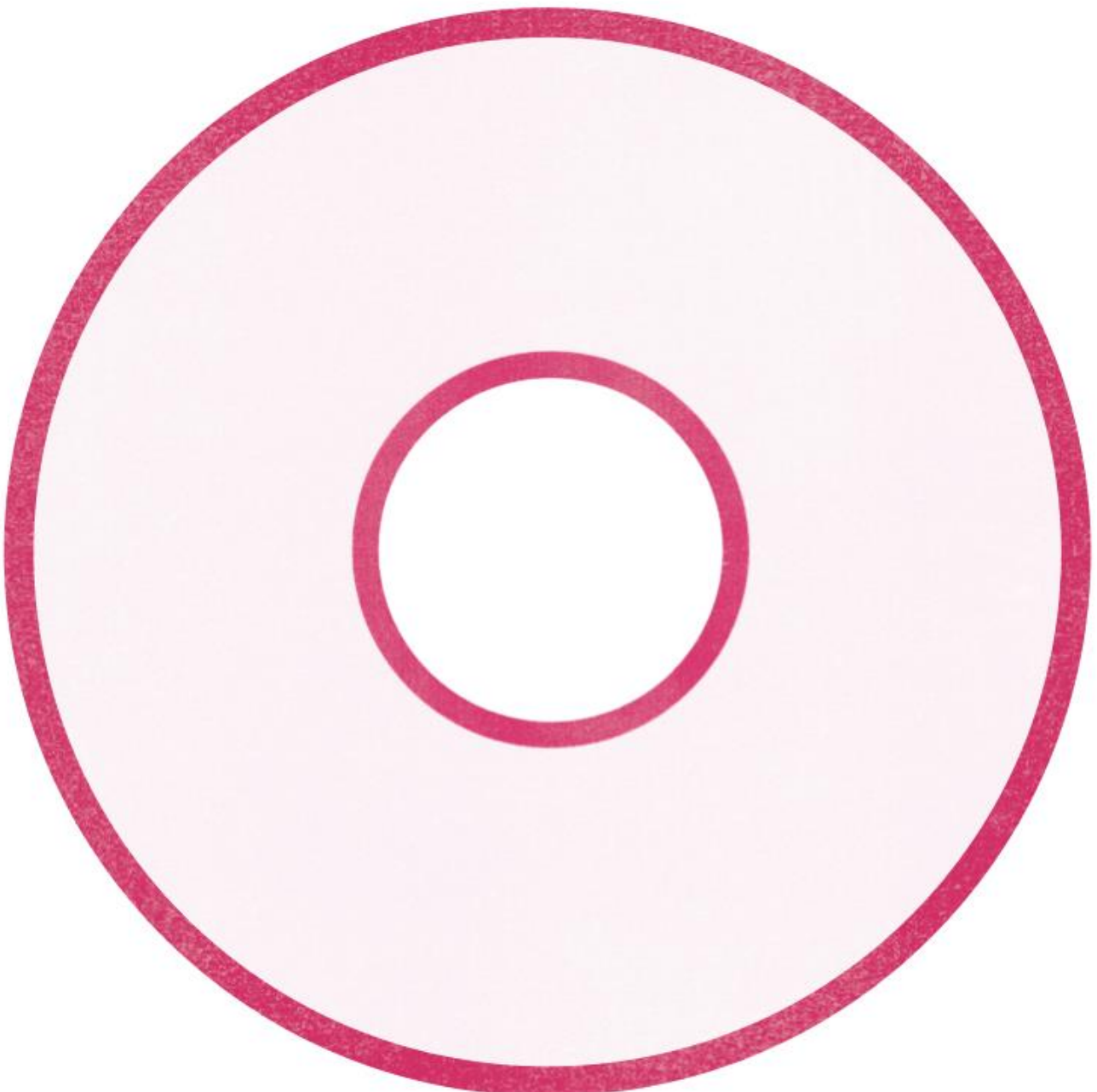
A support network is a group of people who we have in our lives, who provide support, advice, or sometimes just listen to us when we need someone to talk to. Talking to them can help us to solve a problem, or just makes us feel better.

Circle of support

Name: _____

Sometimes when we go through a new change, or have feelings we might not completely understand, it can feel very lonely. Identifying people in our support network can remind us that there are people in our lives to support us, and we can reach out to them when we need to.

In the centre of the circle, draw a picture of yourself (stickmen are welcome!) or write your name. Use the big circle to write the names of all the people you can think of that you can include in your support network. This can be anyone you trust or anyone that cheers you up – even your pets!

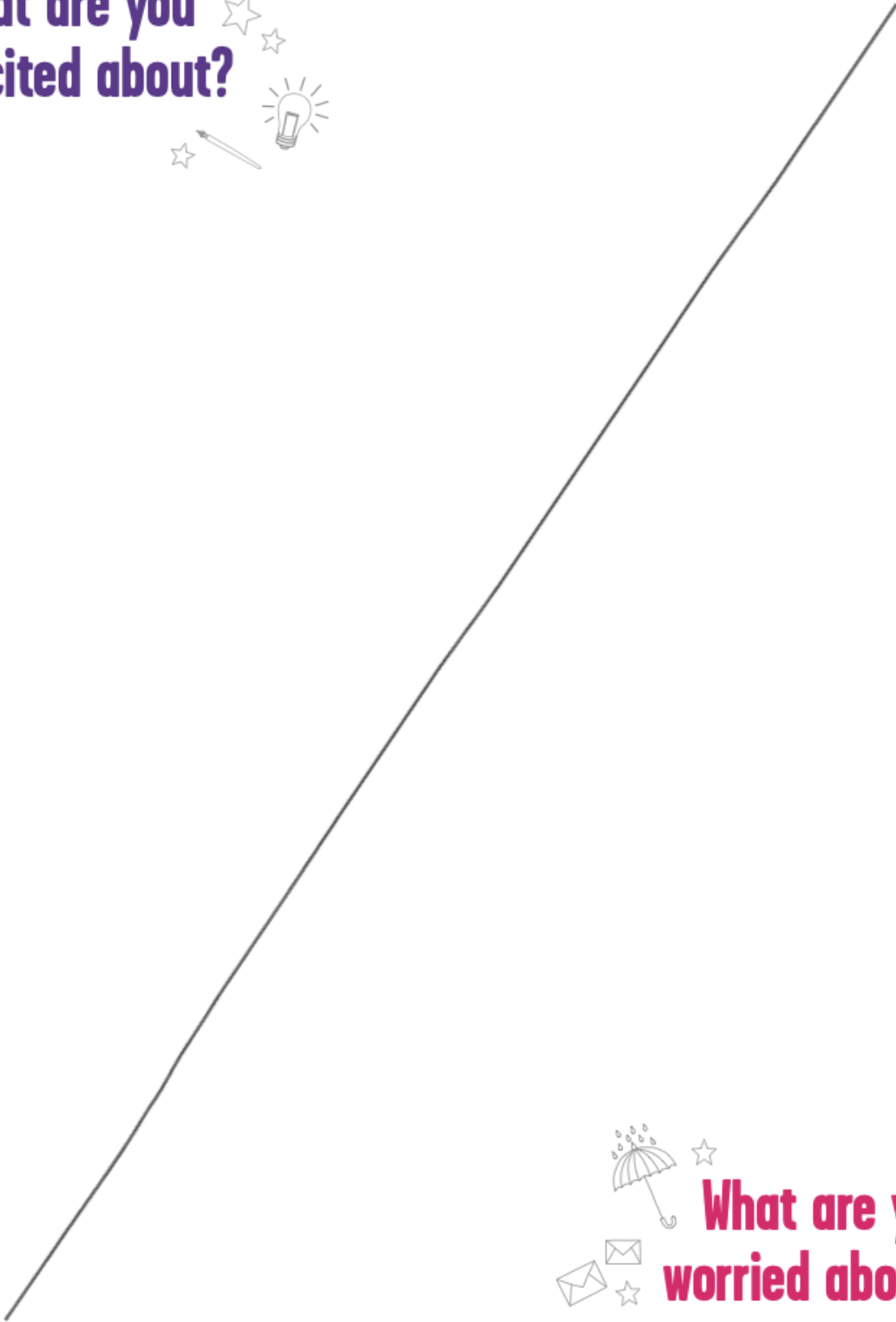


What are you feeling?

Being aware of how the move to secondary school makes us feel can help us to understand how to look after ourselves and our mental health.

Looking at things that we are worried about, as well as the things we are looking forward to, can help us to see that change can bring positive experiences too!

**What are you
excited about?**



**What are you
worried about?**



Helping friends

Below are six problems you or a friend may experience when settling into secondary school. Imagine that a friend has come to you with this problem: how would you help them to solve it? Discuss with your partner and be ready to give feedback to the class.

Problem	How could you help them solve it?
1. Your friend has forgotten their homework diary	
2. Your friend is lost on their way to their next lesson	
3. Your friend has left their lunch at home	
4. Your friend is being bullied	
5. Your friend wants to join an afterschool club but is worried that they won't know anyone else	
6. Your friend has lost their mobile phone	
7. Your friend is worried about the journey home on the bus	



Growth Mindset

What is a Growth Mindset?

Carol Dweck, a psychologist, discovered that the way we think about our abilities can affect how much we learn and achieve.


- **Fixed Mindset:** Believing your intelligence or talents are “set in stone.”
- **Growth Mindset:** Believing you can improve your abilities through effort, strategies, and learning from mistakes.

At RSA, we believe that having a growth mindset is important in helping each pupil be the best that they can be.

Your Amazing Brain

Did you know your brain is like a muscle?

- *Brain Plasticity* means your brain can grow and change.
- Every time you practise, make mistakes, or learn something new, your brain makes new connections.
- Just like lifting weights makes your muscles stronger, learning makes your brain stronger!

 Write one new thing you've learned recently that 'grew your brain':

Challenges = Brain Stretchers

Challenges are not threats — they're opportunities for growth.

Read each statement below. Decide if it's **Fixed** or **Growth**. Circle the right one.

1. “I’m just not good at maths. There’s no point in trying.”
→ Fixed / Growth
2. “I can’t do this... yet! But I’ll keep practising.”
→ Fixed / Growth
3. “If I fail, it means I’m stupid.”
→ Fixed / Growth
4. “Mistakes help me learn what to do differently next time.”
→ Fixed / Growth

Rewrite each **fixed mindset** thought into a **growth mindset** one.

- “I always mess up in science experiments.”


→ _____

- “She’s just naturally smart, I’ll never catch up.”

→ _____

- “This is too hard, I give up.”

→ _____

 Think of one challenge you faced last year:

- The challenge: _____

- What you learned from it: _____

We praise effort, not talent

It’s not about being “born smart” — it’s about how much effort and strategy you use.

 Match the praise to the Growth Mindset style (fixed or growth)

Praise	Mindset
“You’re so clever!”	
“I love how you kept trying different ideas until one worked.”	
“You must be naturally good at this.”	
“Your persistence really paid off.”	

Mistakes are Gold

Mistakes aren’t failures — they’re feedback!

   Mistakes help me learn because...

- When I make a mistake, it means: _____

- Next time, I can: _____

The Power of 'Yet'

Adding *yet* changes your mindset.

Fixed Mindset	Growth Mindset with 'Yet'
"I can't do fractions."	
"I don't get this poem."	
"I'll never be good at PE."	

My Year 8 Growth Mindset Pledge

Answer in a few sentences:

1. What is one subject or skill you want to improve in this year?

→ _____

2. What will you do when you find something really challenging?


→ _____


3. Who can support you when you get stuck, and how will you ask for help?

→ _____

Complete the sentences:

 This year, when I find things difficult, I will... _____

 I will remember that my brain is like a muscle, and... _____

 My Growth Mindset pledge: _____



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QUALITY

CHARACTER

CARE