

## MORNING ANNOUNCEMENT- GROWTH MINDSET

Friday, Oct 8, 2021

GOOD MORNING, my Tope family! Take a moment to breathe in, breathe out and settle in for a few minutes.

Before I start with the announcement, I want to take a minute to remind you of our expectations for Halloween costumes. On October 29th you will be allowed to wear your costume to school. No face painting or hair coloring- it is distracting and ITCHY AND MISERABLE!. ● ABSOLUTELY NO COSTUMES with GORE, BLOOD, VIOLENCE, WEAPONS, ETC. allowed. ● Do not bring any "accessories" that accompany the costume (sunglasses, crowns, gloves, full masks, etc) as they run the risk of being lost and/or broken.

We have been learning about growth mindset and neuroplasticity! We have been talking about how these super human powers allow us to be everyday heroes. It is Friday and it feels like we need to ENJOY the Fall weather and each other! Today... I want you to laugh- YES, find some time to get a good laugh in.

A good, hearty **laugh** relieves physical tension and stress, leaving our muscles relaxed for up to 45 minutes. **Laughter** boosts the immune system. **It** decreases stress hormones and increases immune cells and infection-fighting antibodies, which improves your resistance to illness. WOW—all that from laughing.

Today as you continue to be a STEAM @ Tope everyday hero-- continue to use your super human powers of neuroplasticity, a growth mindset and the power of yet... Make sure you FIND SOME TIME TO LAUGH WITH YOUR FRIENDS AND ENJOY THIS THING WE CALL LIFE!

As you walk down your path of awesomeness, FIND SOME FUNNY! LAUGHTER IS A SUPER HUMAN POWER THAT WE DON'T USE ENOUGH!

### VIDEOS-

<https://www.youtube.com/watch?v=TWL-Ro8PpsM> M and W baby laughing

<https://safeshare.tv/x/ss583d8cfa220a9#v> (1:44) Baby Laughing at Paper Shredding

Enjoy some laughter with your students. Ask them how they feel after a good laugh. Have them write some jokes for each other—BE CREATIVE AND HAVE SOME FUN!

REVIEW SCHOOLWIDE EXPECTATIONS FOR BEING SAFE, RESPECTFUL AND RESPONSIBLE.

Bollinger Responsibility

Teacher Responsibility