



THE AMERICAN SCHOOL OF YAOUNDE

November Volume 3 AY 2021-2022



Happy
Thanksgiving



**Our
Thankful
PreK
students**



**Our young artists in
Kindergarten**



MYP Personal Project

The MYP Year 5 students are working hard on their Personal Projects. This year, projects are dealing with everything from photography, book writing, vertical gardening, recreation of a football stadium, making beads and knit clothes to building a bird's house. If you know any of the MYP Year 5 students, you will be doing a tremendous favor by asking them the work they are doing, their progress and the problem they intend to solve through their personal project.



Bird houses



Knitting clothes



Vertical gardens

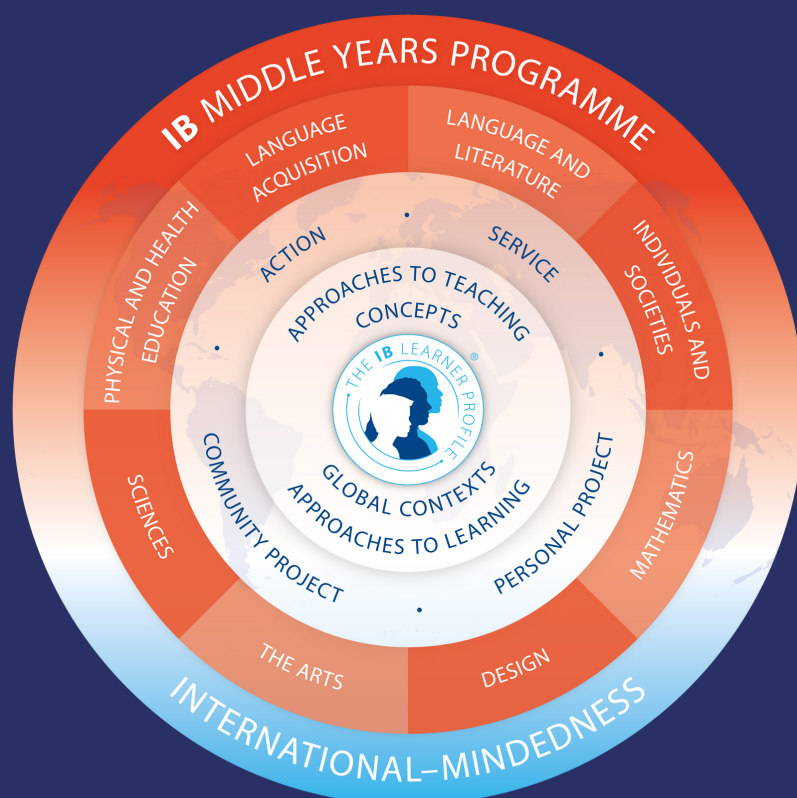


Soccer Stadiums

Approaches to learning (ATLs) at ASOY?

As a faculty, we have been looking at ATLs and strategizing on how to best incorporate ATLs in our teaching to meet the needs of our students at ASOY. By teaching Approaches to Learning skills, we are helping our students to learn how to learn. Students develop critical and creative thinking skills, research skills, communication skills, collaboration and self-management skills in the process.

- reflect on their learning consistently
- understand the differences in how we learn
- evaluate and provide evidence of their learning
- meet MYP objectives in each subject group
- share responsibility for creating productive, cooperative and safe learning environments
- develop the confidence to try new strategies and explore new ways of learning
- prepare for further study and responsible participation in local and global communities.



The attributes of the IB Learner Profile are developed in our students through the integration of ATL skills.

Dare to persevere, be motivated and determined to reach a goal: these are not unattainable dreams but developments anyone can aspire to achieve. As they are attempting to unfold those wings of development, children can be motivated by many partners. In addition to what is done at school, Parents can challenge their children and help them develop grit. Here is the recipe:

Ingredients:

A good dose of passion

No Comfort Zone

Spoonful of frustration

Generous amounts of Growth Mindset

Cups of Discussions

Pinch of failures

Heaps of Effort

Gritty parent(s)

Background details:

In the past few years, "grit" has become a buzzword in child development and education circles. In psychology, grit refers to passion, motivation, and this determination individuals develop to achieve a certain goal. Some children may naturally have more grit than others, but there is plenty you can do to help your child develop grit and perseverance for success.

Angela Duckworth, a psychologist and renowned TED speaker, who is the bestselling author of *Grit: The Power of Passion and Perseverance*, found that a combination of grit as well as self-control, reliance, and ambition were more reliable than intelligence. Unlike IQ, which is relatively fixed, grit is the type of skill that anyone can develop. In fact, Paul Tough, author of *How Children Succeed*, agrees that developing skills like "grit, perseverance, self-control, optimism, gratitude, social intelligence, zest, and curiosity" are more important than IQ. He goes further and mentions that these traits can be boosted in children if their parents are able to provide them with enough challenges to overcome and work through.

Directions

So, what can you do to help your child develop more grit?

Let Your Child Find a Passion

Help your young child develop interests. As they grow older they can pursue an interest they have chosen themselves. The early habits gained will help them remain motivated to engage in hard work and persevere to succeed. "Gritty" people need motivation for continued focus therefore having them choose their activity will make them feel more connected over time and want to work hard towards success.

Place Kids In Activities Out of Their Comfort Zone

Parents, you have the delicate but necessary task to encourage your children to try and continue activities that might be challenging. Let them understand that they may not succeed right away and will reap the fruits of success only if they do not give up easily. Encourage your kids to try new things which give them a chance to build the "can do" attitude.

Let Your Kid Get Frustrated

As Parents we hate to see our kids struggle, but taking risks and struggling is an important way for children to learn. When your child is dealing with a skill, activity, or sport that is difficult to master, resist the urge to jump in and "save" them. Refrain from allowing them to quit at the first stumble. Pay attention to your own levels of anxiety. It is okay for a child to have feelings of sadness or frustration; this is how they develop resilience. Don't let kids quit just because they are having a bad day. Help them understand that struggling is part of working hard.



Model a Growth Mindset

A useful voice to hear when it comes to the “growth mindset” is Carol Dweck. She stipulates that people with growth mindsets do not believe in failure as a permanent condition. They tend to push through struggles with resilience because they believe that hard work is part of the process. With a growth mindset, students understand that effort, good teaching, and persistence will help their talents and abilities develop. Conversely, children with a fixed mindset may believe they have a certain amount of brains and talent and nothing can change that.

Brainstorm Together

If your child is struggling, one of the best things a parent can do is discourage them from quitting. Help them brainstorm strategies and plan which actions they will take and how they will proceed, but allow them to take ownership of the solution. A great journey can sometimes have some unappealing emotions, such as being confused, frustrated, or completely bored out of your mind. When children understand that learning is not supposed to be easy all the time and that having a tough time with a skill does not mean they are stupid, this is where resiliency and perseverance develop.

Teach That Failing Is Okay

Chit chat with your children to share your own failures and how you persevered, or whether you could have been more resilient. Children learn from the adults around them, so if you want your children to become a model for determination, you need to model this yourself. Help them understand that it is okay to fail, discuss how to problem solve and bounce back. Talk about setbacks as they arise.

Discuss Effort and Not Accomplishments

Perfection is not the goal and your constant redirections or interventions can hinder confidence in their abilities. Engage in family discussions about trying new things, and talk about things that are difficult for them. Allow family members to openly share their struggles and how they got past them. Share feelings about challenges and celebrate when family members attempt to persevere through difficult tasks.

Be a Gritty Parent

The best way for kids to learn to be "grittier" is from watching their parents. The real lesson is in how you act. Show kids that you take on tasks that are sometimes scary, and that you sometimes struggle or fail and then bounce back. Model resilience for your children and show them that failing is nothing to be afraid of. Avoid trying to control your child's actions; instead coach them by doing activities with them, not for them. Continuously encourage your child. Your parental voice eventually becomes the voice in their head so remember to engage in positive talks as much as possible. Though criticism could discourage your child from wanting to try again, there are times when constructive criticism is necessary for their growth.

Tips for success

Giving your child a chance to fail and bounce back is one of the greatest gifts you can give as a parent. Allow your kids to struggle and feel discomfort. Allow them to experience disappointment and confusion, and help them figure out the next steps for better and more productive situations. It is within this learning process that they will develop perseverance, resiliency, and true grit, which will lead them in the direction of success for their future.

The American School of Yaoundé
B.P. 7475 Rue Martin Samba,
Yaoundé, XAX Cameroon

Cameroon Office No: (237) 222-220-421



2520 Yaoundé Place
Washington, DC 20521-2520
(US mailing address)

email: info@asoy.org / director@asoy.org