



**El Camino Real
Academy**
FAMILY NEWSLETTER
January 15, 2021



WELCOME

Hello ECRA families!
Here is this week's updates and information. Please do not hesitate to contact the school if you have any questions or concerns. We will always do our best to help support you in any way possible.

IMPORTANT DATES

- January 18: Martin Luther King Jr. Day (no school)
- January 19: NWEA Testing begins for elementary and continues for secondary
- January 21: Explora: **Teaching Science @ Home for Parents/Caregivers** (virtual)
- January 25-29: Great Kindness Challenge

ALL EVENTS/MEETINGS ARE VIRTUAL



AFTERSCHOOL TUTORING

ECRA is accepting Spring 2021 applications for K-12 tutoring. Tutoring is held every Monday and Wednesday from 3:30-4:30. If you would like to sign up, please fill out this form:

<https://forms.gle/vYKG2g3QfvHmRdd79>

If your student was enrolled last semester, please indicate this on the form.



TEACHING SCIENCE @ HOME FOR PARENTS AND CAREGIVERS: 1/21

For more information on this event, please read these flyers that can be found on the ECRA website:

English: <http://elcaminoacademy.com/wp-content/uploads/2021/01/Parent-Workshop-Flyer.pdf>

Spanish: <http://elcaminoacademy.com/wp-content/uploads/2021/01/Parent-Workshop-Flyer-Spanish.pdf>

A link will be sent via email 30 minutes before the event as a reminder.



explora!



Fixed vs.

Growth Mindset

Originally developed by Carol Dweck, PhD, the concept of a fixed versus a growth mindset comes down to how we see ourselves and approach the world. If you see your talents and attributes as inherently unchangeable, you have a fixed mindset and are likely to approach the world with negativity and trepidation. If you see your talents and attributes as aspects you can develop, you have a growth mindset and are likely to approach the world with positivity and enthusiasm. This basic way of seeing ourselves can dramatically affect how we tackle challenges, handle failure, and progress through life. In many ways, our mindset is the most important—and noticeable—part of our personality.

Those With a Fixed Mindset Tend To:

See their talents and attributes as set in stone

- ❖ Approach tasks with pessimism
- ❖ Desire validation
- ❖ View mistakes as proof of their inadequacy
- ❖ Avoid challenges out of a fear of failure
- ❖ Work to protect themselves from criticism
- ❖ Believe effort doesn't make a difference
- ❖ Become discouraged by setbacks
- ❖ Give up easily
- ❖ React poorly to feedback
- ❖ Feel threatened by the success of others

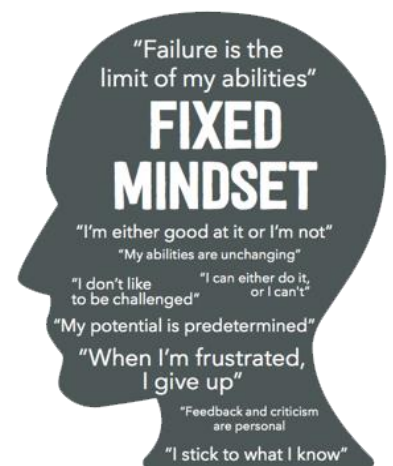
Those With a Growth Mindset Tend To:

- ❖ See their talents and attributes as changeable and improvable
- ❖ Approach tasks with optimism
- ❖ Desire self-improvement
- ❖ View mistakes as opportunities to learn
- ❖ Embrace challenges
- ❖ Work to achieve mastery
- ❖ Believe effort is essential to success
- ❖ Use setbacks as motivation
- ❖ Keep going even when a task becomes difficult
- ❖ React to feedback constructively
- ❖ Feel inspired by the success of others

Can You Control Your Mindset?

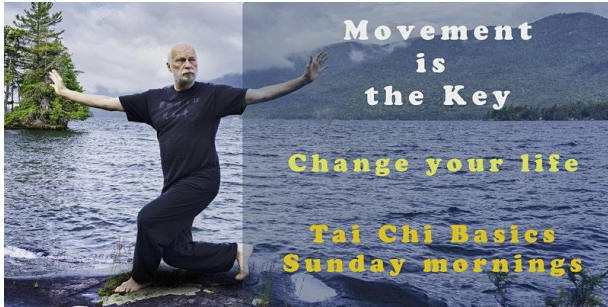
Obviously, a growth mindset can put you in a much better position to succeed than can a fixed mindset. But if you have a fixed mindset, can you change? The answer is: Absolutely! It's all about shifting how you perceive your ability to change and learn. If you think you have a fixed mindset that's holding you back, you should try to:

- ❖ Recognize that you're imperfect and so is everyone else
- ❖ Embrace new challenges
- ❖ Try different learning techniques
- ❖ Set goals
- ❖ Take risks
- ❖ Approach challenges from multiple angles
- ❖ Understand that failure is learning
- ❖ Push through difficult challenges
- ❖ Accept feedback as a necessary part of improvement
- ❖ Take time to reflect on how you've grown
- ❖ Understand that you can control your attitude



VIRTUAL EVENTS

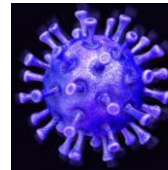
Here are some virtual events not sponsored by ECRA but thought you might like to look into. These events are all free and focused on wellness and fitness. Click on the images to for more information.



MEAL PICK UP



We are continuing to distribute student meals on: **Mondays from 7:30 a.m. to 11:30 a.m.** and **Wednesdays from 1:30 p.m. to 5:30 p.m.** with the exception of **Monday, January 18th** due to the holiday. We will make up that day on **Tuesday, January 19th** from 7:30 a.m. to 11:30 a.m.



If any family has a positive case of COVID-19, please contact Brenda Garcia or Jennifer Mercer at 505-314-2212 as soon as possible. ECRA is required to report cases to the New Mexico Public Education Department. Thank you for helping us keep everyone safe!

Have a relaxing and peaceful weekend!