



BAM: Body and Mind Program

September Theme of the Month: *Mindset*

Announcement: New Hydration Station at Decker !*

We have a water station being installed at Decker! - Thanks to a Sustainable Jersey for Schools PSE&G grant, our PTO, and the hard work of our Green Team.

We will be following up with a program to support the mind and body and access to healthy water, and each month there will be a different theme. In addition, there will be a monthly research project and poster contest open to all hybrid & virtual learners.

Stay in touch digitally to learn more about our program and for the upcoming dedication of the water station.

DECKER RESOURCES:

What is a Growth Mindset?

The Power of Yet: <https://youtu.be/XLeUvZvuvAs>

Standford University PERT Series for Kids: <https://youtu.be/2zrtHt3bBmQ>

Story to Read:

Brontorina-[Read aloud on Youtube](#)

Activities

- Make a poster representing you having a growth mindset- examples of a growth mindset. The poster contest will be announced this week!
- Writing & Research Projects: What is a Growth Mindset? Details next week



* Additional information will also be provided on the PTO website next week also.