

The power of your mindset

“Whether you think you can or you can’t – you’re right.”

Henry Ford

Ambition, Respect, Care and Honesty



The power of your mindset

- We are going to look at some examples of ordinary people doing extraordinary things.
- We are going to explore the importance of mindset when setting out on these challenges.
- We are going to think about how this applies to our every day lives and the things we want to achieve.

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- At some point in our lives, we all face setbacks.
- We all experience doing something that feels incredibly challenging.
- The easiest solution is to give up. Sometimes this is not an option, especially as we become older.
- If we give up, every time something becomes difficult, we will not build strength of character.
- We have to remind ourselves, that overcoming challenges, is what builds our resilience and our character.

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- Sometimes, people choose to take on challenges, with the pure intention of building resilience and character.
- When we achieve something, the feeling is unmatched by any other experience.
- Today we will look at some examples of where ordinary people have taken on some extraordinary challenges.
 - We will think about what motivates them.
 - We will think about what stops them from giving up.

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London Marathon 2024

- Sunday 21st April.
- Training for months, if not years.
- Serious physical challenge – mental challenge too.
- Personal challenge.
- Raising money for charity.



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Ordinary people doing extraordinary things

Marathon de Sables

- The 38th event started Sunday 14th April.
- Participants run 156 miles in 7 days.
- Across the Sahara desert.
- One day includes a double marathon.

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- Training is only part of it.
- You cannot prepare for the sand and the relentless heat for 7 consecutive days.
- For Amy, her mindset is everything:
 - The reason for taking on the challenge.
 - When things get really tough, her mantra is 'This too shall pass'.
 - The sense of achievement at the end makes it all worthwhile!

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Ordinary people doing extraordinary things

Hardest Geezer – Russ Cook

- Monday 8th April, he became the first British man to run the entire length of the continent of Africa.
- It took him nearly a year.
- He covered the distance of 385 marathons.
- He raised over £600,000 for charity.

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Russ Cook – Hardest Geezer

The journey to finding whatever was meant for you was never meant to be easy; suffering is inevitable; sacrifice is an obligation; it's painful and intense.

You will probably want to quit; but if you keep pushing forward, eventually whatever it is that you're going for will show itself to you; When it does, you will realise it was all worth it.

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- Be extraordinary:
 - Embrace the setbacks in life, these are the things that build your character. ***This too shall pass.***
 - Embrace the things you find challenging. These are the things that build your character.
 - Think about your morals and your values; stand up for the things you believe in.

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Detentions for punctuality . . .

- If you are late twice or more in a day, the sanction will be a detention.
- Late detentions will take place in **room 86 at break-time.**
- Please check on Class Charts each morning to see if you have one.
- Your form tutors can also let you know if you have one.

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ARCH updates

- We have a zero-tolerance approach to bullying and unkind behaviour at Todmorden High School.
- It is important that you feel happy and safe at school. If you don't, or you know someone that is struggling, please speak to a trusted adult in school.
- When you talk about other people, in person, or online, think about the three sieves test:
 - Is it true?
 - Is it good?
 - Is it useful?
- We are ambitious for all students at Todmorden High School, this isn't just about academic outcomes, but it is also about your personal development.
- We encourage you to get involved in opportunities around school. Do things that push you out of your comfort zone! We want to unlock your unique potential.



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Ambition – High expectations for yourself, the community and wider world:

Arrive on time at the start of the day and to all sessions within the day.

Work to unlock your unique potential in all lessons.

Ensure all home learning is completed to the highest standard and handed in on time.

Have the highest expectations for yourself now and for your future.

Respect – Respect for yourself, the community and wider world:

Arrive in full and correct uniform every day.

Arrive with full and correct equipment every day.

Follow instructions given by staff without argument or delay.

Support a school environment that ensures everyone can unlock their unique potential.

Care – Caring for yourself, the community and wider world:

Move around the school in a calm manner, following the one-way system and walking on the left.

Approach lessons silently ready for silent retrieval.

Ensure we do not share actions and thoughts out of line with our values.

Ensure that mobile phones / smart watches are not seen, heard or used between dismissal in the morning and at the end of the day.

Honesty – Be true to your unique self, the community and wider world:

Remember to be honest about all our actions.

Accept that where mistakes are made sanctions will be undertaken without argument.

Positively contribute to an inclusive environment.

Always make staff aware when others do not uphold our values.