

Tanfield Lea Road
Stanley
Co. Durham
DH9 8AY

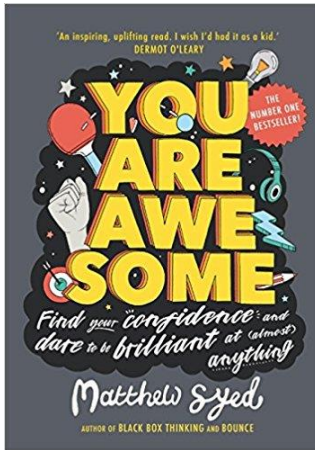
TANFIELD SCHOOL

Specialist College of Science and Engineering



Tel. 01207 232881
Fax. 01207 282922

Headteacher
Mr S Clough BSC Hons. NPQH



Dear parent/carer

During our morning meetings for Y7-10 and one weekly booster session for Year 11 we will be reading a book to our students called YOU ARE AWESOME. The author of YOU ARE AWESOME is Matthew Syed and this was published earlier this year.

SHORT BIOGRAPHY: MATTHEW SYED

Matthew Syed is one of the world's most influential thinkers in the science of high performance, talent, resilience, the power of practice and learning from failure. The bestselling author of Bounce and Black Box Thinking, Matthew is a journalist and broadcaster, public speaker, British table tennis champion and two-time Olympian. He's an award-winning sports columnist for the Times and hosts a Radio 5 Live show with Andrew Flintoff and Robbie Savage called Flintoff, Savage and the Ping Pong Guy. He also has a prize winning first in Politics, Philosophy and Economics from Balliol College, Oxford. Matthew lives in London with his family.

When this book was released I bought it for my daughter, in hope that she would be inspired by the content after reading about it on twitter. After reading the book myself I thought it was important that we share the key messages with all of the students at Tanfield.

The book includes information regarding:

- Kid Average and Kid awesome
- The power of practice
- The psychological mind
- Growth and fixed mindsets
- Marginal gains
- Dealing with pressure

Tanfield Lea Road
Stanley
Co. Durham
DH9 8AY

Tel. 01207 232881
Fax. 01207 282922

TANFIELD SCHOOL

Specialist College of Science and Engineering



Headteacher
Mr S Clough BSC Hons. NPQH

Dermot O'Leary states that this is "an inspiring, uplifting read. I wish I'd had it as a kid".

Professor Carol Dweck said 'An awesome book about becoming awesome. How inspiring it is to know that's there is a path to awesomeness and that anyone – absolutely anyone – can go down that path. This book shows you how.'

It is recommended that you purchase this book for your son or daughter, although this is **not compulsory**. Prices vary from £5 to £10. It would be useful for students to have their own copy to follow the text and reflect on sections of the book at home, but not an absolute necessity. I also enjoyed reading this so it could be a book to share amongst the family.

If you have any queries or would like to discuss this further please do not hesitate to contact me at school.

Yours sincerely,

A handwritten signature in black ink, appearing to be 'S Johnson', written over a large, stylized letter 'S'.

Sarah Johnson
SENDCo and PE teacher