



Guiding Principles

1. Growth Mindset

We believe in a growth mindset.

With a growth mindset, we believe that students' abilities can be developed through dedication and hard work. We teach students that challenges and setbacks are opportunities to learn and grow. We build students' confidence and resilience to overcome any obstacle they may face. Through building a growth mindset, we are building resilience as a coping mechanism for overcoming trauma.

A Growth Mindset is modeled and taught in Momentum Bike Clubs through the following actions and behaviors:

1. We approach all that we do with a positive attitude.
2. We have fun, laugh, and enjoy the company of each other.
3. We motivate and encourage each other to do our best.
4. We believe in the greatness and potential of every student.
5. Rather than direct, we guide and coach students in meeting their goals.
6. When challenges arise, we praise effort and persistence.

2. Inclusivity

We value and accept all students.

By promoting inclusivity, we create a place where all students are valued. We teach students to appreciate differences and be open-minded to learning from and with each other. We enable students to bring their whole selves to the community and teach students that they all have something unique to offer. Through inclusivity, we are preparing students to engage in a diverse world.

Inclusivity is modeled and taught in Momentum Bike Clubs through the following actions and behaviors:

1. We recognize the differing abilities and experiences of every student.
2. We approach each other with an open-mind.
3. We develop a caring, family atmosphere.
4. We believe each student brings value to the group.
5. We encourage students to perform to the best of their ability.
6. We help students realize their gifts and how to use them.

3. Integrity

We demonstrate integrity in word and action.

With an emphasis on integrity, we recognize our opportunity to develop strong character. We teach students the impact of their words and actions, helping them to develop habits fueled by intentionality. We

believe that consistency is essential to building commitment and prepares students to be dependable. By fostering integrity, we are preparing students to live authentically.



Integrity is modeled and taught in Momentum Bike Clubs through the following actions and behaviors:

1. We anticipate and respond to the needs of the group and individuals.
2. We operate with transparency.
3. We encourage consistency and commitment.
4. We navigate challenges with honesty.
5. We show up for one another when we are needed.
6. We promote authenticity and empower students to be genuine in their interactions.

4. High Expectations

We develop students through setting and modeling high expectations.

By setting high expectations, we embolden students to aspire for more. We empower students to hold themselves and each other accountable for achieving individual and group goals. We believe that each student can develop leadership skills that can be applied to various facets of life and encourage leadership through formal and informal roles in the group. Through modeling high expectations, we promote personal and community excellence.

High expectations are modeled and taught in Momentum Bike Clubs through the following actions and behaviors:

1. We set clear expectations for the entire group.
2. We encourage students to lead by example.
3. We reward drive through additional leadership opportunities.
4. We celebrate consistency in achieving high expectations.
5. We inspire others through encouraging words and supportive behaviors.
6. We reflect on small accomplishments that enable us to reach greater goals.

5. Compassion

We teach and show love to build relationships.

Through compassion, we show what it means to care and be cared for. We teach students to respect themselves and others through their words and actions. We recognize the community building power of empathy and help to develop emotional intelligence. Through compassion, we demonstrate healthy relationships based in deep care and concern for ourselves and others.

Compassion is modeled and taught in Momentum Bike Clubs through the following actions and behaviors:

1. We talk to each other with respect.
2. We listen without judgement.
3. We promote mindful behaviors.
4. We cultivate self-compassion and self-care.
5. We exercise patience, even in tense situations.
6. We foster a compassionate response to the world.



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