

Glow and Grow Notes

SECTION 1 · WRITE A GLOW AND GROW NOTE

GLOW AND GROW NOTES

NOTES **Glow and Grow Note: Sentence Starters**

A sentence or two for the Glow and the Grow, with a starter and a next step. Written by the teacher.

STUDENT _____ DATE _____ FROM (TEACHER) _____

Write one Glow and one Grow, a sentence or two each.

GLOW
I noticed that you...

GROW
Something to work on next is...

NEXT STEP WE'LL TRY

CHECKING BACK IN
I'LL CHECK ON THIS BY (DATE) _____

HOW WE'LL KNOW IT'S WORKING

WHO ELSE SHOULD KNOW

WHERE THIS NOTE IS FILED

LOGGED ON THE TRACKER (DATE)

FOLLOW-UP NOTE, IF ANY

NAMING THE GROW KINDLY

- ☐ Name the SKILL, not the student — "checking work", not "careless."
- ☐ Pair it with a next step, not just a problem.
- ☐ Read both parts back before sending; a Grow with no step is not ready yet.
- ☐ If the words are not coming, the phrase bank has a starter for both parts of this note.

SIGNED (TEACHER) _____ DATE SENT HOME _____

Glow and Grow Notes: Strengths and Growth Feedback for Students and Families

Page 7 of 18

+ BRIGHT PATH SPED

GLOW AND GROW NOTE

GLOW AND GROW NOTES

Glow and Grow Note: Picture and Short Words

A young reader or a quick note home. Written by the teacher.

DATE _____ FROM (TEACHER) _____

Write one Glow and one Grow. Keep both short and kind.

GLOW

GROW

Helpful ☐ **Hardworking** ☐ **Creative** ☐

CIRCLE ONE)

DATE SENT HOME

Students and Families

Page 6 of 18

+ BRIGHT PATH SPED

+ BRIGHT PATH SPED

18 PAGES

6 NOTE FORMATS

HOME + SCHOOL

FILLABLE PDF

What Is Inside, and Where

18 pages: three sections, a worked example, and this map. No page scores or ranks a student; a Grow is always one next step, never a label.

Before you begin

PAGE 4



**Start Here —
Three Steps**
START HERE

4

01 Write a Glow and Grow Note

PAGES 6–10



**Glow and Grow
Note: Picture and
Short Words**
NOTES

6



**Glow and Grow
Note: Sentence
Starters**
NOTES

7



**Glow and Grow
Note: Open
Response**
NOTES

8



**Peer Feedback
Glow and Grow
Note**
STUDENT

9



**My Glow and
Grow: Self-
Reflection**
STUDENT

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02 Share It and Track It

PAGES 12–14



**Glow and Grow
Note Home**
FAMILY UPDATE

12



**Glow and Grow
Tracker**
TRACKER

13



**Sentence Starters
for Glow and
Grow Notes**
PHRASE BANK

14

03 Organize and See an Example

PAGES 16–17



**Glow and Grow
Folder Cover**
ORGANIZER

16



**A Filled Example:
Priya's Glow and
Grow Notes**
EXAMPLE

17

READING THE TAGS

Notes — a teacher writes this and hands or sends it over. **Student** — the student fills this in themselves, alone or with support. **Family Update** — a ready-to-send note for home. **Tracker** — a log across the term. **Phrase Bank** — starter language, not a finished sentence. **Organizer** — print-and-use, no writing. **Example** — a filled, invented student.

ONE GLOW, ONE GROW, EVERY TIME

Every note in this file asks the same two things: one specific strength to celebrate, and one specific thing to work on next, with a step for how. The six formats differ only in who is writing, who is reading, and how much room the writer needs — the two questions underneath never change.

Start Here — Three Steps

Two minutes of reading. After that, writing one note takes about a minute.



1

Pick a format and print a few

Pick the note that fits who is writing and who is reading: picture and short words for a young reader or a quick note home (page 6), sentence starters for most students (page 7), or open response for an older or more independent writer (page 8).

Print the peer note (page 9) and the self-reflection note (page 10) when the writer is a student, not a teacher.



2

Keep it to one Glow and one Grow

One specific strength, one specific thing to work on, and one step for how — a note that tries to say everything says nothing clearly.

Send the family version (page 12) when a Glow and Grow is worth a family knowing about the same week.



3

Log it, then look back

The tracker (page 13) takes thirty seconds per note and turns a term's worth of them into one page — useful on its own, and worth bringing to a meeting if the same Grow keeps showing up.

The phrase bank (page 14) has a starter for every blank on every note, if the words are not coming easily that day.

WHAT THIS FILE IS

A fillable PDF: type into the lines and boxes, or print and use a pen or crayon. Six note formats ask the same two things — a Glow and a Grow — so the note can match the writer instead of the other way around.

WHAT THIS FILE IS NOT

Not a grading rubric and not a behavior plan — no page here scores or ranks a student against a standard or against classmates. Not a Google Doc, a Google Sheets file, or an Excel workbook, and it is not an ongoing data-collection sheet (that is this store's Student Self-Assessment or Family Engagement Home Implementation Log instead).

THE RULE EVERY NOTE IN THIS FILE FOLLOWS

A Grow names ONE specific, actionable next step — never a general weakness, a comparison to another student, or a grade-band label. If a note cannot name a specific next step, it is not ready to send yet.

IF SOMETHING DOES NOT WORK

A field will not keep the text I typed. It was opened in something that fills fields but does not save them. Open it in Acrobat Reader and use Save As.

I need more room than one note gives. Print the open-response format (page 8) instead, or attach a second sheet.

Anything else — the Ask a Question tab on the product page. Every question is read, and a fix to the file is a free update.

01

Write a Glow and Grow Note

One Glow, one Grow, in five shapes — three a teacher writes for a student, one a student writes to a classmate, and one a student writes about themselves — so the note matches who is writing it and who is reading it.

IN THIS SECTION

Glow and Grow Note: Picture and Short Words	6
Glow and Grow Note: Sentence Starters	7
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Peer Feedback Glow and Grow Note	9
My Glow and Grow: Self-Reflection	10

 **NOTES**

Glow and Grow Note: Sentence Starters

A sentence or two for the Glow and the Grow, with a starter and a next step. Written by the teacher.

STUDENT	DATE	FROM (TEACHER)
.....		

 **Write one Glow and one Grow, a sentence or two each.**

GLOW I noticed that you... 	GROW Something to work on next is... NEXT STEP WE'LL TRY
--	--

CHECKING BACK IN	
I'LL CHECK ON THIS BY (DATE)	HOW WE'LL KNOW IT'S WORKING
.....	
WHO ELSE SHOULD KNOW	WHERE THIS NOTE IS FILED
.....	
LOGGED ON THE TRACKER (DATE)	FOLLOW-UP NOTE, IF ANY
.....	

NAMING THE GROW KINDLY

- ☐ Name the SKILL, not the student — “checking work”, not “careless.”
- ☐ Pair it with a next step, not just a problem.
- ☐ Read both parts back before sending; a Grow with no step is not ready yet.
- ☐ If the words are not coming, the phrase bank has a starter for both parts of this note.

SIGNED (TEACHER)	DATE SENT HOME
.....	

STUDENT

My Glow and Grow: Self-Reflection

A student thinks about their own week and writes their own Glow and Grow.

MY NAME

DATE

★ Think about your week. Write your own Glow and Grow.

MY GLOW — SOMETHING I'M PROUD OF

MY GROW — SOMETHING I WANT TO GET BETTER AT

MY PLAN — ONE THING I'LL TRY

HOW I FEEL ABOUT TRYING THIS (CIRCLE ONE)

- ☐ Excited
- ☐ Ready
- ☐ A little nervous
- ☐ Not sure yet

WHO I COULD TELL ABOUT THIS

MY GLOW

MY GROW

SOMETHING I AM CURIOUS TO TRY NEXT

PHRASE BANK

Sentence Starters for Glow and Grow Notes

Starter language, not a finished sentence. Finish every blank with something specific, not a guess.

Thirty starters in six groups, for whichever note is being written.

STARTERS FOR A GLOW

- I noticed that you ____.
- You did a great job ____.
- Something that stood out this week was ____.
- I'm proud of how you ____.
- Keep doing ____ — it is working.

STARTERS FOR A GROW

- Something to work on next is ____.
- Let's keep practicing ____.
- Next time, try ____.
- One thing to focus on this week is ____.
- A good next step is ____.

STARTERS FOR A PLAN OR NEXT STEP

- I'll check back on this by ____.
- Here is what we'll try next: ____.
- At home, you can help by ____.
- At school, I'll ____.
- We'll know it is working when ____.

STARTERS FOR A PEER OR SELF NOTE

- Something I noticed you did well is ____.
- I'm proud of myself for ____.
- Something I want to try next is ____.
- A kind way to say this is ____.
- Thank you for ____.

STARTERS FOR A FAMILY REPLY

- Thank you for letting me know ____.
- We already noticed ____ at home.
- We will try ____ this week.
- A good time to reach us is ____.
- Please let us know if ____ changes.

STARTERS FOR CELEBRATING TOGETHER

- Let's celebrate this by ____.
- I want to tell ____ about this win.
- This Glow matters because ____.
- We're proud of this because ____.
- Next time this happens, we'll ____.

WHAT A STARTER IS NOT

Not a label for the student and not a finished conclusion. Every starter ends in a blank filled from something actually seen or heard, never a guess.

ONE FILLED STARTER, AS AN EXAMPLE

"Something to work on next is checking my work before I turn it in." — a starter finished with one specific, actionable next step, not a general weakness.

SAYING IT INSTEAD OF WRITING IT

Any starter here works said out loud and copied down by someone else just as well as it works handwritten — a peer note or a self-reflection does not have to be typed or written alone to count as the student's own words.

EXAMPLE

A Filled Example: Priya's Glow and Grow Notes

SAMPLE · INVENTED STUDENT

Priya is invented, grade 4, and so is every word and number on this page.

TRACKER EXCERPT (PAGE 13) — PRIYA, GRADE 4 (INVENTED)

#	DATE	FORMAT USED	GLOW (BRIEF)	GROW (BRIEF)	FAMILY REPLY?
1	Mon 10/6	Note: Sentence Starters (page 7)	Helped a classmate with a math problem without being asked	Double-check work before turning it in	Not yet
2	Fri 10/10	Glow and Grow Note Home (page 12)	Read for 20 minutes straight without a break	Try reading out loud once a week	Yes, same day

WHY THERE ARE TWO ROWS HERE

Priya got two notes this week, and both are shown on this page: a sentence-starter note Monday for helping a classmate, and a family note Friday for sticking with reading. Using a quick note some days and a family note on others is the point of having more than one format.

MONDAY'S NOTE, EXCERPT (PAGE 7)

GLOW I noticed that you helped Marcus with a math problem without being asked.

GROW Something to work on next is double-checking your own work before turning it in. Next step: circle one problem to re-check before handing it in.

FRIDAY'S FAMILY NOTE, EXCERPT (PAGE 12)

Today's Glow Priya read for twenty minutes straight without stopping for a break.

Today's Grow Try reading one page out loud once a week, to build confidence with new words.

THE FAMILY REPLY, FILLED IN

Family member: Mr. Patel **Date:** 10/10 (invented)

"Thank you — we read together most nights already and will try reading one page out loud this week."

WHICH STARTERS PRIYA'S TEACHER USED (PAGE 14)

"I noticed that you ____" from the Glow group, and "Something to work on next is ____" from the Grow group — each finished with what was actually seen, not a guess.

READING THIS EXAMPLE

Both Grows name one specific next step chosen for Priya's own work, not a comparison to any classmate or grade-level standard. No score, rank, or label appears on either note — only what was noticed and what to try next.

WHY THESE TWO FORMATS FIT

Monday's note used the sentence-starter format (page 7) because a quick, specific line was enough for a same-day note. Friday's used the family version (page 12) because the week's reading win was worth a family knowing about, with room for them to write back. Neither choice is fixed — any note in this file can use any format, any day.

HOW OFTEN, REALLY

Two notes in one week is a good week, not a requirement — the tracker on page 13 is built to show a pattern across a whole term, not to grade how many notes went out any single week.