



## SACRED HEART CATHOLIC SCHOOL

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Director of Education: Dan Parr

Board Chair: John Van Heck

Superintendent: Laura Callaghan

Trustee: Michelle Parks



## *Week at a Glance for Families*

*November 21, 2016*

### *Monday, November 21*

- Monday Liturgy at 12: 25pm
- Progress Reports go home today
- Junior Girls Volleyball AWAY game @ St. Peter Canisius in Watford at 3:00 (leaving school at 2:15pm)
- St. Michael and Sacred Heart Church Junior Youth Groups (Gr. 5&6) – 7:00pm – 8:30pm

### *Tuesday, November 22*

- Celebration of Learning Evening
- Poinsettia order forms available today
- Junior Girls Volleyball practice at lunch hour

### *Wednesday, November 23*

- Advent Wreath Blessing at the Church at 9am
- Junior Girls Volleyball Practice at lunch hour
- Junior Boys Volleyball practice at 3:05 to 4:15pm
- Prayer Warriors-Prayer Changes Things Sacred Heart Church – 3:30 – 4:30

### *Thursday, November 24*

- FIRST Lego League meeting after school today to 5pm
- Student Wellness Team meeting at lunch hour
- Junior Boys Volleyball practice at lunch hour
- Junior Boys AWAY game at St. Peter Canisius in Watford at 3:00 (leaving school at 2:15pm)

### *Friday, November 25*

- PD day - no classes today

### ATTACHMENTS:

1. **View the latest school news at our School News website:** <HTTP://WWW.ST-CLAIR.NET/SHS/NEWS.ASPX>
2. **Self-Esteem: 5 Proven Steps to Build Your Child's Self-Confidence**

**Have a Great Weekend!**

## Self-Esteem: 5 Proven Steps to Build Your Child's Self-Confidence

"The challenge in self-esteem is to value one's existence when it's not valued by others, to believe in oneself when doubted by others, to accept oneself when judged by others." -Gordon Neufeld

### What exactly is self-confidence?

It means that you:

- Value your existence.
- Believe in yourself.
- Accept yourself.

Regardless of external messages.

*At the end of the day, self-confidence is the essence of human mental health.*



### Self-Confidence and Parenting

Making sure your child feels confident is one of a parent's most important tasks; how your child feels about himself or herself will form the foundation of their mental, physical and emotional health throughout their lives.

Self-confidence allows your child to:

- Have a strong sense of self-worth
- Build connections with people
- Be intrinsically motivated
- Believe in herself / himself
- Move courageously in the direction of his or her dreams
- Have the flexibility they'll need to successfully navigate life's challenges

*When your children have self-confidence, they love themselves first and foremost, no matter what situation they are in. They can easily handle conflicts and resist negative influences such as peer pressure, which is worse today than it has ever been because of isolating technology and social media.*

### The 5 Simple Steps to Building Your Kids' Confidence

Here's how you can instill self-confidence in your kids in 5 easy steps:

1. **Model Empathy:** Be a model for empathy in your home. Start by practicing self-empathy, taking time to listen to your feelings and emotions. Then – consciously – take time to stop, listen and hear your children. Listen to yourself and your kids without judgment.
2. **Practice Acceptance:** Allow your child to be exactly who he or she is in the moment. Accept and acknowledge their feelings – no matter what those feelings are. Don't blame or judge them for having "wrong" feelings or taking "wrong" actions. Accept their behaviors and feelings equally and without judgment.

3. **Be Self-Confident Yourself:** Kids are so perceptive. If you don't feel self-confident, but you're trying to model that for your child, he'll pick up on your inauthenticity in a minute. You need to be aware of your own confidence and build upon it with self-care. When you take care of your own needs, model empathy and acceptance for yourself, you're more able to be there for your child.

4. **Focus on Being Instead of Doing:** A lot of parents focus on achievement to build self-confidence in their kids. They push them to succeed in everything they do and give them tons of praise when they meet expectations. But this is "contingent" or "acquired" self-esteem and, because it's rooted in doing things, it's fickle. It oscillates with the ability to produce or succeed, to do something. True, lasting and dependable self-esteem doesn't evaluate based on doing. It accepts. It's independent of outside opinions or accomplishments. Your child is worthy (of love, respect, friendship, empathy) simply by being.

5. **Hold the Praise:** This one might seem counter-intuitive. I mean, doesn't it make a kid feel good when you praise him or her? Yes, but only if the praise is truly deserved and the child can make an objective connection between the praise and what brought it on. Praise for the sake of praise is counterproductive to building authentic self-esteem in kids (and adults!) because over-praising inhibits a child's ability to form real judgments about themselves. And it sets up a pattern of seeking self-worth based on others' reactions to them.

Let me leave you with one more valuable insight from Gordon Neufeld:

*"The real issues of self-esteem, therefore, involve conclusions about the validity and value of one's own existence. True self-esteem requires a psychological maturity that can only be incubated in warm, loving relationships with responsible adults."*

We, the parents, are those responsible adults. Build a warm, accepting, empathetic and honest relationship with your child and they'll carry unshakeable, precious self-esteem with them all of their lives.

- See more at:

<http://jaiinstituteforparenting.com/self-esteem-5-proven-steps-to-build-your-childs-self-confidence/#sthash.d9lPu6fV.dpuf>