



## SACRED HEART CATHOLIC SCHOOL

1411 Lecaron Avenue, Sarnia, ON, N7V 3J1  
Ph: (519) 344-1601 Fax: (519) 344-3886

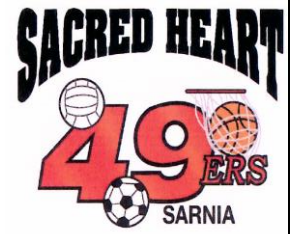
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## Week at a Glance for Families

January 25<sup>th</sup>, 2016

Dear Families,

Throughout the year, I will be providing you with a *Week at a Glance for Families* each Thursday. This will give you a brief idea of events that are occurring the following week. I will also include some tips on how you can help and support your child with his/her learning. I will email these WAAGs for Families to you each week. You can also find them on the board website at

<http://www.st-clair.net/SHS/news.aspx> and on our school TWITTER site: @shs49ers. Thanks!

### Monday, January 25

- Liturgy today at 12:20pm
- Senior Girls Basketball practice - lunch hour
- **Senior Girls Basketball HOME** game vs. St. Matthew at 3:30pm
- PIZZA day for students in Grade 7 and 8 today

### Tuesday, January 26

- Senior Boys Basketball practice - lunch hour
- Cast list for GODSPELL posted today

### Wednesday, January 27

- Senior Boys Basketball practice - lunch hour
- **Senior Boys Basketball HOME** game vs. St. Matthew at 3:30pm
- GODSPELL rehearsal - lunch hour

### Thursday, January 28

- Senior Girls Basketball practice - 3:05pm
- POPCORN day

### Friday, January 29

- Senior Girls Basketball practice - lunch hour
- POPCORN day
- GODSPELL rehearsal - lunch hour

**DONATIONS for Snack Program:** We are need of donations for our school snack program. Any donations of boxes of cereal, granola bars, juice boxes, apple sauce or fruit cups (nut and peanut free) would be greatly appreciated!



Attachments: **12 Ways to Raise a Competent, Confident Child with Grit**

## *Have a great weekend!*

## 12 Ways to Raise a Competent, Confident Child with Grit

It has become a commonplace idea that failure is good for kids, and builds resilience. But when children fail over and over and don't have the support to keep trying, all they learn is that they're failures. Resilience comes not from failing, but from the experience of learning that you can pick yourself up, try again, and succeed. That requires at least some experience of success, and lots of emotional support.

So, it's true that we all learn from overcoming challenges, but we also learn best when we experience success, which motivates us to tackle more difficult challenges. Mastery begets mastery. Failure sets up a cycle of lack of confidence, giving up and more failure.

We're also told that we as parents are over-protecting our children, so they don't gain confidence from learning to handle things for themselves. This is anxiety-provoking for any parent, because the line between appropriate support and helicoptering is rarely clear. (Isn't a helicopter parent just someone who hovers more than you do?) All parents want to protect their children -- that's our job! -- but we also don't want to stymie the development of self-confidence, resourcefulness and grit.

So are kids today really less confident than they used to be? I haven't seen any convincing research to support that claim. But it certainly stands to reason that the more practice children have in managing themselves and their lives, and overcoming obstacles to meet their goals, the more confidence and competence they'll develop. And I don't think it's news to any parent that our natural desire to protect our children and make sure that everything goes well for them can make us over-protective.

So how do we hit that sweet spot of appropriate support and protection on the one hand, and enough independence to foster confidence and competence on the other?

### 1. Stop controlling and start coaching.

Coaches help kids develop skills, but kids play the game. Your job as a parent is to support your child so she can flourish and develop. Doing things FOR her robs her of the opportunity to become competent. Doing things WITH her teaches her how and builds confidence. This means we have to manage our own anxiety and let go of our need to control.

### 2. Remember that perfection is not the goal.

Resist the temptation to "improve" on your child's task, unless the outcome is vitally important. Constant intervention undermines a child's confidence and prevents him from learning for himself.

### 3. Let him try to do it himself from the earliest age.

Rein in your own anxiety. That doesn't mean abandoning him to it. Stand by, smiling, ready to be helpful in whatever way actually helps your child -- BUT keep your mouth shut and your hands to yourself except to give appropriate encouragement, unless you REALLY need to help.

Clucking anxiously about how worried you are as he climbs that play structure may make you feel better, and it may impress the other parents on the playground with your attentiveness, but it won't help your child. In fact, it limits him. Just ask if he is keeping himself safe, then stand by and spot him. Smile proudly. Say:

*"Look at you! I knew you could do it!"*

(And if he falls, you're there to catch him. Which is, after all, what allowed him to try it.)



**9. Model positive self-talk.**

Whatever you model, your child will learn and will emulate. Positive self-talk has been shown to improve our ability to master difficult tasks, unlike the self-disparaging comments many of us so automatically make. If something negative about your child -- or, equally important, about yourself -- starts to come out of your mouth, bite your tongue. Most parents know better than to say "What an idiot!" to their child (and most of them are able to stop themselves), but a surprising number see nothing wrong with berating themselves that way in front of their kids. Just train yourself not to do it. (It certainly isn't good for you, either. Would you let anyone else talk to you that way?)

**10. Don't be afraid of your child's feelings.**

When your child encounters frustration, remember that your empathy will be a critical factor in his overcoming it. Instead of automatically jumping in to remove the source of the frustration, give it a larger context by communicating your compassion that he has to encounter this circumstance:

*"I'm sorry this is so hard..."*

*"It's really disappointing when...."*

*"This isn't how you hoped it would turn out..."*

It's okay for children to get frustrated and to be disappointed. Your child may cry and sulk all day, but your unconditional understanding will help her grieve. Once she's done grieving, she'll be ready to pull herself together to try again the next day, especially when you express your confidence in her. That's how children develop resilience.

**11. Don't set your child up for extra frustration.**

Parents are often told that frustration is good for kids, since the world will be full of frustrations. That's a bit like saying that it's a cold, cruel world so your child should learn to sleep without blankets.

Your child will naturally develop the ability to handle increasing amounts of frustration and anxiety as he attempts more difficult challenges. But those frustrations are inherent in growing up and are guaranteed aplenty in life. There is no benefit whatsoever to setting your child up for extra frustration or negative experience. In fact, he will see your doing so as evidence of your lack of caring, which is always translated in his mind as his lack of value, and which therefore undermines his confidence.

**12. Affirm your child's ability to impact the world.**

Competence and feelings of mastery are about power and derive from a child's experience of herself as having an effect on the world.

*"If I stand on the stool, I can flip this light switch and light up the room!"*

All children will experience reasonable limits to their power ("I can't make the rain stop, and neither can Mommy"), but the more your child has opportunities to make a difference in the world, the more she will see herself as capable.

In the end, our job as parents is to work ourselves out of a job, and it starts when our children are very young. All kids eventually grow up and live their lives without us. How they live will depend partly on whether we've been able to rise above our own anxiety and our impulse to control our child. You know the old adage about giving our children roots and wings? Unconditional love is the roots. Confidence is the wings. Young people who have both live bigger lives.

