**School Council Meeting Notes**

**Date: April 26, 2022**

**Attendance：**

Principal: Lisa Zwicker

Speaker: School Social Worker, Sealy Randolph, Special Education teacher, June Yee

Secretary: Xin Gu

Attendances: 15 kids and parents

Topic: Growing Mindset and Positive Parenting

1. **What is a Growing mindset?**

Individuals who believe their talents can be developed (through hard work, good strategies, and input from others) have a growth mindset.

*Growth Mindset:*

I can try a different strategy.

Is this really my best work?

This may take some time and effort.

*Fixed Mindset:*

I can’t do this

This work is good enough.

This is too hard.

I was born to do this.

The mind is frozen.

1. **12 Positive parenting techniques**

BE SUPPORTIVE

BE INVOLVED.

BE HEALTHY.

REWARD THEM.

BE ENCOURAGING.

PRAISE ACHIEVEMENT.

LISTEN.

EXPLAIN.

TRUST.

INSPIRE.

ENFORCE RULES.

HAVE PATIENCE.

1. **Positive Parenting**

Parental Behavior that is based on the best interests of the child which will enable their full development:

And some of the crucial things we're talking about is how nurturing you're going to be to them. How empowering, you're going to be there for them as well, to bring them up. But you're not to do this and this is not punishment. This is not spanking them. This is like prompting them to do their best, providing recognition and guidance. So you want to look great, recognize what they've done, and guide so that you continue to learn from what you have to offer. It also talks about setting appropriate limits and boundaries and boundaries are different for every child. A boundary for a student that is in grade three is going to be different than a student in grade 11. It may they're still going to be your child for the rest of your life, but your boundaries have to be different. So you have to modify how you're doing based on what their capability is.

1. **The aim of parenting**

The aim of parenting is always to look at a number of things. We're always thinking about the future. So when your child is born, parents look around and they start seeing the future doctor, future lawyer future prime minister, so you want to foster positive relationships with the child to help them develop those skills. You want to continue to look at your parental responsibility. What kinds of things do you do to help them to be successful? You want to ensure the rights of your children and the adolescents in your child as much as possible, which means listening and hearing him talking with them. You want to provide opportunities to optimize their full development. That doesn't mean paying the thing millions of dollars to send them to a fancy camp or anything, but within your capability providing as many opportunities as possible and you want to take into consideration their welfare and well being if you only focus on their academic gains or focused on focus on their athletic gains.

You have to think about you want a well-rounded person when they get older.

1. **What makes children behave in challenging ways?**

So what makes children behave in challenging ways? sometimes we all get stuck in behavior patterns are children and ourselves as parents, and most children will misbehave to get attention.

It may be that your child is upset or anxious about something that's happened at school, maybe didn't do well on a test or kids are teasing them. They may feel jealous of their sister. They want just their parents to listen to them. They don't feel heard or understood. Or sometimes they just want to spend time with their parents.

1. **The positive language**

When talking to kids, use positive language when possible.

Tell your child what you want them to do, not what you don’t want them to do.

Try ’tidy up your toy please’, instead of ‘don’t make such a mess.’

Change your tone, be calm and gentle, but firm.

1. **Listening and observing**

Children need to be heard to develop effective communication.

Encourage your child to talk to you.

You have to listen to the whole story to hear what's happening because they want to know that you're paying attention to the whole narrative, because you're listening to them. The challenge is always going to be that when you listen, you may not always hear things you like.

1. **Show your own feelings**

Letting our children talk about their feelings is a healthy way for them to understand and express themselves. And so the best way that we can help our children express their emotions is,

1. give them the words to describe their feelings.
2. being a role model for them by talking about our own feelings.

And so to do this, you need to listen to your child carefully, and also look at their body language and their facial expressions as well.

For older children, we want to guide them to problem solve some of the strategies that they can use as well to manage their emotions. And then also for us as parents to know that it will take some time to be patient and understanding as your child searches for the word to explain.

1. **How to Explain**

Be clear and direct and concise, concise talks about not getting straight to the point all the time but being clear about what you want to talk about.

Using developmentally appropriate language.

If you have to say no. You want to give your child a reason.

You are the role model for light that the child is using. being a calm, direct, clear focus voice is that you're teaching them how to explain themselves when they're struggling and how to get to the point so that people could activate and meet their needs as much as possible.

Sometimes we as parents are extremely angry or upset. And it's okay to say to our kids, I'd like you to go to your room for a moment. Mommy is really upset right now and I need a moment to calm down and then we'll talk about what happened afterwards.

1. **Involve your child**

whenever possible, talk about the rules with the kids and also what it is you expect from them

To be clear and concise.

Also, use discipline and not punishment. And the difference is discipline is a method of teaching children lifelong responsibility and acceptable behavior.

Use natural and logical consequences when children make mistakes or misbehave.