

## School Council Meeting Notes

### Attendance:

Principal: Lisa Zwicker

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

Secretary: Xin Gu

Attendances: 15 kids and parents

Topic: Self-Esteem, Self-Confidence and Other Tools for Success

**Self-confidence** is an attitude about your skills and abilities, you know your strengths and weakness well, and have a positive attitude ,

### 1 . How to increase your self-confidence

1. Reward and praise yourself for your efforts and progress.
2. Treat yourself with kindness and compassion. don't dwell on failure.
3. Focus on progress not perfection.
4. Set realistic and achievable goals.
5. Slow down when you are feeling intense emotions and reflect about the situation.
6. Question negative assumptions about yourself.
7. Don't let past negative experiences dictate your future.
8. Express your feelings, beliefs and needs directly and respectfully.
9. Learn to say no to unreasonable request.

By emphasizing strengths, building Self Image, achieving goals, taking risks and helping others, kids can build up their Self Confidence.

**Self-esteem** is liking yourself, feeling worthwhile, believing in yourself and knowing what you do well.

### Self-esteem gives children confidence to:

Try new things and try again when things don't go as planned

Do things that they might not enjoy or normally be good at

Face challenges rather than avoid them.

### 2. How parents can help their child build self-esteem

1. don't do work for them, show and help them at first.
2. Praise your kid.
3. Don't overpraise.
4. Praise effort.

5. Be a good role model. We are not perfect, what we will do when we make mistakes, we see the kids as part of ourselves, we are worry about their future.
6. Ban harsh criticism
7. Focus on strengths
8. Let kids help out and give of themselves.

### **3. How to cultivate healthy self-esteem for a happy life**

1. learn how to accept a compliment
2. start a gratitude journal
3. think of yourself as a friend
4. love yourself

### **4. The difference between Self-Esteem and Self-Confidence:**

You can have a lot of self-confidence but very low self-esteem.

Self-confidence is much easier to build.

The goal is to keep on working both of them.

### **5. 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.

### **6. Parents should also have a growth mindset too. How to coach your kids?**

### **5 questions you can ask to develop a growth mindset**

1. what did you learn from today's performance.
2. What steps did you take to make you successful today?
3. What are some different strategies you could use next time?
4. How did you keep going when things got tough?
5. What can you learn from your opponent today?

### **5 feedback comments to develop a growth mindset**

1. This will be a challenging concept to learn, but I believe you can master it.
2. You haven't got it yet, but you will if you keep working and thinking about it.
3. I really appreciated your effort today.
4. It is okay to take risks, that's how we learn.
5. Getting better takes time and I see you improving.

We should also tell our kids, we should focus on things we can control, let go of things we can't control. In this way, we can understand what is Self Love.