

Dear Parents,

This week in our “Circles” program, we are moving on to exploring our strengths. We will identify negative thoughts that we may have about ourselves, especially when we compare ourselves to others e.g. I’m boring, I’m no good. We will discuss how there will always be people who are better off and worse off than ourselves, so we must focus on our own natural strengths and work on the areas of ourselves that want to improve. Comparison is the thief of joy, as they say.

As usual, we will be playing a range of games to help the students feel connected and give them a sense of connection, belonging and “being seen”. We will be talking about areas that we can work more on fostering in ourselves e.g. being kinder, having more fun, being more flexible, being more resilient, being a better listener. Throughout the program we have continuously reinforced the “Growth Mindset” that no one is perfect, we all have a lot to learn (including and especially Mrs Taylor & Ms Ford!) and we all have areas in which we can be more respectful to ourselves and to others.

The students continue to embrace the program and many of them have identified several specific issues in the “Issue Box” that they would like to discuss as a group. It is wonderful to see them so empowered to speak up and share worries/issues/experiences that we can all share in together.

Until next week,

Melissa Ford
Guidance Counsellor