

Counsellor's Corner



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Success

June 2019

Success

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| S | Selflessness -you must be able to see the world how others see it. |
| U | Unique - always try to stand out from the crowd. |
| C | Confidence - have confidence in yourself and your future. |
| C | Courage - Be brave! |
| E | Enthusiasm - You must have the ability to inspire others. |
| S | Subjective - do not let others say what you can and cannot do. |
| S | Savvy - Be able to make good choices. |

Have you asked yourself what success means to you lately? In essence we may define success on the basis of cultural and societal norms. Do these norms fit in with your values and core beliefs? Perhaps not and it is okay to define success as it relates to you. Thank you IJ for defining success using the acronym above. Be subjective and don't allow society to dictate what success means to you.

Upcoming Events

June 3rd- End of Year exams begin
June 5th-6th- Grade Three Diagnostic Exams
June 20th-21st - Grade 5 P.E.P Exam
June 24th- Kindergarten prize giving at 11:30 a.m.
June 25th- Grade One prize giving at 1:00p.m.
June 26th- Grade Six School leaving exercise at 6:00 p.m.
June 27th- Grades Two-Five Prize giving at 8:30 a.m.
June 28th- Class parties early release for Summer holiday

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Can you believe we made through another academic year? I hope you are able to identify growth in your children and yourself. Sometimes, we focus on regression more than progression especially when we are working on a particular issue. I challenge you to identify at least five ways in which your children have grown, socially, academically, emotionally and spiritually. Can you do the same for yourself? Celebrate your successes. Thank you for support throughout the 2018-2019 academic year and I look forward to working with you in the 2019-2020 academic year.

Tips to Keep Calm in the Summer:

- Summer holiday is for pausing and restoration remember we just completed an academic marathon.
- Spend time having fun together as family time.
- Allow your children to experience boredom as it results in creativity and self-regulation skills.
- Take some time to take care of you; self-care is important to everyone especially if you are a parent. Schedule something fun for yourself during drop-of or pick-up time.

Tag! Your it! Enjoy your summer holiday!

"Your positive actions combined with positive thinking results in success"-Shiv Khera

References:

www.Growinghandsonkids.com

https://www.huffpost.com/entry/top-10-tips-for-parents-on-how-to-stay-calm-during-the-summer-holidays_b_7754756