

# Counselor Connections

Bache-Martin School Counselor Newsletter – Ms. Cocca, Rm 134

<http://bachemartinschoolc.wixsite.com/mysite>



Happy JANUARY!

Happy New Year and welcome to 2018! As we start the new year we are excited to continue to partner with our students, families, and community to make this year a great one!

Don't Forget!

- ✓ Help your class win our **ON-TIME challenge** by being here every day by **8:26!**
- ✓ Being in school **every day** helps your class win our ATTENDANCE incentive and **extra recess!**
- ✓ Do your best and **receive awards** in Town Hall or an invitation to the SWAG event of the month!
- ✓ Keep trying your best to earn an **“Outstanding Effort”**



Save the Date!

1/15/18

No School:  
MLK Day

1/26/18

Town Hall  
9am – K-2nd  
10am – 3rd-5th

1/26/18

SWAG Event  
6th-8th

## CONFIDENCE is the character theme for JANUARY!

During the month of January we will focus on CONFIDENCE! Join us in practicing and modeling CONFIDENCE by **believing in yourself** and **trusting yourself!**

What is CONFIDENCE...?

**Confidence** is a feeling or belief that you can do something well or succeed at something. It is trusting yourself. It is an inner voice that says “I CAN DO IT!” It is loving yourself!



Do you have CONFIDENCE? Think about it!

- What do you think you are good at?
- When do you feel good about yourself?
- How do you feel about trying new things?

You may be shy or feel like you don't have a lot of confidence right now but that's okay! You can learn, practice and grow in confidence. Check out the next page for parent tips and some ways to start building confidence!



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## How to Boost Your Confidence and Self Esteem!

Taken from: <http://kidshealth.org/en/kids/self-esteem.html>

TRY IT OUT! Read the ideas below to increase your CONFIDENCE!

- Make a list of the stuff you're good at. It can be anything from drawing, singing, or reading to playing a sport or telling a good joke. If you're having trouble with your list, ask your mom or dad to help you with it.
- Practice the things you do well. Think of ways you can practice some of the things you're good at every day. Your mom or dad can help you plan a way to keep practicing your skills and talents.
- Turn "I can't" into "I can!" Does the little voice in your head often tell you "I'm no good at this" or "I can't do it — it's too hard for me"? That's you thinking negative things about yourself. Decide to change your mind. Decide to think "I can give it a try," "I can handle this," "I'll give it my best," or "I'll ask someone to help me do this."
- Try your best. You can feel good about yourself when you give something a good try. Do your best at whatever you do, and your self-esteem will grow.
- Spend time with people who love you. Find time to do enjoyable or relaxing things with your parent or family. It helps you know you belong.



## FAMILY RESOURCES!

The links below include:

- Great article for middle school students on confidence  
<http://kidshealth.org/en/teens/confidence.html#>
- Quotes about confidence and other resources  
<http://www.inspiremykids.com/2017/confidence-quotes-for-kids/>
- Article on "Raising Confident Kids"  
<http://kidshealth.org/en/parents/confidence.html>
- Ted Talk on "3 Tips to Boost Your Confidence"  
[https://www.youtube.com/watch?time\\_continue=2&v=1\\_NYrWqUR40](https://www.youtube.com/watch?time_continue=2&v=1_NYrWqUR40)

