

# COUNSELOR'S CORNER

## Belforest Elementary School

### September Campaign

This month we will focus on being a "VIP: Very Important Person." The goal is to increase individual self-worth and for each student to understand that there is value in every person. Students will develop an understanding that being kind and helping others contribute to their own self-worth and happiness.

This campaign will be led by our Peer Helpers the week of September 9-13th. The week will focus on positivity, learning, and service for all students.

### Connections with the Counselor

Do you want to learn more about what school counselors do for students at Belforest Elementary? The fall "Connections with Counselor" event this semester will focus on annual goals and parent supports.

Please join us on Thursday, September 26, 2024 at 8:15 in the band room.

Do you need to contact your School Counselor?

Grades K-3 Rebecca Johnson [rjohnson@bcbe.org](mailto:rjohnson@bcbe.org)

Grades 4-6 Kim Powell [kpowell@bcbe.org](mailto:kpowell@bcbe.org)



# CONFIDENCE BUILDING

## TIPS FOR KIDS

### SETTING A CULTURE OF CONFIDENCE

- Give your child opportunities to learn and try new things.
- Help your child set goals and work with them to accomplish their goals.
- Give your child age-appropriate responsibilities
- Model positive self-esteem.
- Avoid comparing your child to peers and/or siblings
- Encourage your child to pursue their interests.

### ADDRESSING FAILURE AND STRUGGLES

- Let your child know that you are there if they need help, but encourage them to do as much as possible on their own.
- Praise your child for their effort - not the outcome.
- Talk to your child about how they can learn from their mistakes and failures.
- Remind your child that their mistakes and failures do not define them.
- Talk with your child about challenges they have overcome in the past.

### DAILY PRACTICES

- Share one reason that you are thankful for your child
- Encourage your child to begin each day with a positive affirmation
- Ask your child to share one thing from the day that he/she is proud of.

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