

October 20, 2022

Volume 3 Issue 8

## Kodiak Kronicle

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## Upcoming

### October 17-21

Scholastic Book Fair

### October 20

4pm-7pm Three-way  
Conferences

### October 21

Kodiak Spirit Day  
Pajama Day/Comfy Day

## School Council

Our next School Council meeting will be held on Tuesday, November 8th at 6:30 pm in person at the school and via zoom.

Join the Zoom meeting  
<https://rockyview.zoom.us/j/3229279250>

Meeting ID: 322 927 9250  
Passcode: 9354291

### Dear Kodiak Families,

If you missed three-way conferences last night, some teachers have availability this evening. Please feel free to touch base with homeroom teachers if you are unable to schedule a conference. The next conferences will be Thursday, March 9 from 4pm-7pm and Thursday, May 4<sup>th</sup> from 4pm-7pm.

### Meet our staff

Ms. Ludwig has returned to Kathyrn School as our Child Development Advisor after 7 years. A Child Development Advisor works with students, families and staff with social, emotional, and behavioral support. Ms. Ludwig has worked in multiple school divisions over the past 20 years. Ms. Ludwig grew up on a farm outside of Crossfield and completed grade school in Crossfield and completed post-secondary at Mount Royal. When Ms. Ludwig is not supporting our students, she enjoys running, traveling, and cooking. This year Ms. Ludwig started our Breakfast program, Junior Leaders, Friendship Finders, and Lunch Bunch.

### Scholastic Book Fair - Family Shopping Nights – October 20th 4-7 pm

Tonight, is our last evening of our Scholastic Book Fair. Purchases can be made with cash/credit/debit. Ms. Hagen will be seeing families in the learning commons.

Virtual Shopping Link:

<https://virtualbookfairs.scholastic.ca/pages/5195536>



### SafeArrival

Families received information about SafeArrival which is a student absence reporting system. Families can report absences in advance through a mobile device, website or toll-free number. We are asking all families to use SafeArrival starting Monday, November 14<sup>th</sup>.

More Important News

Terry Fox

Kathryn School Community raised \$1255 for the Terry Fox Foundation. Thank you to all of our students for taking part. Thank you to our families for donating. The organizing committee had set a goal of \$1000 and our community surpassed the goal!

Junior Leaders – Friendship Finders

Picture of middle and elementary students enjoying some Friendship Finders activities.



Grade 3 and Grade 4 Students enjoying the beautiful October weather during PE with Ms. Rott.



Child Development Advisor (CDA),

**The words we say to our children can shape their inner voice.** It’s choosing the *right* words to say that makes it the most challenging.

Phrases such as:  
“*You’re the best!*”  
“*You’re so smart!*”  
“*You’re so talented!*”

sound like a great way to praise a child, however, could backfire if they end up believing these labels only apply when they’ve accomplished something.

Alternatively, phrases such as:  
“*I can’t believe you did that!*”  
“*Why can’t you just do it right?*”  
“*How many times do you need to be told?*”

could appear harmless in the moment but could also develop into negative thoughts of self-doubt. **These extremes are what we want to avoid.** Instead, focus on acknowledging the *positive behaviors* and *effort* your child displays. Doing so will help your child learn to trust in their own abilities while, at the same time, know that they can overcome moments of failure. In this week’s guide, I want to share the 3:1 ratio: **a science-based strategy to build your child’s self-esteem.**

## USE THE 3-1 RATIO TO BUILD SELF-ESTEEM

Scientists discovered that it takes **three positive experiences** to **offset one negative experience**.



Your child's brain is wired to remember and focus on the **negative comments**.

To build your child's self-esteem, apply this 3-1 ratio.

FOR EVERY ONE  
NEGATIVE COMMENT:



GIVE AT LEAST 3 POSITIVE  
COMMENTS TO YOUR CHILD:

I can't believe you did that. Why can't you just hold your cup?

Thank you for putting your sweater away.

I noticed you shared with your brother, thank you.

Thank you for saying please.

### OTHER WAYS TO BUILD YOUR CHILD'S SELF-ESTEEM

#### Ensure they know your love is unconditional

Make it clear to your child that you love and care for them even when they make mistakes or poor decisions.

#### Give them age-appropriate "special tasks"

Assign your child "special tasks" to help them feel useful, responsible, and competent. Using the word "special" gives children an even bigger confidence boost.

#### Ask them for their advice or opinion

Build your child's confidence by demonstrating that even adults need help sometimes, and it's okay to ask for it.

#### Encourage them to express their feelings

Encourage children to express both positive and negative emotions, and help them talk through these emotions in a healthy manner.





# HOME ALONE SAFETY COURSE

*For youth ten years and older!*



**Closer  
to Home**  
COMMUNITY  
SERVICES

**November 14 from 1 PM–3:30 PM**  
**Irricana Lion's Community Hall**  
**300 1 Street, Irricana Alberta**

[Click here to register!](#)