



Counsellor Connections



Dear Parents and Guardians,

Positive Mindset

This month, we are excited to focus on cultivating a positive mindset throughout our school community. A positive mindset helps students build resilience, face challenges with confidence, and foster a growth-oriented attitude toward learning

âhkamêyimok (keep going)

Mrs. Handel Recommends

Use Positive Affirmations:

Use daily affirmations to boost self-esteem. Phrases like "I am capable", "I am worthy of success," and "I can overcome obstacles" help reinforce self-belief.

Challenge Negative Thoughts:

When negative thoughts arise, challenge them with positive alternatives. Instead of thinking, "I can't do this," reframe it as, "I am capable of learning and improving." Train your mind to focus on possibilities, not obstacles.

Read More

When We Were Alone: focuses on a young girl learning about her grandmother's residential school experiences, with a hopeful message of resilience and healing.

Did You Know?

...that people with a positive mindset tend to have better mental health? Positive thinking can reduce stress, anxiety, and depression, helping students feel happier and more confident in their daily activities.

Contact Us

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