



May 2015



Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1 Sub lunch Gr. 5/6 & 7/8 Shaw Woods	2 Yard Sale
3 Mass at St. Anthony's @ 9:00 am Pancake Breakfast at the Legion	4 Music Monday Open House/ BBO	5 Spaghetti Lunch	6 Gr. 7 Badminton Tournament D.R. Presentation 2:00-2:45	7	8 Pizza Lunch	9
10 Mass at St. Anthony's @ 9:00 am Happy Mother's Day	11	12	13 911 Presentation JK/Sk & K/Gr.1	14 Pizza Lunch	15 P.A. Day No School	16
17 Mass at St. Anthony's @ 9:00 am	18 Victoria Day No School	19	20	21	22 No hot lunch Spirit day- Hat day	23
24 Mass at St. Anthony's @ 9:00 am	25	26	27	28 Volunteer Breakfast	29 Pizza Lunch	30 Parent Council Conference
31 Mass at St. Anthony's @ 9:00 am OLGC. Confirmation						

Catholic Education Week

Ball Tournament

Mindset: Messages about process and growth!

Nine-year old Lisa was on her way to her first gymnastics meet. Lanky, flexible and energetic, she was just right for gymnastics, and she loved it. Of course, she was a little nervous about competing, but she was good at gymnastics and felt confident of doing well.

In the first event, the floor exercises, Lisa went first. Although she did a nice job, the scoring changed after the first few girls, and she lost. Lisa also did well in the other events, but not well enough to win. By the end of the evening, she had received no ribbons and was devastated.

What would you say if you were Lisa's parents?

- Tell Lisa that *you* thought she was the best. Tell her she was robbed of a ribbon that was rightfully hers.
- Reassure her that gymnastics is not that important.
- Tell her she has the ability and will surely win next time.
- Tell her she didn't deserve to win.

Let's look at the five possible reactions from a mindset point of view—and listen to the messages:

The first (*you* thought that she was the best) is basically insincere. She was not the best—you know it, and she does, too. This offers her no recipe for how to recover or how to improve.

The second (she was robbed) places blame on others, when in fact the problem was mostly with her performance, not the judges. Do you want her to grow up blaming others for her deficiencies?

The third (reassure her that gymnastics doesn't really matter) teaches her to devalue something if she doesn't do well in it right away. Is this really the message you want to send?

The fourth (she has the ability) may be the most dangerous message of all. Does ability automatically take you where you want to go? If Lisa didn't win this meet, why should she win the next one?

The last option (tell her she didn't deserve to win) seems hardhearted under the circumstances. And of course you wouldn't say it quite that way.

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. They will have a lifelong way to build and repair their own confidence.

We can praise them as much as we want for the growth-oriented process—what they accomplished through practice, study, persistence, and good strategies.