

School Counsellor Newsletter



Our boys can be leaders everyday - Part Two

Edition Thirteen

This is the second of two newsletters which aims to share a number of leadership qualities you could discuss and introduce to your son/s. These leadership qualities can be easily found on a number of websites; hopefully this is a succinct and accessible version for you to read and consider. Being a positive role model to your son/s is above all the most powerful leadership example, in all that we do, every day.

Work ethic

Work ethic can be defined in many ways, referring to one's values, attitude and behaviour. It is not only about perseverance and determination to do a good job but also relates to the level of respect you show towards people you work with, and how you communicate with them. Having a good work ethic strengthens one's character and individual abilities. An example of a simple way to help develop your son's work ethic is to plant a garden together or give your son a particular plant to look after. He will need to water it and weed it, and then possibly harvest it. It will be wonderful to see his pride when you sit down and eat the fruits of his labour! Creating an interactive chore chart is another way to instill in your son a desire to work hard! You can put it on the fridge or even use an app such as: <https://busykid.com/>

Humility

Humility is one of Medbury's school values. It is about self-control, and admitting to mistakes as well as sharing your success with others. Humility is also never losing sight of the fact that there is always more you can learn and do. Here are some activities you can do with your son to help him think about humility. Sharing pictures: in a group draw pictures around a similar theme. Invite each member of the group to share what they like about each other's picture. Allowing children to see that other people are good at things can be a humbling experience, and teaches the idea that everyone does things differently, which is okay! Provide service: An often humbling experience is providing help to others in need, Look for ways and opportunities for your son to provide service to someone else. It could be raking leaves, baking for someone, putting out and bringing in the rubbish bins for a neighbour each week, or donating toys and clothes. You could sit down with your son and brainstorm other service opportunities.

Embracing Failure

This can be tricky as we are often so focused on wanting the best for our children that we neglect to deal with what happens when things don't work out as planned. How your son deals with failure is a strong predictor of his ability for growth and positive

accomplishment. It is vital that you teach your child to cope with failure in a healthy, constructive manner so he can actually see it as an essential part of life. Failure is needed for him to learn and develop. If, for example, your son misses out on a leadership position, you could discuss with him the leadership qualities he can grow and develop, and make a plan to achieve this for future leadership opportunities. To support your conversations with your son in regard to embracing failure, please refer back to previous newsletters on growth mindset, using a kind inner voice and focusing on strengths, as well as learning activities your son has shared from his classroom.



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Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim amos.pilgrim@medbury.school.nz.