Attributes of Success: Self-Esteem and Self-Motivation

By Denine Pope, Parent Outreach Facilitator, Factory Shoals Elementary School

Self Esteem and Self-Motivation both have significant and positive impacts on a child’s successes and are vital to enhance and maintain positive growth and levels of academic performance. Parents, more than anyone else, can promote their child's self-esteem and encourage them to be self-motivated. Here are some ways for parents to help develop these attributes:

Self-Esteem

A child’s self-esteem begins to form very early, and continues being created day by day. Self-esteem comes from learning to accept who we are by seeing the insufficiencies and still choosing to like ourselves. Every child’s self-esteem grows with each experience of successful interaction, a job well done, a goal met, as well as through the positive words of the ones we love. Self-esteem doesn’t depend on huge accomplishments. It depends on the small daily tasks that build a child’s belief that they can handle their life and handle it well.

Activities to Promote Self-Esteem:

- **Feel Good Notebook**: Buy each member of the family a small spiral notebook or journal to write in. Each night after dinner or before bed, have everybody write six things in their journal that made them feel good that day. The idea is to focus on the positive experiences we all have. If nothing comes to mind, help him by bringing up the day’s events. Make your family one that spends each day searching for, and finding the positive.

- **Giving Specific Compliments**: So often when we tell someone they did something well, we say it in general terms. Play “Get Specific” some night after dinner. Each person will get a chance to be complimented by the family. Start by stating something very general and then become more and more specific. For example, “you made your bed without being asked, and/or you smoothed out the cover nicely”. Kids especially need to hear exactly what you liked about what they did, so they can repeat it!

- **Planting Positive Seeds of Thought**: If you want tomatoes, you don’t plant carrot seeds. If you want high self-esteem, you don’t plant seeds of negative
Parent Engagement: My Thoughts
By: Shanate Porter, School Counselor, Youth Villages, Inner Harbour Campus

Parent Engagement is vital to students’ success. Parent Engagement as defined by experts is parents and teachers sharing a responsibility to help their children learn and meet educational goals.

Parent engagement can be a plethora of things including but not limited to: attending parent-teacher meetings, joining PTA or equivalent of parent association at your school, attending sporting events or even social/academic bowls held at the school. The main piece to parent engagement is being aware and your child knowing that YOU are a part of their education.

Being involved in your child’s educational journey is imperative to their success. According to an article on Waterford.org “Parent engagement also decreases chronic absenteeism, or missing more than twenty days of a school year”. The more students are in school the more successful they tend to be.

The same article states: “Students with engaged parents don’t just have high test scores: their attendance, self-esteem, and graduation rates rise, too. Parent-teacher relationships are more than an optional classroom benefit. They are key for helping students on a personal and classroom level reach their academic potential. If we as educators don’t make a space for parent partnerships in our schools, we’re limiting our classroom’s capacity for growth”. As a district, we strive for every student to succeed and each year we are looking at how we can grow. As a Parent Outreach Facilitator I know the importance of parent involvement and creating ways for parents to be involved is a goal that I have in order for parents to feel like they are a part of their child’s educational journey.

As parents, take advantage of the surveys and input opportunities at the parent meetings. Your voice will be heard and it is essential to have your presence in the schools.

Overall, it is beneficial for parent involvement and not just “another thing to do”; in the long haul you will see or already see the impact your engagement has on your child.

Resources for Parents of English Learners!
The Douglas County School System has posted new resources for parents of English Learners on our website. Our goal is to provide effective outreach to parents of our English Learners and to assist them in being involved in their child’s education. Please visit https://www.dcssga.org/ or scan this QR code to access the website with the resources listed.

Are you a parent at one of these elementary schools? If so, did you know that you have expanded access to the Infinite Campus Parent Portal? In addition to seeing attendance information, parents at these schools can now see assignments and grade information.

For more information, please contact your school or email parent@douglas.k12.ga.us

Annette Winn ES
Burnett ES
Sweetwater ES
thought. The seeds we plant in our minds are the thoughts we have, the positive or negative “self-talk” we use. How often do we use words that brings us down or hold us back: “I can’t do anything right”, “I’m really terrible at math, etc.. All of these thoughts are seeds that can grow into who you will be tomorrow. Help your children practice self-talk. Take small pieces of paper and write one seed of positive self-talk on each paper. Have each person do at least five. Now everyone fold up these pieces of paper and take them outside to some dirt, dig a hole, and bury them. Plant something beautiful, or sprinkle some seeds that will grow over the planted paper as a reminder for all of your family to plant the thoughts in their minds that they most want to grow.

Self-Motivation
Self-Motivation is that impulse to soar. It is the little kernel of hope inside each one of us that allows us to set goals and that moves us to reach higher. It is the reason a person goes on, even when they want to quit. It is the belief that something can be done, even when the odds are against it. When a person is motivated, nobody can take away their power to move forward, and when that motivation comes from inside a person’s heart they become unbeatable.

Activities to Promote Self-Motivation:

- **Goal Cards:** Everyone in the family gets one 5” x 8” index card. On one side, write a single goal; on the other side, write the steps you will take to accomplish that goal. Think through, or talk about, the steps needed to reach that particular goal. At the end of the day, or once a week, briefly write underneath your written goal on the front of the card, what you did towards accomplishing that goal. Date each entry so you can each see how you continued to work toward the desired end. You may want to do more than one goal card at a time, especially since there are some goals that can be accomplished in a week, while others may take years. This will help children develop the habit of thinking about the direction they need to go in order to accomplish something. It also shows them that action taken toward a goal actually helps them reach it.

- **Self-Talk Strategies:** Often times, our own internal voice sounds the loudest when announcing faults. It may be a quiet voice that says things like: “I can’t write that paper,” “I’m an awful cook,” etc. It’s a known fact that bad thoughts make a person feel worse, and do worse. Positive thoughts, on the other hand, make a person feel better and do better. The more positive self-talk a child can repeat to themselves, the better they will feel, and the better they will do. Sit down with your child and make a long list of positive thoughts they have about their own abilities. If they don’t have many, suggest making some up based on ways they would like to feel in a given situation. Make a deal with your child: the very next time they hear a voice in their head saying negative things, they have to come to you with the list the two of you made up. Together, pick a positive thought off the list and repeat it out loud five times; encourage your child to keep repeating it throughout the day whenever negative things pop into their head.

- **Mapping out Plans:** Kids don’t usually become totally self-directed until sometime in late adolescence. Until that time, they need help and guidance from the adults around them. They need to be taught strategies of planning, and they need to see how their parents set goals and accomplish them. Buy your child a big calendar and encourage them to write down important dates, events, holidays, etc. When your child comes home with large projects from school, ask them questions about it so they can start to organize how they might approach it. For example, if they have to write a report: “What kind of report does it need to be? Where will you get your resources?”. Write on the calendar what needs to be done on the report, and by what date. Helping a child learn to break up large tasks into smaller goals gives them a tool to use for the rest of their life.
**Chestnut Log Middle School Parent Resource Center**

**2544 Pope Road, Douglasville, GA 30135**

(770) 651-5100

**Math/Science Night**

Thursday, November 14, 2019 at 6:00 PM

Come out for a night of fun at Math/Science Night. Our teachers have set up different activities for all parents and students to participate in. You do not want to miss this night of FUN! Games, Treats, and Surprises!

**Beulah Elementary School Parent Resource Center**

**1150 Burnt Hickory Road, Douglasville, GA 30134**

(770) 651-3300

**Next parent workshop coming soon!**

Visit the Parent Resource Center or see the next newsletter for more information.

**Bright Star Elementary School Parent Resource Center**

**6300 John West Road, Douglasville, GA 30134**

(770) 651-3400

**Diving Into Data (Testing Night)**

Monday, November 18, 2019 at 5:30 PM

Parents will be provided information about the data that is collected for the students at Bright Star ES. Parents will be given tools and resources to help them better understand the purpose of CCPI and the ways that they can help Bright Star continue to improve each year. Parents will also be given resources to work on at home with their child to prepare for GMAS testing.

**Burnett Elementary School Parent Resource Center**

**8277 Connally Drive, Douglasville, GA 30134**

(770) 651-3500

**Writing Expo**

Tuesday, November 19, 2019 at 5:00 PM

Families will visit their child’s classroom to view their writing, gain insight on how to help their child at home, and celebrate the progress that has been made.

**Chestnut Log Middle School Parent Resource Center**

**2544 Pope Road, Douglasville, GA 30135**

(770) 651-3800

**Reading Under the Stars - Literacy Night**

Thursday, November 7, 2019 at 5:30 PM

Families will gain ideas on how to help with reading comprehension and reading fluency skills at home.

**Annette Winn Elementary School Parent Resource Center**

**3536 Bankhead Highway, Lithia Springs, GA 30122**

(770) 651-3100

**Understanding Testing and How You Can Help at Home**

Wednesday, December 4, 2019 at 6:00 PM and Thursday, December 5, 2019 at 10:00 AM

The purpose of the this workshop is to help parents understand the expectations of the different types of assessments given throughout the year. They will walk away with an understanding as how to help at home.

**Factory Shoals Elementary School Parent Resource Center**

**2375 Mount Vernon Road, Lithia Springs, GA 30122**

(770) 651-3900

**Social Studies Day: A Tribute to Our Veterans**

Thursday, November 21, 2019 at 6:00 PM

Join us for a night of interactive learning at our Social Studies Night. Students and parents will make critical social studies connections as we explore the social studies genre including geography, world history, United States history, map skills, etc.

**Lithia Springs Elementary School Parent Resource Center**

**6946 Florence Drive, Lithia Springs, GA 30122**

(770) 651-4100

**Next parent workshop coming soon!**

Visit the Parent Resource Center or see the next newsletter for more information.

**North Douglas Elementary School Parent Resource Center**

**1630 Dorris Road, Douglasville, GA 30134**

(770) 651-4800

**Reading and Math—Ready, Set, GO!**

Thursday, November 7, 2019 at 6:00 PM

North Douglas families will come out to experience our Reading program and new Envision Math program.

**Stewart Middle School Parent Resource Center**

**8138 Malone Street, Douglasville, GA 30134**

(770) 651-5400

**Literacy Night**

Wednesday, November 20, 2019 at 6:00 PM

Join us to learn more about literacy and the importance of reading in middle school.

**Sweetwater Elementary School Parent Resource Center**

**2505 East County Line Road, Lithia Springs, GA 30122**

(770) 651-4600

**Next parent workshop coming soon!**

Visit the Parent Resource Center or see the next newsletter for more information.

**Turner Middle School Parent Resource Center**

**7101 Turner Drive, Lithia Springs, GA 30122**

(770) 651-5500

**STEM/Math Family Movie Night**

Thursday, November 14, 2019 at 6:00 PM

Our STEM/Math Carnival will support different mathematical areas through games and activities. Our aim is to focus on basic math and logical concepts through entertaining and engaging families/students/teachers in an inviting atmosphere.