Grade Six Boy's Self Esteem Group

As part of the grade six health curriculum, we will be working with our grade six boys to enhance knowledge on establishing positive self-esteem. These sessions will take place once a week for five weeks. The boy’s self-esteem group will be co-facilitated by Patti Davidson, our vice-principal and grade six teacher, David O’Hanley, grade six teacher and Craig Clark, counselling consultant with the Eastern School District. Each 45 minute session will focus on a different topic, and will address topics such as communication skills, leadership skills, goal setting, healthy risk taking activities, healthy relationships, empathy building, conflict resolution skills, anger management and collaborative problem solving (working well with others). The main goal of these sessions is to create awareness around the importance of positive self-esteem.