Grade Six Girl’s Self Esteem Group

As part of the grade six health curriculum, we will be working with our grade six girls to enhance knowledge on establishing a positive body image and self-esteem. These sessions will take place once a week for five weeks. The girl’s self-esteem group will be co-facilitated by Ms. Cudmore, our principal and Ms. Doiron, our school counsellor. Each 45 minute session will focus on a different topic, and will address issues such as the importance of healthy eating and physical activity, the influence of media on body image and self-esteem, bullying behaviours, and the negative impact of the mass dieting-industry. The main goal of these sessions is to create awareness around the importance of maintaining a positive body image and self-esteem.