

## True Confidence Can Only Come from God

This week in morning prayer we have been talking about confidence. What is confidence? and why do we need it?

Confidence is the state of feeling certain about the truth of something. It is how you feel, and how you act because of that feeling. Confidence is the thoughts you have when you are living and making decisions that will make your life better and joyful. At Sacred Heart School, we work on making confident students. The foundation of building confidence in our students is that we try to make struggle out to be no big deal. You spilled your milk? "let's clean it up." You forgot your violin? "Let's see if someone has the time to bring it to school." No one has the time to bring your violin to school? "It will be okay, but let's talk to God about helping you stay calm and let's find a new solution for today." "You can do it. Remember that you have an important job of making sure that you are prepared when you come to school tomorrow."

Confidence is developed and modeled to children by experiences and relationships with others, especially trusted adults.

Children who are confident learn new skills more easily, meet challenges head on, and trust themselves to overcome any obstacles they face.

## Overcoming the Feelings of Defeat

Your kids know what it feels like to lose. They know what it feels like to try and not win. They know what it feels like to not get the same playing time as the other athletes. They know what it feels like to not win a contest or an award. They know what it feels like to not get all A's. They know what it feels like to not win the race. WE ALL KNOW THIS FEELING. There is no way to avoid the feeling of not being the best.

That is why we cannot let outside forces influence how we feel about ourselves. Confidence that affects our daily decisions must come from an unwavering belief that our worth comes from God. Talking to God through daily prayer keeps any doubts from lasting too long. God loves you and He is delighted in you right now. He knows your heart and He sees your love. **So love more.** Love God, love yourself, love your neighbor. Trust God to give you good counsel when making daily decisions that lead you to confident happiness. Be a cheerleader for the people who are great today! Somedays that person is you and some days it isn't. In morning prayer, we are working through these 5 ways to develop confidence and using real examples of confident people. -Don't Give Up -Don't Compare -Stay Positive -Find a new solution -Set Goals and Keep Them.

"The Lord is my strength and my shield; my heart has trusted in Him and I am helped. He is not only with me but in me and I in Him." Saint Francis De Sales

God Bless,

Anne Atkin, principal



## Mother/Son Nerf War

Saturday, May 14th

SHS Gym

6:00-8:00

Fee at the door: \$20/couple, \$5 per child or \$30/family

Bring your nerf shooters if have them (no ball shooters) or we will provide you with one. Dress ready to win! Pizza and snacks included.

## Grandparent's Day

Friday, May 13th

8:15– Visit the school and pick up your grandchildren.

9:00- Mass

10:00– All school Musical Production

10:30– Brunch– Eggs, sausage, hash browns, pastries, breads & more

## Upcoming Events

Friday, May 13th– Grandparent's day. 1/2 day of school. No Beyond the Bell. No after school buses.

Saturday, May 14th– Mother/Son Nerf War 6:00-8:00pm. SHS Gym

Tuesday, May 19th– 3rd-5th Grade Field Trip to the Henry Ford Museum

Monday, May 23rd– 5th grade field trip to the Toledo Zoo

Thursday, June 2nd– Field Day

Friday, June 3rd– Last Day of School. 1/2 Day of School. No Beyond the Bell

A special day for your children to spend the day with their Grandparents!

R.S.V.P. to the office and let us know if you are able to help out.



Kayden Chestney	PK	May 4th
Dakota Hill	1st	May 11th
Harper Miesel	PK	May 20th
Brantley Root	K	May 24th
Jazda Hall	3rd	May 28th