



79 Old Boomer Road
Sylvan Lake, Alberta T4S 1Z4
Phone: 403-887-6371
Fax: 403-887-6373
www.ecolemotherteresa.ca

April 15, 2025

Dear Grade 6 parents and guardians,

Today, Mrs. Gamroth and I had the pleasure of going into all the grade six classes to address a few concerns that the grade six team and grade six students have brought forth. We have noticed students struggling to control or regulate their responses and an increase in negative behaviours targeted towards each other, often followed by others joining in. We have also noticed an increase in inappropriate language that is often unkind and sometimes sexual or racial in nature.

I wanted to share with you what was taught to students to allow for follow-up conversations at home. During the presentation, students learned about their "Circle of Control." The Circle of Control is described as the things in our lives that we have the power to control, which includes our responsibilities. We broke our circle of control into our attitudes, our words, our actions and reactions, our manners and our efforts. We are responsible for every single word we choose to use, our actions and reactions towards others, our attitude and body language, our manners and how much effort we put into school and relationships/friendships. We also brought to the forefront that it is not our job to control other people's circle of control nor is it our role to get involved in situations that don't concern us. If we are worried about someone's safety, we can seek help from an adult but need to stay within our own circle.

Every single student has committed to themselves, their teachers and to me that they will be responsible for their own circle of control. We will continue this language with students and hope to see an improvement in behaviours, language and interactions. I would encourage families to have conversations at home surrounding the circle of control and how we are responsible for all of our actions, our words, our reactions, our attitudes and our behaviours.

Below are visuals of the language we used during the presentation for your reference. Please reach out if you have any questions or concerns and thank you for your support.

Yours In Christ,

Erika Pottage

5 Things We Can All Control

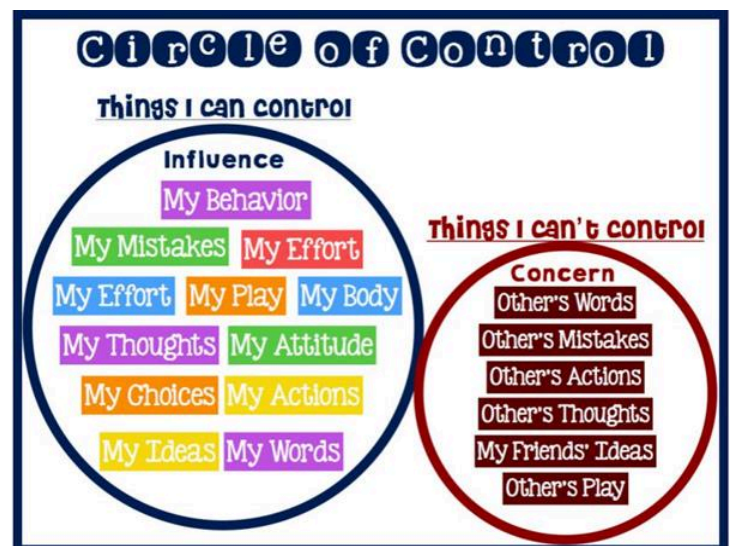
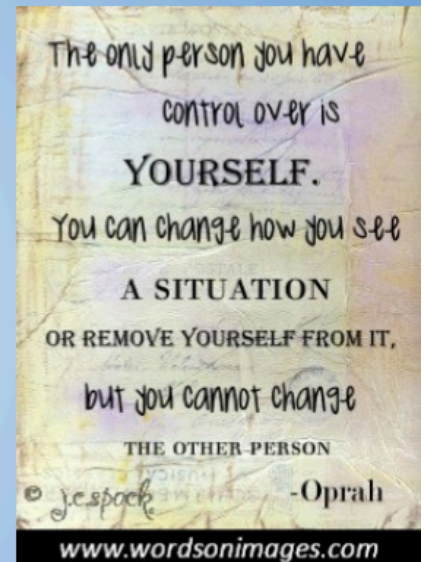
Attitude - Go into every situation believing good things will happen. A positive attitude is not always easy but changing negative thoughts into positive thoughts is up to you!

Words - Our words are very powerful and we have to choose our words carefully. We can choose the words we say to encourage or discourage others. Be the person who makes others feel good by using encouraging words to make them and you feel good.

Actions - Our actions come from the emotions we are having. The most important thing to remember we can always control our actions.

Manners - Every day life is about being polite, considerate and showing kindness. Life can be hard but having good manners is easy!

Effort - Everything we do involves putting in effort and the hardest things take lots of effort but don't give up! To do awesome things it takes effort and lack of effort equals lack of results. Your effort is up to you!



Nurturing the Spirit, while Feeding the Mind