

EFFICACY

A Vista Hills HERO Newsletter



What is Efficacy?

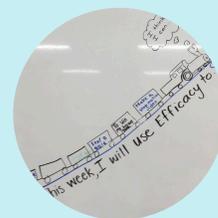
We have efficacy. We know that our actions are important. We have an impact on our world.

Efficacy is the belief that you can achieve a goal with dedication, perseverance and hard work. Our students and staff spent March focusing on our “I can” attitudes and worked on making plans to achieve our goals. Shown above are Gr 2’s yearbook cover contest entries. Students showcased



Efficacy Assembly

Students shared skits, songs and dances in our monthly assembly. We learned strategies to improve our self talk. Captain Efficacy joined us to teach us how to persevere when a task is challenging!



Ways to use Efficacy

Students identified how efficacy can help them in their daily lives- at school, at home and in our community.

1

SET A GOAL

Set a goal that is important to you. What would you like to achieve?

2

FAIL FORWARD

Mistakes help you reflect and improve.

3

TRY AGAIN

Take that knowledge and try again! Practice makes progress!

our HERO traits in the cover contest. What an amazing effort went into the design and creation of these beautiful pieces of art!

Parents, are you looking for more information on how to instil efficacy in your children at home?

The link to the article from the NASP titled “Helping Children Believe They Can Succeed” is a fantastic read that informs parents on how to encourage efficacy. Use the following link to access the document. <http://bit.ly/1Rsm4j9>

Another great read is from ‘About Kid’s Health’ and shares ideas on how to speak to your children to foster self efficacy. <http://bit.ly/1aol0sH>



“Whether you THINK YOU CAN or you think you can’t, you’re right.”- Henry Ford

MULTICULTURAL MARCH

A HUGE thank you goes to all those involved in our first ever Multicultural Spirit Day! The hard work and dedication of our student leaders, parent volunteers and staff made the day a memorable and exciting event for our school community. Students coloured flags from their heritage to create a ‘Hawks R Diverse’ display. On Friday March 24th, students and staff wore traditional clothing or flag colours to represent their heritage. It was a wonderful way to celebrate our diverse and unique school community. We are very grateful for our parent volunteers who devoted several hours to give students the opportunity to have henna done on their hands. The day was a wonderful celebration of our school’s unity and diversity.



