

DEAR CBA PARENTS/GUARDIANS



Dear CBA Parents,

This month your child is studying the character word: **SELF-DISCIPLINE**. Self-discipline is one of the most important skills one can have- yet relatively few parents and teachers believe they've been successful at helping their children demonstrate it. However, it goes without saying that children can, and will learn self-discipline if they are exposed to an environment that nurtures this very skill. In this month, students will learn why self-discipline is so good for their everyday life. They will also learn how to develop self-discipline skills in a fun and entertaining way.

**Definition:** Training and control of oneself and one's conduct, usually for personal improvement.

**Synonyms:** Self-control, Self-mastery, Control, Will power, Restraint, Strength of will, Firmness, Purposefulness, Prudence,

**Famous quotes on Patience**

"With self-discipline most anything is possible."

- Theodore Roosevelt

Remember, that self-discipline and discipline go hand in hand. When discipling your child keep in mind that discipline and punishment are not the same. Discipline is about guiding children in ways that support their development on self-control. When you catch your child showing self-discipline at home, praise him/her for the effort.

Demonstrate discipline yourself. Make sure they see you cleaning your room, making your bed or treating others with respect.

## DECEMBER UPDATES

Human Rights Day- 8<sup>th</sup> Dec

School Production- 14<sup>th</sup> December

Christmas End of Year Party- Let's Do Lunch- 15<sup>th</sup> December

## THEMES FOR THE TERM

TEAMWORK

CHARISMA

PATIENCE

DISCIPLINE

DETERMINA-

RESPECT

TRUSTWORTHY

GOAL-SETTING

INTEGRITY

SELF-CONFIDENCE

**BUILDING BRIGHTER FUTURES**

Here are some guidelines regarding children and self-discipline based on age:

\* **With children ages 3 and 4:** They are in an emotional stage of their life. Help them foster emotions towards self-discipline by using consistent, positive reinforcement.

\* **With children ages 5 and 6:** They are starting to understand right from wrong. Teach them how to make good choices over bad ones.

\* **With children ages 7 to 9:** They understand that there are consequences to negative behavior. Teach them how to have self-discipline without being told or reminded.

\* **With children ages 10 and up:** They are very clear-cut and well-balanced on how self-discipline affects their life. Teach them how to be reasonable with their actions based on self-discipline.

## ACTIVITIES FOR THE MONTH OF DECEMBER

Human Rights Day - 8<sup>th</sup> December  
School Production - 14<sup>th</sup> December

### Club Activities

**Mondays:** Performing Art Club  
Steam Club

**Tuesdays & Thursdays:** Martial Art Club

**Wednesdays:** Basketball Club  
Board Game Club *Monday-*

**Thursdays:** Homework Club

The School's Admin @ +234 818-816-1307 (Cell / Whatsapp)

## CBA CLUBS

Performing Art Club  
STEAM Club  
Basketball Club  
Marital Art Club  
Boardgame Club

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