

## A New Attitude for School This Year

It's back to school time again! Certainly, we have enjoyed the company of our children for the summer. We have enjoyed our progeny for 9 1/2 weeks or 63 days or 1,512 hours or 90,720 minutes or – if you are really a masochist – 5,443,200 seconds!

As happy as we may be to have them back at their studies, our fondest wishes are reserved for their feelings. We want them to want to return to school. To want to succeed. To enjoy the quest. To work hard – perhaps even harder – this year.

But, how do we accomplish this? What can we do to help? A quick review of the two rules of motivation will help.

1. We cannot motivate children. We can create lots of stress for them (and us); we can complicate their lives but motivation comes from within. Children motivate themselves when they discover we are offering them something they want.

2. Your child is already motivated to do those things that they feel are important or of value to them. They lose motivation when they are expected to do things they do not understand and that do not appear to be important to them.

So what happens when our kids start back to school seemingly motivated and then lose that momentum? Where does their motivation go?

No matter how hard it is to believe, our kids are capable of logical and rational thought. How they are acting is a direct result of some conclusion or feeling they have – usually not

consciously held – about themselves. If they don't appear motivated, it's because, deep down, they have concluded that giving the appearance of trying is not in their best interest. The trick for us, as parents, is to make sure that our expectations are properly understood at our child's level, not just at ours. Visualization exercises can often help. Have your child visualize success in school. Make the picture complete. See the classroom. See completed homework being handed in. See a report card. See him/herself studying without distractions. See the final result – happiness and so on.

And finally, here is the last, true secret. Motivation is a result of the action you take to achieve your values and goals! Action comes first; motivation follows. For the first few months of every new school year, help your kids devise a study time, help them get and stay organized and make sure they know how to start every assignment or homework piece. Enrolling in a good study program will help.

Help them get started! That's the key – starting – action! Action first, feelings later. Don't expect deep feelings of motivation to arrive before action. Start the engines first. The celebration comes later!

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## AGM/Volunteer Appreciation



Retiring Directors Michael Turner, Diane Rabenda and Larry Nicholson



2005/2006 Volunteers at the Volunteer Appreciation.



Halton Hills Chamber of Commerce Board of Directors 2006/2007

## Upcoming Events

Saturday, October 14  
 Mini Trade Show  
 Georgetown MarketPlace  
 9:30 am – 6:00 pm

November 1  
 Halton Hills Women in  
 Business Luncheon  
 11:30 am – 1:30 pm

Saturday, December 2  
 Small Business  
 Christmas Party  
 Eagle Ridge Golf Club  
 6:00 pm

Wednesday, December 6  
 Halton Hills Women in  
 Business Luncheon  
 11:30 am – 1:30 pm

Thursday, December 7  
 Mayor's  
 Christmas Luncheon

Please check the Chamber website for complete details or to register.



# Arts In Motion



Here's your chance to see 20 artists demonstrating various art forms at the Halton Hills Cultural Centre (Library and John Elliott Theatre) 9 Church Street on Saturday, October 21st between the hours of 10 am and 5 pm. Free admission! A large group of artists and artisans will be working there and you will be able to see them working first hand.

Arts in Motion features **chainsaw artists** Lavern Blacklock, Gene Cipparone, **weaver** Margaret Searle, **dollmakers** Joan Morrison, Stephanie Makaluk, **stained glass** artist Frank Anthony, **rug hooking** artist Patty van Liefland **watercolour painters** Gretchen Day, William Band, **potters** Frans Rood, Carolyn Filter, **photography** enthusiast Marcia Lowin, **jewelry makers** Cathy Parker, Mary Merideth, **drawing and painting** by members of the Palette and Pencil Club, **wood carvers** Bonnie Malenfant, Brian Foubert, Alex Lulham, **wax modeling** (for creating bronze sculpture) by Marina Guglielmi...and more!

Bring the kids! Some items available for sale at the show. This ad is sponsored by Arts Alive, a group of volunteers interested in promoting the arts.