

*“Miriam Laundry "Bestselling Author of I CAN...Believe in Myself" – Just a quick note to say thanks very much for the amazing story of believing in yourself! At Heritage Glen Public School (Oakville) we used this story to teach children how to gain courage and confidence to believe anything is possible. During our Safe Schools Assembly we had an opportunity to read the story I CAN...Believe in Myself and use this story to motivate students to get rid of their I Can't statements and say I Can believe in myself. Students in grades K-8 were selected to think of a statement that they could not do in September and they can do now (e.g., I can't write in my agenda and now I can). After each statement students stepped up to Shreddy to get rid of their I can't statements. Our whole school encouraged each child to believe in themselves and this is inspiring kindness in one another. Our big message with the use of the book was teaching children to get rid of the negative and focus on the positive. We also focused on the message of Stop a Bully by believing in yourself and saying Yes I can speak up, tell an adult, help with a solution and be positive. I must say this book was AMAZING and our students and staff at Heritage Glen will never forget the important message! This message will be forever implanted in the minds of all our students and they will never forge Shreddy! Our students will take away an important message of believing!. At Heritage Glen Public School we will put into action to stop bullying, believe in ourselves, inspire kindness, and always focus on the I CAN!" Thanks again Miriam for your inspiring book!”*

*Sincerely, Fleur Parker Teacher at Heritage Glen Public School*

