


NMS Guidance Center October Newsletter

Casey Brophy
Grade 6 & 8 Guidance
BEEd, MEd, CCC
Phone: 506-453-5436
Email: casey.brophy@nbed.nb.ca
 @GuidanceNMS

NMS Guidance Counsellors



Michael Sorensen
Grade 7 Guidance
BRSS, BSc, MA
Phone: 506-453-5436
Email: michael.sorensen@nbed.nb.ca
 @SorensenNMS

Safe Schools Week (October 21-25)

During the week of October 21-25, students at Nasis Middle will take part in Safe Schools as part of an annual ASD-W initiative. Safe Schools Week is dedicated to helping students, teachers, parents, and administrators raise awareness of the need to keep our schools safe. As a whole school, students will practice safety drills, while in personal development and career planning; students may work on cyber-security, anti-bullying initiatives, and fire safety.



Teens Against Tobacco Use (TATU)

Beginning in October, *Teens Against Tobacco Use* will begin meeting and training for upcoming student presentations. Presentations will eventually be provided to all students to inform them on the dangers of tobacco, including updated information on vaping/juuling.



Introduction of Link Program

The Link Program was developed in Grand Falls in 1999 to provide youth who are experiencing issues an opportunity to access services. It also allows youth the opportunity to request supports from **Link Companions**, found throughout the school with 'Yellow Stickers' on their door. For more information visit programmelemaillon.com.



Introduction of PSST World

PSSTWorld is an online anonymous reporting tools for schools where students can report bullying, cyberbullying, etc. as a safety tip line solution. Students will be introduced to its features at a month end assembly.



#BeccaToldMeTo – 686 Acts of Kindness at Nasis!

Throughout the week of September 16th-20th, students at Nasis were challenged to commit 650 Acts of Kindness, one for every staff and student at school. Students spread kindness in Becca Schofield's honor and were able to commit 686 acts, because #BeccaToldMeTo. #DragonsOnFire



NASHWAAKSIS MIDDLE

324 FULTON AVENUE, FREDERICTON, NB, E3A 5J4
TEL: 506-453-5436 FAX: 506-444-4129

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The 5Ws of telling

When do you tell an adult?

- ⦿ When your safety is at risk
- ⦿ When the safety of someone else is at risk
- ⦿ When you don't know what to do

Who do you tell?

- ⦿ Caregivers (Family, guardians)
- ⦿ Teachers
- ⦿ Coaches
- ⦿ Group leaders
- ⦿ Guidance Counselor
- ⦿ Principal
- ⦿ Someone safe!

Why do you tell?

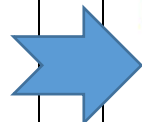
- ⦿ Safety
- ⦿ Help not hurt
- ⦿ Support
- ⦿ Because we all need to help each other

Where do you tell?

- ⦿ At home
- ⦿ At school
- ⦿ At groups
- ⦿ At sports
- ⦿ At church
- ⦿ Leave a note in the red guidance box at the main office
- ⦿ PSST – anonymous on school website
- ⦿ Anywhere that there are safe adults

What do you tell?

- ⦿ Any information around your safety or the safety of others.



Mindfulness – How are we incorporating at Nasis?

As one of our initiatives at Nasis Middle this year, we have begun a 'reset' after lunch, where all students are given 15 minutes to relax in a quiet, self-directed atmosphere, where they may read, listen to quiet music, journal, play quiet games, draw, etc.

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Being Mindful helps you:

- pay attention better
- be less distractible
- learn more
- stay calm under stress
- avoid getting too upset about things
- slow down instead of rush
- listen better to others
- be more patient
- get along better
- feel happier and enjoy things more



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How Can Students Access the Guidance Counsellors?

Your child can access the school guidance counsellors in the following ways:

1. Children can self-refer themselves by submitting a note into the guidance box found outside the main office. Students should include their name, date and brief description of their circumstances/situation. The guidance team checks the box daily and responds accordingly.
2. Your child can pass his or her **LINK Card** onto any of the NMS Companions and ask him or her to schedule an appointment with the guidance counsellor. They can also leave their **LINK card** with a guidance counsellor.
3. Your child can ask his or her teacher to help them communicate with the guidance counsellor and he or she will speak/email the guidance team to help set up an appointment.
4. Your child can ask you –the parent/ guardian—to call or email their respective guidance counsellor and inform them that he or she would like to set up an appointment.



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