



Townsvie School Guidance Program: December Newsletter



Theme of the Month:

The school-wide focus for the month of December is **Emotion Management (K-5)** and **Recognizing Bullying and Harassment (6-8)**. Emotion Management involves *identifying emotions in oneself and others and applying strategies to manage difficult emotions*. Recognizing Bullying and Harassment *guides students to identify and stand up safely to bullying and respond appropriately to harassment*.

Guidance Program:

Throughout December, guidance will continue supporting and enhancing student learning through academic, personal, social-emotional and career development. The guidance counsellor supports whole school initiatives (such as the **Second Step** and **Link Program**), by offering resources, activities, co-planning, co-teaching and small group learning opportunities related to general guidance curriculum outcomes.

Finally, guidance will continue seeing students for individual, short term, solution-focused counselling (as it is needed). If you have any questions about the guidance program at TVŠ, please feel free to contact me at the school: 506-325-4435.

Kind Regards,

Courtney Fox



TOWNSVIEW SCHOOL
122 Lewis P Fisher Lane, Woodstock, NB E7M 0G6
Tel: 506-325-4435 Fax: 506-325-4453

Family Connection: Try This at Home

K-2

Encourage your child to notice the feelings of others. Have them practice using body language and context clues to figure out when family members, friends, or characters in books, movies, or on TV might be feeling calm, worried, frustrated, etc.

3-5

Tell your child about a time when rethinking a situation, or thinking about it in a different way, helped you feel better. Encourage your child to talk about times in their life when rethinking could have helped them.

6-8

Talk to your child about a time when you or someone you know had to speak up about something difficult. Ask your child what makes it difficult for people to speak up when they experience or witness bullying or harassment. Together, brainstorm ways to advocate, seek help and problem solve.

The read alouds below support the theme of the month. You can access each read aloud the following ways:

1. YouTube (click each photo to open the link).
2. Borrow a copy from the Guidance Office.
3. Purchase a copy from www.Amazon.ca.

