



Townsvie School Guidance Program: September Newsletter



Theme of the Month:

The school-wide focus for the month of September is **Growth Mindset and Goal Setting**. Growth mindset is *the belief that our skills, abilities and talents can develop and improve over time*. Goal Setting is *choosing something to improve on and planning a course of action to achieve the desired outcome*.

Guidance Program:

During September, the guidance counsellor 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, I 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 TVS, please feel free to contact me at the school: 506-325-4435.

Kind Regards,
Courtney Fox



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122 Lewis P Fisher Lane, Woodstock, NB E7M 0G6
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Family Connection: Try This at Home

K-2

- Encourage your child to choose something they want to improve (tying their shoes, adding or subtracting, writing their name, dribbling a ball, snapping their fingers). Set aside a few minutes each day for them to practice the skill and highlight the progress they're making.

3-5

- Ask your child to create and describe a personal goal. What will they do? What will they need? Who can support them? Tell your child about a time when you set a new goal and how you worked towards achieving it.

6-8

- Tell your child about something that made you nervous at the beginning of a new school year. Ask what makes them nervous and who they can go to for help at school. Remind your child that they can also talk to you.

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

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

