

Guidance Program at MCS

March Newsletter

The focus for **March** will be on **Cooperation**. During this month, we will be spending our time learning all about what it means to *work together to help others*. In classrooms, students will be talking about why this definition makes sense to them and ways that they can practice cooperation in their lives.

Parents: Here are a few good resources for supporting and exploring these topics at home with your children:



During March the guidance counsellors will continue to work with the Character Strong committee to help support all the traits. We will also be supporting teachers with co-planning and co-teaching around general guidance curriculum outcomes and continue our work with the small groups that were started in February. Finally, we will continue to see students for individual, short term, solution-focused counselling (as it is needed).

If you have any questions about the guidance program at MCS, please feel free to contact us at the school 506-325-4434

Families can also access additional counselling support outside of the school by contacting the Woodstock Child and Youth Team at 506-325-4419, Strongest Families at 1-866-470-7111, Kids Help Phone at 1-800-668-6868 or, in the case of a crisis, by contacting Mobile Crisis (2-10pm, 7 days per week) at 1-888-667-0444.

Kind Regards,

Sarah Atherton and Dave Mahar



MEDUXNEKEAG CONSOLIDATED SCHOOL

200 SCHOOL ST, WOODSTOCK NB E7M 0G7

PHONE: (506) 325-4434 FAX: (506) 325-2256

How Can Students Access the Guidance Counsellors?

Your child can get in contact with the guidance counsellor at the school in a number of ways:

1. Your child can fill out and pass in a **self-referral form** using one of the **ROCK BOXES** from in the grade 4-8 grade level POD. These forms are in the front slot of each of the rock boxes. The guidance counsellors check the boxes twice a week and see students accordingly.
2. Your *MIDDLE SCHOOL* child can pass his or her **LINK card** to any of the MCS companions and ask him or her to help make an appointment with the guidance counsellors.
3. Your child can **ask his or her teacher** to help them get in touch with the guidance counsellors and he or she will email/speak with the guidance to help set up an appointment.
4. Your child can **ask you –the parent–** to call or email the guidance counsellors and share that he or she would like to set up an appointment to speak with her or him.

I need to see the School Counselor!

My Name is _____

Today's Date is _____

My Teacher is _____

This request is: A Small Rock (See me soon!)
 A Medium Rock (See me this week!)
 A Large Rock (Urgent! See me as soon as you can!)

Office use only: Date of appointment _____ Appointment completed _____



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