

Guidance Program at MCS December Newsletter

Upcoming Guidance Events

1. Ring a Bell for Kids Mental Health (Nov. 29-Dec.3)

The Dots for Kids Day—RING A BELL Campaign is happening Nov. 29-Dec. 3 as part of the Province's commitment to raise awareness and increase education to inspire youth, families and communities to take positive actions in support of children's mental health as outlined in the Action for Mental Health Progress Report for 2015. On Thursday, December 2nd at 1:20PM, students at MCS will be given the opportunity to ring bells for one minute in support of mental health. **Website for family resources:**

<http://www.partnersforyouth.ca/dotsnb/ring-a-bell/family/>



2. Middle School Link Programs (Companions confirmed)

LINK was created in Grand Falls in 1999 and has been a province wide program in NB since 2006. It's aim is to increase grades 6 to 12 youth's awareness of community resources and services, to enhance youth problem solving and coping capacities, to prevent escalation of issues or concerns, and to contribute to the development of mental fitness, resilience and cultures of wellness within schools. Our MCS LINK Companions are: *Mrs. Webb-Scheers, Ms. Bell, Mrs. Stephenson, Mr. Mahar, Mrs. Sprague, Mrs. Clark, Mrs. Furrow, Mrs. Collier, Mr. McKinley, Mrs. Giberson, Mrs. Bird, Mrs. Goodfellow, Mrs. Kelly, Mrs. Wilson, Mrs. Boone, Mrs. Elliott, Mrs. Grant, Mrs. Foster, Mrs. Curtis*. Thank you for taking on such an important role within our school!

3. Character Strong Family Dares

Here is a family activity that you can do at home to strengthen the character trait of respect. Be sure to head over to our MCS Facebook page to post a pic of your completed dare. You can fill out the Character Strong Family Dare ballot found at the bottom of the school's monthly newsletter and return it to the school to be entered in the monthly draw for some cool Character Strong swag and a family pass to the Atlantic Cinemas.



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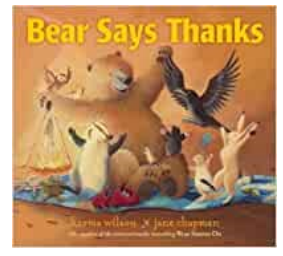
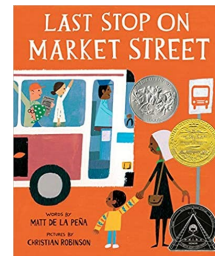
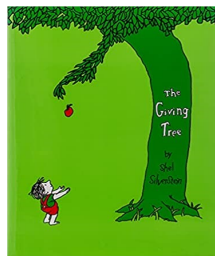
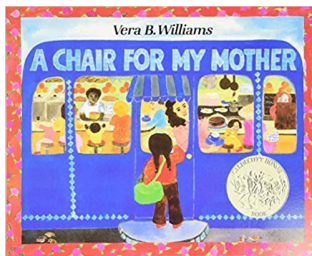
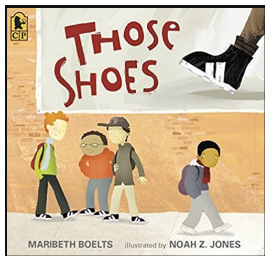
200 SCHOOL ST, WOODSTOCK NB E7M 0G7

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

The Focus for December

The focus for **December** will be on **Gratitude**. During this month, we will be spending our time learning all about what it means to *choose to notice and appreciate things in our life, things in others, and things in the world*. In classrooms, students will be talking about why this definition makes sense to them and ways that they can practice gratitude in their lives.

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



*Sheree Fitch YouTube Video on the DOTs campaign.

<https://www.youtube.com/watch?v=dMiPf8JqWZU>

*DOTs NB– Enhancing Mental Health Services in NB

<http://www.dotsnb.ca/>

*The Link Program

<http://programmelemaillon.com/>

During December, the guidance counsellors will be working with the Character Strong committee to develop the Student Ambassadors program. We will also be supporting teachers with co-planning and co-teaching around general guidance curriculum outcomes. 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,

Krista Webb-Scheers and Dave Mahar



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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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