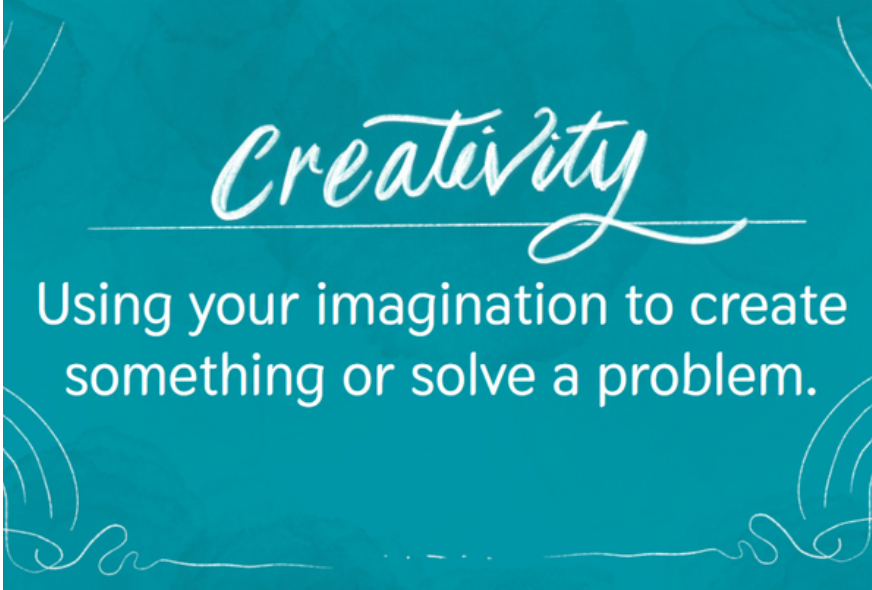


# Character Strong

## FAMILY DARE



Here is a family activity that you can do at home to strengthen the character trait of responsibility.

First, complete this family character dare.

Next, post a picture of yourself completing the Family Dare in the comments

**OR**

Fill out the ballot at the bottom of this newsletter and return it to your teacher.

This will be your entry for a chance to WIN Character Strong Swag!

## MAY FAMILY DARE

### FAMILY BUCKET LIST

Sit together as a family and see if you can brainstorm a list of 25 things you want to do together this summer.

Get creative and collaborative! Make sure the items range from totally doable in a day to something that may seem silly or impossible. Place the list somewhere everyone can see it! Work to check things off each month until you make your next one



## CHARACTER STRONG FAMILY DARE BALLOT

Child/Children's Name: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

# MCS Guidance Newsletter

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.

Special Dates:

**May 17-** Day Against Homophobia/Transphobia

**May 31** - Character Strong Family Dare Draw

During May, the guidance team will continue to support the whole school guidance initiatives (Link Program, Go Girls and Game on, Partners for Youth and Character Strong). The guidance team will work to support 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. Kind Regards, Sarah Atherton and Dave Mahar



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

If you're looking for books on specific topics; please reach out and we can recommend some that can help guide your conversations at home.