

# Guidance Program at MCS

## January Newsletter

### Upcoming Guidance Events

#### 1. Bell Let's Talk Day (Jan. 26, 2022)

The annual Bell Let's Talk awareness campaign and Day is driving the national conversation to help reduce this stigma and promote awareness and understanding, and talking is an important first step towards lasting change. On Bell Let's Talk Day 2021, Canadians took action sharing 159,173,435 messages of support. This year on Jan. 26, 2022, MCS is encouraging students, staff and families can help put an end to mental health stigma by participating in the "Bell Let's Talk" initiative.



Website for family resources: <https://letstalk.bell.ca/en/ways-to-help>

#### 2. No Girl Without (Middle School Initiative)

Nearly 1 in 7 girls in Canada have missed school due to lack of period products....but not at our school. MCS has got you covered. In each of the bathroom stalls in every middle school and staff bathroom you will find period products. Please take what you need and leave what you don't. We've got you, girl! This "No Girl Without" initiative is run by our middle school "No Girl Without Group". These students keep the bathrooms full with supplies and our very own Woodstock Newnham and Slipp Pharmacy graciously agreed to fund the project for the year.



#### 3. Character Strong Family Dares


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



### The Hard Thing Rule

**Have everyone in the family write down 1 hard thing they are signing up for and are committed to this year. Put the list up where everyone can see it!**

Angela Duckworth, a lead researcher on resilience and grit, has her family sign up for Hard Things. The 3 rules?

1. Everyone must choose one and it has to be something that requires consistent, intentional practice
  2. You cannot quit (until there is a natural stopping point like the end of a football season or until after a recital)
  3. You get to pick your own passion - no one can choose it for you
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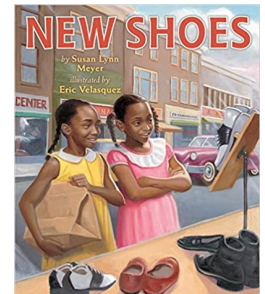
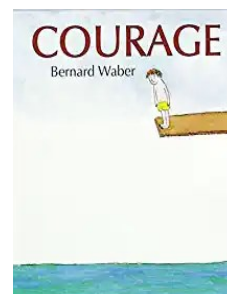
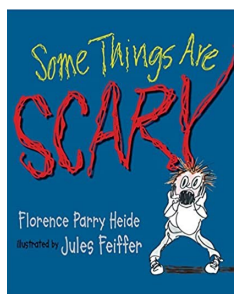
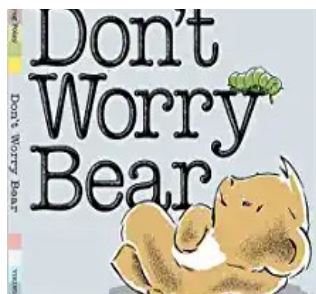
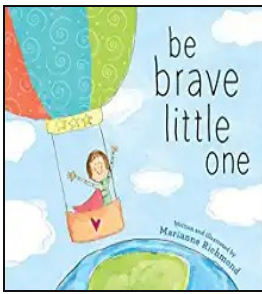


**MEDUXNEKEAG CONSOLIDATED SCHOOL**  
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# The Focus for January

The focus for **January** will be on **Courage**. During this month, we will be spending our time learning all about what it means to *choose what is good, right, and kind, even when it's hard or scary*. In classrooms, students will be talking about why this definition makes sense to them and ways that they can practice courage in their lives.

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



During January the guidance counsellors will continue to 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 and continue our work with the small groups that were started in December. 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



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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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