Guidance Program at MCS
April Newsletter

Guidance Events

1. PALs and Pint-Sized PALs – Hat Day (April 12)
The PALs/Pint-sized PALs group has been hard at work each month. PALs stands for positively Affecting Lives. The purpose of the group is to complete acts of kindness (in and outside of school) that will help to positively affect the lives of others. This whole school guidance initiative promotes social awareness, relationship skills, and self-management skills. It also works to foster students' personal traits, interests, abilities, and skills— all the while making the world a little better of a place. In April, the PALs group will be hosting their 2nd Hat day. All funds raised will go towards the purchase of new pictures frames for each of the school bathrooms. Each frame will display one of the positive affirmation posters that the PALs group has created and posted around the school in the month of March. The PALs group will continue to meet twice a month for the remainder of the year: once at school and once outside of the school to volunteer at the Manor.

2. Drug Awareness Presentation—Parent Session (April 30)
MCS will be hosting our second parent information session of the year. It will take place on Thursday, April 30 at 6:00 pm in the cafeteria. Two members from the Woodstock RCMP detachment will be coming to MCS to conduct a drug safety presentation for any parents, staff and/or students. They will be discussing types of drugs that might be in our community, methods of use, effects of certain drugs, their street value. This evening is expected to be a great one filled with tons of helpful information. We hope to see you all there!

3. Club CONNECT (Every Wednesday from 12:45-1:10)
Club CONNECT is a noon time choice for students in grades 4 and 5. It takes place every Wednesday from 12:45-1:10 in the meeting room beside the side door to the stage. Club CONNECT is a safe space where any students can come to connect with their peers face to face while playing a board game, having a game of cards, or simply just having a good chat. The only restriction for this club is that there are NO electronics allowed. The goal of Club CONNECT is for students connect face-to-face instead of thumb-to-thumb.
The focus for April will be on Peaceful Schools.

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

*Read Alouds for Children on peaceful schools. These can be borrowed from the guidance office or purchased from Amazon.ca


During April, the guidance counsellors will continue to support the whole school guidance initiatives (PALs/Pint-sized PALs, Big/Little Buddies and Club Connect). We will also continue to provide small group sessions (one in the middle school grade level). The guidance team will work to support teachers with co-planning and co-teaching around general guidance curriculum outcomes—specifically this term on Zones of Regulation and Unstuck and On Target. 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 506-325-4351.

Kind Regards,

Krista Webb-Scheers and Dave Mahar
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**. These forms are in the waiting area in the guidance area. Students can fill them out at any time and place them in the box on top of the bookshelf. The guidance counsellors checks the box daily and sees 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.