Upcoming Guidance Events

1. Ring a Bell for Kids’ Mental Health (December 1st)

The Dots for Kids Day—RING A BELL Campaign is happening December 1st 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 Friday, December 1 at 1:05 PM, 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/

Great Classroom Resource
Check it out!
https://app.gonoodle.com

Great Classroom Resource
Check it out!
https://teach.classdojo.com

Guidance Counsellor
KRISTA WEBB-SCHEERS
C.C.C., MA, B.ED

Meduxnekeag Consolidated School
200 School St, Woodstock NB E7M 0G7
Phone: (506) 325-4434 Fax: (506) 325-2256
The focus for December will be on mental fitness.

Mental fitness refers to a state of psychosocial well-being. It means having a positive sense of how we feel, think, and act, which improves our ability to enjoy life. It contributes to our innate ability to be self-determined.

Here are a couple of helpful websites that can provide some good tips for parents:

1. https://cmha.ca/resources/mental-fitness-tips/
2. http://www2.gnb.ca/content/gnb/en/departments/social_development/wellness/content/healthy_living/mental_fitness.html

I will continue to work on facilitating the whole school guidance initiatives (Big Buddies/Little Buddies and PALs/Pint-sized PALs), conducting the small group counselling sessions on managing big emotions and implementing individual solution-focused counselling as needed.

If you have any questions about the guidance program at MCS, please feel free to contact me at the school 506-325-4351.

Kind Regards,
Krista Webb-Scheers
How Can Students Access the Guidance Counsellor?

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 book shelf. The guidance counsellor 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 counsellor.

3. Your child can **ask his or her teacher** to help them get in touch with the guidance counsellor 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 counsellor and share that he or she would like to set up an appointment to speak with her.