Upcoming Guidance Events

1. Ring a Bell for Kids Mental Health (Dec. 3-8)
The Dots for Kids Day—RING A BELL Campaign is happening December 3-8th 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 8th at 1:10 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/

2. MCS Mental Health Presentation (Dec. 10-12 & Dec. 13-14)
During this month, students will explore the topic of mental health. There will be classroom presentations given by Mrs. Kaitee MacDougall, the Community Education Coordinator for the Canadian Mental Health Association in Woodstock. She will be visiting the grade 4, grade 5, and grade 7 classrooms. With the grade 4’s, Kaitee will speak to students about distinguishing between feeling good and understanding feeling down. With the grade 5’s, she will be exploring the difference between mental health and mental illness and with the grade 7 classes, Miss MacDougall will discuss the importance of self-care and stress management.

3. Middle School Link Programs (Companions confirmed and resources provided)
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. Mahoney-Walker, Mrs. Stephenson, Mr. Mahar, Mr. Taylor, Mrs. Furrow, Mme. Kennedy, Mrs. Kelly, Mrs. Bird, Mrs. Belyea, Mrs. Collier, Mrs. Goodfellow, Mme. Fox, Mrs. Palmer, Mrs. Grant, Mrs. Clark, Mrs. Sprague, and Mrs. Johnston. Thank you for taking on such an important role within our school!

4. THE ADVENTURE CLASSROOM
The Adventure Classroom program is provided in over 20 middle schools in the province which amounts to hundreds of youth each year. Supported by a network of over 80 volunteers, this adventure-based program works on issues of youth social development and empowerment. Over a number of months, participants find a safe, secure, and accepting environment in which they can improve their lives. Each school group meets for at least 24 hours of work each year. MCS will begin working with Mr. Tom Carney, the Adventure Classroom Project Coordinator for Partners for Youth, in mid December!
The focus for December will be on Mental Health.

Parents: Here are a few good resources for supporting and exploring this topic 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.dotnb.ca/

* The Link Program http://programmelemaillon.com/

* Raising Children Network– an easy to use, online, parenting site with practical ideas and resources for parents/caregivers of children and teens https://raisingchildren.net.au/

During December, the guidance counsellors will be working with the PALs and Pint-sized PALs as they plan, create and implement kindness initiatives in our school and greater community. We will also be supporting teachers with co-planning and co-teaching around general guidance curriculum outcomes. The guidance team will finish up our first round of small group counselling sessions. 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
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 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.