Upcoming Guidance Events

1. Big Buddies/Little Buddies Update
The Big Buddies/Little Buddies whole school guidance initiative is well on its way at MCS. Student pairs have been meeting once a week in the little buddies’ classroom, to spend some positive time together. By participating in Big Buddies/Little Buddies, students are given the opportunity to strengthen their social awareness, self-management, and relationship skills. It helps them show empathy towards others, build healthy relationships, and improve their communication skills. During each visit, the pair spend time with each other doing a variety of classroom activities assigned by the teacher. This could include; reading to/with each other, sharing stories, and/or playing games. The Big/Little Buddies allow the Big buddy the opportunity to be a mentor, feel as they can make a difference in the life of another. Moreover, it allows the Little Buddy extra positive encouragement and the chance to develop a connection they may not have every had otherwise.

2. MCS Mental Health Presentation (Jan. 14-15)
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 2 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 2 classes, Miss MacDougall will discuss the impact proper nutrition and physical exercise has on our mental health.

3. PALs & Pint-Sized PALs Update
The PALS/Pint-sized PALS group was finalized in December 2018. 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. In December, the PALs group completed our first school meeting to make Christmas cards for senior citizens. We also met on the weekend to volunteer at the Woodstock Carleton Manor before Christmas break to delivery the cards we made at school. It was an awesome experience! The group will meet twice a month for the remainder of the year: once at school and once outside of the school to volunteer at the Manor. 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.
The Focus for January

The focus for January will be on **Goal Setting and Growth Mindset**

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

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

* **Youtube video explaining Growth mindset**
  https://www.youtube.com/watch?v=75GFzikmRY0

* **Book (for parents) written by Carol Dweck $10.20 from Amazon.ca**
  *Mindset-The New Psychology of Success: How we can Learn to Fulfill Our Potential*

During January, the guidance counsellors will continue to support the whole school guidance initiatives (PALs/Pint-sized PALs and Big/Little Buddies). We will also continue to provide small group sessions (1 in the middle school grade level and one in the primary grade level). 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 506-325-4351.

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 check the box daily 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.