

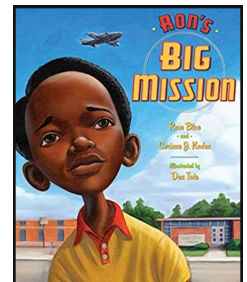
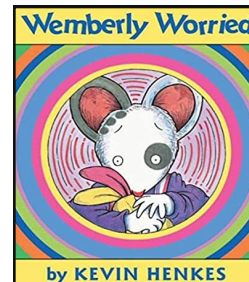
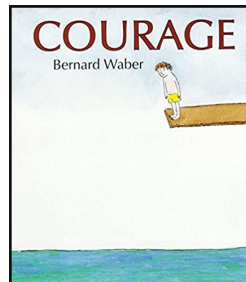
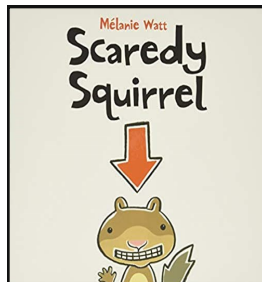
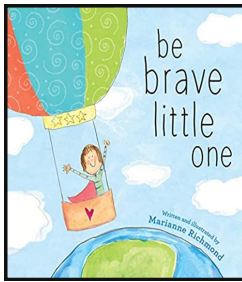
# Guidance Program at MCS

## January Newsletter

The focus for **January** will be on **Courage**. Courage is choosing what is good, right and kind, even when it is hard and scary.

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

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



### Activity

Encourage your children to document their experience this month as they conquer fears and gain Courage. This could be something as simple as a journal where they write something like this:

I used to be afraid to/of \_\_\_\_\_ until I \_\_\_\_\_.

Now I show Courage by \_\_\_\_\_.

Celebrate their baby steps and milestones as they work to become their most courageous selves.

During January, the guidance counsellors will continue to support the whole school guidance initiatives (Link Program, Secret Reader, and Character Strong). 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 506-325-4434.

Kind Regards,

Krista Webb-Scheers and Dave Mahar



**MEDUXNEKEAG CONSOLIDATED SCHOOL**

200 SCHOOL ST, WOODSTOCK NB E7M 0G7

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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 3-8 grade level POD. These forms are in the front slot of each of the rock boxes. The guidance counsellors checks the box daily and sees students accordingly. →
2. 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. ↘
3. 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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