Guidance Events

1. PALs and Pint-Sized PALs
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 while making the world a little better of a place. In January, the PALs group organized a hat day at MCS and raised enough money to buy supplies to make 20 Care Kits that we donated to the Woodstock Harvest House. In February, the group went into each classroom to talk about “Student Shout outs” that help recognize those students who are hard at work following the expected positive behaviours at MCS. 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. 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.

3. Club CONNECT (Every Wednesday starting in March)
Club CONNECT is a new 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 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.

Guidance Program at MCS
March Newsletter
The focus for March will be on **Responsibility and Right Choices**

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

*Read Alouds for Children on Responsibility and Right Choices.*
These can be borrowed from the guidance office or purchased from Amazon.ca

*Youtube video “What is Kindness: Teens Respond”* [https://www.youtube.com/watch?v=QO7_WX-gyVU](https://www.youtube.com/watch?v=QO7_WX-gyVU) (3:44 mins)

During March, 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 (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. 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.