Upcoming Guidance Events

1. Big Buddies/Little Buddies
This is a guidance initiative that links Middle School students with Primary and Elementary school students at MCS. The Big Buddies get to spend time with their Little Buddies each week at school in order to foster positive connections with their school family.

2. Middle School LINK Program
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. Please ask your child about the LINK program at home and to show you their LINK card.

3. NB Wellness Week (October 1-7)
Wellness Week provides an opportunity to recognize everyone's efforts in promoting wellness. Wellness is the optimal state of health and well-being of individuals and groups. It is the ability of people and communities to reach their fullest potential, both in terms of health and fulfillment of purpose. We are all part of achieving a healthy New Brunswick where, together, we can live in a culture of wellness.

3. Safe Schools Week (October 16-20)
During this week, MCS students will be learning about safety (Fire, bus, Internet, Playground, School Trips, food allergies, school safety procedures, etc). Please review these safety procedures at home with your child.
The focus for October will be on emotional regulation.

At MCS, many classroom teachers use the ZONES of Regulation to teach their students about emotional self-regulation.

Zones of Regulation is a program that teaches students about self-regulation, which is also known as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation.

The lessons and learning activities are designed to help the students recognize when they are in the different zones, as well as learn how to use strategies to change or stay in a specific zone. The students will also gain an increased vocabulary of emotional terms, skills in reading other peoples’ facial expressions, perspective about how others see and react to their behavior, insight into events that trigger their behavior, calming, energizing, and thinking strategies, and problem solving skills.

In addition to supporting staff with implementing the Zones, I will be continuing with classroom visits, small group counselling sessions, and 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.