Upcoming Guidance Events

1. Safe Schools Week (Oct. 15-19)
October 15-19, 2018 has been designated as Safe Schools Week for ASD-W. This is an annual event within our district that is dedicated to helping students, teachers, parents, and administrators raise awareness of the need to keep our schools safe. At MCS, we will focus on the safety and security of our school and take this special opportunity to continue working with students on our safety drills (secure the building, clear the halls, fire drill, evacuations and bus safety). During their Personal Safety and Career Development classes, staff may also be working with students on cyber-safety, anti-bullying awareness, bike safety and fire safety.

2. Atlantic Canada Career Week (Oct. 29-Nov. 2)
During this time at MCS, students will explore how their interests and hobbies link to potential future careers. MyBlueprint is a new resource that will be used with students to help them discover who they are - their learning styles, interests, and personality traits – and how knowing these things can help them with planning for their futures. Students will also be able to use this resource to complete specific tasks and enter program draws for some cool prizes.
www.myBlueprint.ca/anglophonewest

3. Big Buddies/Little Buddies (Buddy matches begin 2nd week in October)
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. This will begin the second week in October and will run all year long.

4. Middle School LINK Program (Student Presentations happen in October)
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.
The focus for **October** will be on **school safety and career awareness**.

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

*Promoting Positive Schools Together (PSSTWorld)  
https://www.psstworld.com/

*Peaceful Schools International  
http://peacefulschoolsinternational.org/

*PREVNet – National network around promoting relationships, preventing violence and bullying.  
https://www.prevnet.ca/bullying/parents

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

*MyBlueprint Resource  
www.myBlueprint.ca/anglophonewest

During October, the guidance counsellors will launch our first whole school initiative (Big Buddies/Little Buddies). We will also be supporting teachers with co-planning and co-teaching around the Zones of Regulation. The guidance team will be forming our first round of small group counselling sessions: following directions/accepting no in Kindergarten-grade 2, personal space in grades 3-5 and organization in grades 6-8. 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 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.