**WHAT WE DO AT MCS**

Here is a quick breakdown of the guidance role. Below is a list of ways that the guidance counsellor is able to support the students, parents, and staff at MCS throughout the academic year.

**Guidance Curriculum: (co-teaching/co-planning)**
- Presentations - Conflict Resolution, Mental Fitness, Problem-Solving, etc.
- Guest Speakers
- Study Skills Program
- Bullying Awareness Activities
- Positive Learning Environment Initiatives

**Individual Planning:**
- Assist students in interpreting their abilities, interests, skills, and achievements
- Assist students in planning to achieve personal, educational, and occupational goals
- Help students make successful transitions

**Responsive Services:**
- Provide short-term, solution focused, individual and/or group counselling
- Crisis Preparedness and Intervention
- Consultation with stakeholders including teachers, parents/guardians, outside agencies
- Referrals to other professionals when appropriate

**Program Support:**
- Assessment of school data
- Personal professional development to strengthen delivery of program
- Communication about program to stakeholders
- Community outreach
The focus for September will be on KINDNESS and getting to know the students, ensuring all know how to get access to the guidance counsellors at the school, and supporting students with transitioning into the new school year.

Parents: Here are some good picture books for supporting younger children with starting/coming to school:

To begin the school year, we will be visiting each classroom during the first two weeks to introduce ourselves and to explain to the students our roles at the MCS.

Before the end of September, we will also be visiting-via video message- each of the middle school classrooms to review/explain the LINK program.

At the end of the month, we will be starting some small groups around various counselling needs in the school (i.e. PALS, Big Sibs, Big Buddies, anxiety, emotion regulation, feelings, organization, etc.).

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 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.