

Guidance Program at MCS September Newsletter



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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



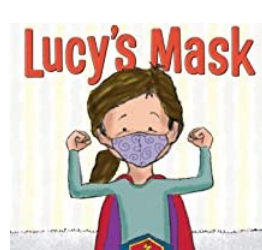
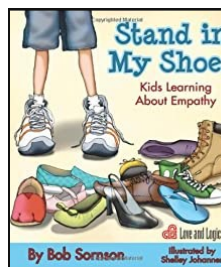
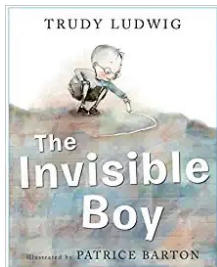
MEDUXNEKEAG CONSOLIDATED SCHOOL

200 SCHOOL ST, WOODSTOCK NB E7M 0G7
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The Focus for September

The focus for **September** will be on **KINDNESS and EMPATHY**. During this month, we will be spending our time getting to know the students, ensuring all know how to get access to the guidance counsellors at the school, and supporting students and families with transitioning into the new school year. Our most important job will be to make sure that our students, families, and staff feel safe and welcome at MCS.

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



Character Strong Family Dare: Here is a family activity that you can do at home to strengthen the character trait of kindness. Be sure to head over to our MCS Facebook page to let us know you've completed this dare and to be entered into a monthly draw for some cool Character Strong swag.

**KIND
CONFERENCE
CALL**

FAMILY (C.A.R.E.)

Call a family member or friend that, as a family, you haven't talked to in awhile. Try it "out of the blue" and surprise them by having everyone on the line to say hello, catch up, and share why you've missed them.

If they don't pick up, leave an epic voicemail filled with some kind words from each person!

Character Strong

To begin the school year, we will be visiting each grade level 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.

If you have any questions about the guidance program at MCS or need support during this new year, please feel free to contact us at the school 506-325-4351 or 506-325-4710.

Families can also access additional counselling support outside of the school by contacting the Woodstock Child and Youth Team at 506-325-4419 or, in the case of a crisis, by contacting Mobile Crisis (2-10pm, 7 days per week) at 1-888-667-0444.

Kind Regards,
Krista Webb-Scheers and Dave Mahar

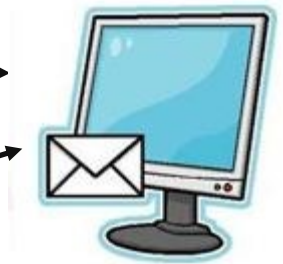



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How Can Students Access the Guidance Counsellors?

Your child can get in contact with the guidance counsellor at the school in a number of ways:

1. Your child can **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.
2. 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.
3. Your child can fill out and pass in a **self-referral form** using one of the **ROCK-BOXES** found in each of the grade 3-5 wings by the water fountain. These forms are in the front slot of each box. The guidance counsellor checks each box every other day and sees students according.



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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