Upcoming Guidance Events

1. Woodstock Yellow Ribbon Campaign (Feb. 3-Feb.7)
The month of February is Suicide Prevention Month. During the week of Feb.3-Feb.7, MCS students and staff will be wearing yellow ribbon/stickers to help raise awareness for those who have been affected by suicide and to help inspire hope for the future. Classrooms will be having age appropriate conversations with their teachers about ways to inspire hope and to let people know that they are not alone. Classroom teachers will be given yellow ribbon/stickers and each class will take a classroom selfie that will be posted to the Woodstock Suicide Prevention Committee Facebook page.

2. MCS Mental Health Presentation (Feb. 17-28)
During this month, students will explore the topic of mental health. There will be classroom presentations given by Mrs. Kaitie MacDougall, the Community Education Coordinator for the Canadian Mental Health Association in Woodstock during the last two weeks in February. Miss MacDougall will be visiting specific grade 3 and grade 8 classrooms, where she will be exploring the concept of self love and inspiring hope.

3. Pink Shirt Day (Feb. 26)
Pink Shirt Day was started in 2007 by two incredible grade 12 students from Central Kings Rural High School in Cambridge, Nova Scotia. David Shepherd and Travis Price organized a protest to wear pink in support of a Grade 9 boy who was being bullied for wearing a pink shirt. They bought 50 pink tank tops and sent out messages to schoolmates that night before. The next morning, the group of students wore pink to identify themselves as an ally to a boy who was bullied for wearing a pink shirt. The pink shirt is a way of showing those being bullied that there are many people around who care. On Feb. 26, we encourage everyone at MCS to wear pink to symbolize that you do not tolerate bullying.
The focus for February will be on **Respect and Diversity (Inspiring Hope)**

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

* **Read Alouds for Children on accepting and respecting our unique differences.** These can be borrowed from the guidance office or purchased from Amazon.ca

* **Youtube video explaining the orgins of Pink Shirt Day**
  https://www.youtube.com/watch?v=gjmf3I1_ZhU

During February, 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 elementary 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 check 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.