Upcoming Guidance Events

1. Parent Presentation by Shaun Kimball (Nov. 5 from 7:00pm - 8:00pm)
Come join us at Meduxnekeag Consolidated School on Monday, November 5, 2018 from 7:00-8:00pm for an informative parent session about children and online safety. Mr. Shaun Kimball, a Woodstock police officer, visited MCS during the month of October and spoke to students about online safety. During this parent session, Mr. Kimball will review what he shared with students and offer some helpful resources for parents at home. There will also be time for questions and answers at the end of the session. Hope to see you all there!

2. MCS Wellness Week (Nov. 19-23)
During this month students will explore what wellness means. There will be classroom presentations given by Mrs. Kai tee MacDougall, the Community Education Coordinator for the Canadian Mental Health Association in Woodstock. She will be visiting the Kindergarten - Grade 2 classes, as well as the Grade 6 classes. Kai tee will speak to students about proper identification of feelings, the connection between positive attitude and good mental health, and the impact that physical exercise and proper nutrition has on our mental health.

3. PALs and Pint-Sized PALs
This is a guidance initiative that encourages and supports students as they work towards being the change they want to see in the world. The group meets once per month and completes a number of activities in hope of Positively Affecting the Lives (PALs) of those in their school and larger community. This will begin the second week in November and will run all year long.

4. Middle School LINK Program (Companions posted and resources delivered to students)
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 November will be on Personal Wellness.

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

*The Eight Dimensions for Wellness
https://www.youtube.com/watch?v=2NR4_5dt7JA

*Canada’s Health Food Guide

*The Wellness Wheel Student Quiz
http://www.sfu.ca/students/health/resources/wellness/wellnessquiz.html

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

*MyBlueprint Resource
www.myBlueprint.ca/anglophonewest

During November, the guidance counsellors will launch our second whole school initiative (PALs and Pint-Sized PALs). We will also be supporting teachers with co-planning and co-teaching around general guidance curriculum outcomes. The guidance team will continue to work through 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 book shelf. The guidance counsellors check the box daily and see 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.