Upcoming Guidance Events

1. 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.

2. Atlantic Canada Career Week (Oct 30–Nov 3)
The theme of this year’s Atlantic Canada Career Week is Strengthening Students to Strengthen Communities by Empowering Our Students through Social Enterprise and Entrepreneurship. During the week, MCS students will be able to showcase their skills and interests as “social entrepreneurs” by exploring challenges and opportunities that may be relevant to them individually and to their community.

3. Diversity and Respect Week (Nov. 20th – 24th)
Each year during Diversity and Respect Week, schools engage in learning activities that foster an appreciation of diversity in our communities. At MCS some of these activities will include: daily announcements read in different languages to reflect diversity in the student population, promotion of positive mental health, anti-bullying classroom lessons, gay-straight alliance meetings, and much more!

3. Coffee with the Counsellor (Nov. 29 from 6:30 PM-7:00 PM)
This will be the first ever Coffee with the Counsellor at MCS. Parents are invited to attend a half-hour evening session chatting about screen time and internet safety. The meeting will take place in the staff meeting room. Hope to see you there!
The focus for November will continue to be on emotional regulation.

Here are some coping strategies that could be discussed with the students at school. As parents, try to encourage your children to share which ones work for them and how they find it helps.

I will continue to work on implementing the two guidance program initiatives (Big Buddies/Little Buddies and PALs/Pint-sized PALs) at MCS, as well as facilitate small group counselling sessions and individual solution-focused counselling as needed.

If you have any questions about the guidance program at MCS, please feel free to contact me at the school 506-325-4351.

Kind Regards,

Krista Webb-Scheers
How Can Students Access the Guidance Counsellor?

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 counsellor 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 counsellor.

3. Your child can **ask his or her teacher** to help them get in touch with the guidance counsellor 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 counsellor and share that he or she would like to set up an appointment to speak with her.