Upcoming Guidance Events

1. Canadian Mental Health Week (May 7-13, 2018)
During the week of May 7-13, students and staff at MCS will be participating in Canadian Mental Health Week. “Approximately seven million Canadians – 20 percent of us – live with mental health problems, mental illness or addiction. Too often it’s kept hidden because of the associated stigma and discrimination. That needs to stop. Talking is the first step. During Mental Health Week we want Canadians to #GETLOUD” (http://pei.cmha.ca/get-involved/mental-health-week/#.Wq07cWrwI).

2. International Day Against Homophobia, Transphobia and Biphobia (May 17, 2018)
On May 17, 2018 MCS will be participating in the International Day against Homophobia, Transphobia, and Biphobia. The Worldwide LGBT organization has elected “Alliances for Solidarity” as the 2018 global theme. The Gay Straight Alliance at MCS will be heading up some awesome activities for that day. We believe that “Putting the focus of the Day on Solidarity and Alliances (we) can create a valuable opportunity for all of us to reach out to our current partners to reinforce our bond, to reach out to new partners to raise awareness of our commonalities, and to engage in collective action around the Day” (http://dayagainsthomophobia.org).
The Focus for April

The focus for April is centered around choosing kindness.

At MCS, students will be having discussions with their classroom teachers, and as a whole school during our Morning Charge assemblies, on how students can use kind words and actions towards others to strengthen our positive learning environment at school.

Below I have included a couple of links to the material used here at our school and some parental resources for families. These items can be used at home when talking to children about this topic.

*Kids Help Phone - Friendship
http://www.kidshelpphone.ca/Teens/InfoBooth/Friendship.aspx

*Peaceful Schools International
http://peacefulschoolsinternational.org/

*PREVNet – National network around promoting relationships, preventing violence and bullying.
https://www.prevnet.ca/bullying/parents

*Stand Up to Bullying
http://promo.family.ca/stand-up/

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

*Promoting Positive Schools Together (PSSTWorld)
https://www.psstworld.com/

Throughout this month, I will continue to work on whole school initiatives (Big Buddies/Little Buddies and PALs/Pint-sized PALs) and meet with individual students on a case-by-case basis for short-term, solution focused counselling.

I will be finishing up my small group sessions around Personal Safety (grade 1) and will be beginning my next two groups. One will focus on Flexible Thinking (K-2) and the other will concentrate on teaching strategies for Building and Maintaining healthy Friendships (grade 3-5).

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

Krista Webb-Scheers
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 bookshelf. 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.