Upcoming Guidance Events

1. Suicide Prevention Month/Yellow Shirt Day (February 2, 2018)
The provincial government is inviting New Brunswickers to observe February as Suicide Prevention Month. “The purpose of this month-long effort is to promote awareness about suicide prevention by encouraging dialogue and by reducing the stigma associated with mental illness and with suicidal thoughts or feelings...New Brunswickers are encouraged to learn the warning signs of suicide; to reach out to those who need help; and to ensure their own mental wellness”. (GNB, 2013). MCS is encouraging all students and staff to wear yellow on Friday, Feb. 2, 2018 to show their support.

2. PSST World Launch (February 5, 2018)
ASD-W is proud to announce its new partnership with PSSTWorld, launching a cutting-edge school safety program into district schools. The PSSTWorld program is based on a proven 5-year pilot project designed by international safety expert, Theresa Campbell, in Surrey, BC. The program encourages student participation as a core factor in the improvement of school safety and culture. To become familiar with the PSSTWorld program, please visit: http://psstworld.com/about-us.

3. Pink Shirt Day (February 28, 2018)
Pink Shirt Day was started in 2007 by two grade 12 students in 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. The pink shirt is a way of showing those being bullied that there are many people around who care. On Wednesday, Feb. 28, 2018 all students and staff are encouraged to wear pink to show their support.
**The Focus for February**

The focus for February is centered around **inspiring hope**.

At MCS, students will be learning about inspiring hope and how to deal with stress, anxiety, and sadness in order to live a balanced life.

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.

By the end of this month, I will be starting round two of my small group sessions. The topics for these groups will be: organization (gr. 6-8), coping skills for anxiety (grades 3-5), and friendship skills (kindergarten-gr. 2).

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
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.