



Counselling Corner

October

Jo(e) Social Media Parent Night

We are pleased to be co-hosting this event with St. Teresa Parent Council on Wednesday, October 2nd from 6-7:30. All parents and students in gr 4&5 are invited!

New Student/Staff Lunch & Scavenger Hunt

19 new students and 12 new staff were treated to a pizza lunch on September 11th. They became familiar with each other and with key places and messages in our school through a scavenger hunt. We are so thankful for all of the new members to our school community!

Family News

Sports and outdoor recreation are important for our physical and mental well-being and often lead to friendships and connections to community that last a lifetime. The following groups assist eligible families to access recreation throughout the year:

Canadian Tire Jump Start :

<http://jumpstart.canadiantire.ca>

Kid Sport:

<http://www.kidsportcanada.ca>

City of Red Deer Fee Assistance Program:

Contact any City of Red Deer Recreation Facility

Some organizations like the YMCA (just a block away from our school :) will also offer a discount or sponsor a student for families who qualify. If you would like a list of these groups or require support applying for these programs please contact Ms. Masson or Mrs. Vickery.

Mental Health Classroom Lessons:

We are excited to share some changes to our Mental Health Programming! We will be having several 'Mindful Afternoons' throughout the year where staff & students will have the opportunity to try different tools. We hope that these experiences encourage more frequent use of the skills to help with Self - Regulation.

We will continue to highlight one Mental Health Skill a month and provide suggestions for at home activities. For the month of October we will focus on 'Gratitude' which can be directly linked to increasing one's positive feelings of self and others. It is a purposeful and meaningful way to reflect on the day and also to prepare one's mind for the following day.

Activities For Encouraging Gratitude at Home:

- Write letters/notes of thanks to people in your family or community.
- Model gratitude by sharing something you are grateful for each morning/evening and talk about how this can positively impact our mood, attitude and relationships.
- Help children 'notice' the 'good' by pausing to appreciate nature, someone opening a door or being kind.

Counselling Team:

School Counsellors:

Mrs. Fleming & Mrs. Lynch

Family School Enhancement Counsellors:

Ms. Masson & Mrs. Vickery

GRATITUDE

& THE CATHOLIC EDUCATION CHARACTERISTIC OF
SACRAMENTALITY

WEEK 1

Make it a point to thank someone for what they have done for you.

WEEK 2

Find a volunteer opportunity in your community.



Gratitude is about focusing on the good in our lives and appreciating what we have.

WEEK 3

Rake leaves for one of your neighbours.

WEEK 4

Share three things you're grateful for around the dinner table.

MENTAL HEALTH STRATEGY:

GRATITUDE JOURNAL:
EACH DAY TAKE NOTE OF SOMETHING THAT
MAKES YOU FEEL HAPPY AND THANKFUL.

40 Developmental Assets focus:

- #1 Family Support
- #4 Caring Neighbours
- #5 Caring School Community
- #9 Service to Others
- #24 Bonding to School

"GIVE THANKS IN ALL CIRCUMSTANCES, FOR THIS IS GOD'S WILL FOR YOU IN CHRIST JESUS."

1 THESSALONIANS 5:18