



Counselling Corner

November

Small Groups

Our Counselling Team will be working directly with teachers to determine the needs for each classroom and creating targeted small groups as needed. In addition, we will be running some small groups on specific topics. Please see the back of this sheet for more information.

Leadership Retreat

Thanks to a grant from the Education Foundation, we were able to bring 25 students (Health Champions) to Sacred Heart Parish for a fun, faith filled retreat. Students learned about leadership qualities, cooperative games and made their own healthy snacks and lunch!

Family News

Want to create strong, positive connections with your kids and within your family? You will receive a weekly email outlining 2 challenges to choose from to complete as a family ... and you can enter to win prizes too! Register NOW for the first **SPARC Family Challenge** at www.sparcreddeer.ca/challenge or by email sparc40rd@gmail.com. **Deadline to register is November 4th.**

Christmas is Around the Corner

If you are interested in learning more about Red Deer's Christmas Community Support Programs and how to access them, contact either Mrs. Vickery or Ms. Masson.

Mental Health Classroom Lessons:

We are excited to announce we will be holding 'Mindfulness Matters' afternoons this year. Students will have the opportunity to travel with their class & teacher to different sessions that will help promote regulation. The first session will occur on Oct 30th. Ask your child what session they attended!

November Focus: Breathing & Progressive Muscle Relaxation

- Ask your child their favorite deep breathing activity that helps them to calm.



- Google Progressive Muscle Relaxation Scripts or Videos for kids and try one together! Progressive Muscle Relaxation can help children become more aware of their personal space, help with sleep onset and help with regulation.

Counselling Team:

School Counsellors:

Mrs. Fleming & Mrs. Lynch

Family School Enhancement Counsellors:

Ms. Masson & Mrs. Vickery



Small Group Opportunities

These are some of the small groups we plan to offer throughout the school year depending on student needs. If you would like to have your child involved in any of these groups, please contact their classroom teacher or a member of our counselling team.

Banana Splits (Divorce)

This group will help support children who are experiencing difficulty with recent divorce or separation of their parents. This group provides children a healthy way to express their feelings and concerns while learning the differences between adult and child responsibilities.

Grieving

This group helps children who have suffered a loss and would benefit from sharing their feelings, learning new ways to deal with sadness and the opportunity to create a memory box/book.

Kids Club - Family Matters

This group will help children where addiction is present in the family. Some of the topics will include recognizing and dealing with emotions, a child-friendly understanding of what addiction is and developing healthy coping strategies.

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