



Counselling Corner

March

Parent Teacher Interviews

March 18th & 19th

Our School Counsellors, Mrs Lynch & Mrs Fleming will be opening the 'MindfulNest' Room during the evening of Parent Conferences from 4-6pm. Please pop by and try some of our activities with your child.



Family News

Did you know that the **YMCA**, the **Red Deer Museum and Art Gallery (MAG)**, **Kerrywood Nature Centre** and **Red Deer Child Care Society** are just a few of the community organizations that offer **PD and school break camps**? Want to learn more about our community connections? Contact Ms. Masson or Mrs. Vickery.

Parenting Grief and Loss sessions coming up March 11 and April 1, 2020 at Camille J. Lerouge School from 5:30 pm - 6:30 pm. Questions? Contact Cathy at 403-318-1434. Pre-register at <https://forms.gle/wqsPhkCY1PyvmoRy5>

Mindfulness Matters Sessions

On Wednesday March 4th, students will have their 4th 'Mindfulness Matters' sessions. Students will travel with their class and teacher to practice Mindful: Movement, Music, Drawing, Faith, Positive Affirmations, FNMI Circles, Gratitude, Storytime, Journaling, Nature Walk & many more!

February Mindfulness Focus: Guided Visualization

- Draw pictures of calming places/activities
- Remind children to think about a calm place when feeling worried and focus on what they hear, smell, see, feel & taste!

MINDFULNESS

March Mindfulness Focus: Prayer / Mindful Meditation

- Brainstorm different people to pray for with your child & set aside time to do this together.
- Find the beauty in nature or just when you are spending time together with your child and tell them why this is important to you.

Counselling Team:

School Counsellors:

Mrs. Fleming & Mrs. Lynch

Family School Enhancement Counsellors:

Ms. Masson & Mrs. Vickery



RED DEER CATHOLIC REGIONAL SCHOOLS PRESENTS

Parenting GRIEF, LOSS, & FAMILY CHANGES

WHEN: March 11 & April 1, 2020

TIME: 5:30-6:30pm, 5:15pm coffee & cookies

WHERE: Ecole Camille J. Lerouge school

INFORMAL AND INFORMATION-BASED, THESE SESSIONS ARE FOR ANYONE WHO HAS QUESTIONS ABOUT HOW TO RESPOND TO THEIR CHILDREN/TEEN'S BEHAVIOUR AFTER A LOSS OR FAMILY CHANGE.

To register go to <https://forms.gle/bgKbAbKwg89EymVm9>.
If you have questions, please contact our facilitator
Cathy Swinston at 403-318-1434.