

Counsellor Corner



October
2023



 SKJH Guidance
RESOURCE INFORMATION

The counselling website at St. Kevin's Junior High is undergoing renovations and updates throughout this year. As a part of this process we are pleased to announce a new page, titled Resources. Check out this page for a list of resources available for borrowing or pickup outside Ms. Miles' office.



St. John Ambulance
Therapy Dog 

Once again, this year we are welcoming back the St. John Ambulance Therapy Dog Program to St. Kevin's Junior High School. We are very happy and fortunate to have Sir Tristian and his handler Ms. Edna come visit our classes once a month. Students and Staff alike benefit both physically and emotionally from petting, holding and simply seeing these adorable four-legged friends in and around our school. Just look at the smiles on some of these students faces!



Roots of Empathy

The Guidance department at St. Kevin's is very excited to be offering the Roots of Empathy to two grade 6 classes this year. A huge welcome and thank you is extended to Allison Chafe who will be offering the program to Ms. Etchegary's 6-1 class. This year we are delighted to welcome Baby Dawson and the Burke Family to SKJH and Ms. Etchegary's 6-1 class and to Baby Nellie and the Best Family to Ms. Budden's 6-4 class.

Contact

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Career Month

November is Canada Career Month. This is a month where Canadians from coast-to-coast-to-coast celebrate the importance of accessing meaningful work and all those that help us in connecting with our preferred futures. While for many it may seem odd to think about careers in late Elementary and Junior High, in fact, it helps children understand who they could become. Learning about careers helps children develop a healthy sense of self that aids development of their foundational skills and enables them to reach their full potential. In November we will celebrate Career Month with a short activity each Thursday in Homeroom. Please check out My Blueprint for more information in Career Exploration. <https://skjhcounselling.weebly.com/my-blueprint.html>



Breakfast Program

Our SKJH Breakfast program is now in full swing and going strong. We held our Walk to Breakfast on October 4th with a Pancake Breakfast when students returned to school. As well we celebrated Kids Eat Smart Smoothie Day on October 5th. We are always looking for parent volunteers to assist in the mornings from 7:00 - 7:50am. If you have anytime to spare we can always use an extra hand. Our breakfast menu is:

Monday - English Muffins, Fruit, Cheese Strings, Yogurt, Milk

Tuesday - Toast, Fruit, Cheese Strings, Yogurt, Milk

Wednesday - Waffles, Fruit, Cheese Strings, Yogurt, Milk

Thursday - Cereal, Crackers, Granola Bars, Cheese Strings, Yogurt, Milk

Friday - Alternating: Smoothies, Muffins, Yogurt Parfaits, Overnight Oats, Fruit Kabobs

Mental Health Moment

As requested by our students, who indicated they would like to learn more about Mental Health and Mental Illness, each month the Guidance Department will bring to you a mental Health Moment. Following from the Teen Mental Health Literacy.org School Mental Health Curriculum Guide together as a school community, this year we will work to learn to build and maintain positive mental health, decrease stigma surrounding mental illness, increase understanding of common mental disorders, and improve help-seeking skills.

We will begin with a focus on the topic of STIGMA.

Many people with mental illness say that the stigma that surrounds mental illness is harder to live with than the disease itself.

Stigma refers to “a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid and discriminate against people with mental illness. Stigma is not just a matter of using the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness. Stigma is a barrier. Fear of stigma and the resulting discrimination discourages individuals and their families from getting the help they need.” (SAMHSA, 2004).

It is important to remember that stigma is not unique to mental illness. Stigma can occur in many different contexts including social and interpersonal relationships such as gender identity, culture, sexual preference, etc. Mental illnesses are not the only illnesses that are or have been the focus of stigma. Some other illnesses that have been the focus of significant stigma include Leprosy, Smallpox, Syphilis, Cancer and HIV/AIDS.

Check out these following video links to learn more:

- <https://www.youtube.com/watch?v=VYs05qPycYQ> (11 minutes)
- <https://www.youtube.com/watch?v=MXstX0wUOVg> (45 secs)
- <https://www.youtube.com/watch?v=bISkkwcy4uo> (12 minutes)