

# Counsellor Corner



September  
2023

## Welcome Back

Welcome Back to another school year. At St. Kevin's Junior High we are excited to welcome our new grade 6 students and any new transfer students to the Mustang Family. To our returning students and families, welcome back. I hope you have all had a wonderful and relaxing summer break and are ready for another fun, exciting and productive school year.

## Your School Counsellor



Welcome to the "Counsellor Corner", a new monthly guidance newsletter, highlighting current and upcoming guidance events and updates.

My name is Deanna Miles and I am your school counsellor here at SKJH. I look forward to working with all students and their families this year and am here to support you however you may need.

As your School Counsellor I am here to support our families by offering individual counselling, group counselling, classroom guidance lessons, and psychological assessment. I am here to discuss personal issues, family and friends, academic concerns, and even future planning to name a few.

## Roots of Empathy

The Guidance department at St. Kevin's is also pleased to be a part of the Roots of Empathy Family. The Roots of Empathy Program involves pairing a class with a family and infant and teaches the students empathy through observing the infant's development and emotions. This year will be the fifth year since 2018 that our school has offered the program.

### Contact

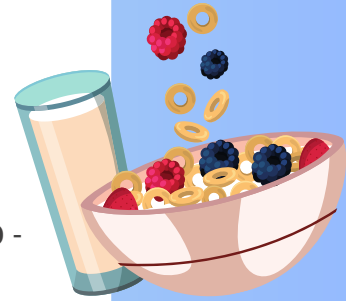
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deannamiles@nlesd.ca  
[www.skjhcounselling.weebly.ca](http://www.skjhcounselling.weebly.ca)

## Breakfast Program

At St. Kevin's Junior High, I am pleased to be a part of the school breakfast program, which provides students access to healthy breakfast items five days a week, including crackers, cereals, toast, waffles, fresh fruit, yogurt, cheese, smoothies, muffins, and parfaits.

Four mornings a week we have students and parents volunteer their time to prepare toast, english muffins, waffles, muffins, smoothies and parfaits from 7:00 - 7: 50am. We are always looking for parent and student volunteers to assist with the program. If you are interested, please reach out to me via email.

Coming up on Wednesday October 4, 2023, is the Kids Eat Smart Walk to Breakfast. Students will participate in a walk around the community in the morning showcasing the support of Kids Eat Smart followed by a Hot Breakfast back at SKJH. We are requesting any parent assistance to help with making breakfast that morning as well as a loonie donation to help support our SKJH Breakfast Program.



## Social Media



Snapchat, Instagram, TicToc - how do we keep up with it all? Social Media is all around us and we can't hide from it. Our students are using it and surrounded it by it whether we like our not. But it is important as parents to become involved and discuss with your children what they are posting and what they are doing online.

Research indicates it doesn't matter how much money you make, that children with involved parents, attend school more regularly, get better grades, have better social

skills, complete homework more regularly, are more positive about school, and are more likely to graduate and go onto higher education. Social Media can have great impacts on our students lives and overall mental health. We encourage you to dialogue with your children about their lives and your lives online. As adults, we are the role models for our children and they take cues from what we do online. For instance talk about what we use social media for, is it for work only, or connecting with family and friends? Who is viewing our account - is it private or public? And to think about what we are posting, what is the purpose. It is True, Helpful, Necessary, Kind?

Encourage your children to stand up to online hate and use Social Media for Good!

Check out the following for more tips on Social Media with your Children:

[https://drive.google.com/file/d/1w3Fye2d2uJ9b\\_D2F9g4nI8NnFyGJ\\_4NG/view](https://drive.google.com/file/d/1w3Fye2d2uJ9b_D2F9g4nI8NnFyGJ_4NG/view)