Ecole Mother Teresa Counsellors Corner

September 3, 2015

Welcome Back!

We would like to take this opportunity to inform everyone about what is happening with the counseling programs at Mother Teresa and to introduce ourselves.

The counselors at Mother Teresa for the 2015-2016 school year are Mrs. Heather Weaver and Mr. Trevor Reinhart. As the counselors, we meet with classes, groups, individual students, staff and parents. Our main focus is for Mother Teresa to be a safe and caring place through discussions and numerous presentations from ourselves and outside agencies as well as a continuation with the Dare to Care Program. Parents or students may be in contact with us at any time to set up a meeting. Either counselor may be contacted at 887-6371 or through e-mail at treinhart@rdcrs.ca or hweaver@rdcrs.ca.

We are here to provide parents and students with the resources they need through consultations, counseling, referrals or providing additional information for specific concerns. We look forward to providing our parents and students with support and the information needed to have a successful year. Please call the school if we can be of any assistance to you and your family.

If you have any questions about any of the programs or would like more information about the Mother Teresa Counseling program, please contact Heather Weaver or Trevor Reinhart

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**Rainbows**

Our Rainbows Program will begin in the month of October. If your child has experienced the loss of a loved one, or if your family is going through a separation or divorce the Rainbows program may be of assistance. The Rainbows Program will allow children to meet with counselors once a week. Students will be given strategies and tools to assist them with the transitional phase of grief and loss. Please contact Mr. Reinhart or Mrs. Weaver for more information on the program.

**Presentations**

Throughout the year, your child may be receiving presentations from agencies such as Butt Ugly, Madd, No Secrets, Suicide Prevention and Intervention, War Amps, Red Cross, Crisis Centre, Dare to Care, and the John Howard Society to name a few. Watch the Counselor’s Corner for more information presentations and upcoming dates.

 Dare to Care

We will continue to use the Dare to Care language in elementary through the health classes. The counsellors are very excited this year because they will be instructing the health program to our elementary students. ÉMTS is a fantastic learning community, with a safe and caring atmosphere, and thorough procedures to ensure every child at the school is safe.  By teaching children non-reactive strategies, significant changes can be made in the school community and therefore the child will learn to be more resilient.

**What Can I Do If I Am Being Bullied?**

The students are learning the acronym:

**HA HA SO**

Help

Assert Yourself

Humor

Avoid

Self-Talk

Own It



Please open up the conversation with you son or daughter to encourage them to solve conflicts.

**Family School Wellness**

Mrs. McCoy is the FSW worker that works with students and families from Mother Teresa. The Family School Wellness Program is an independent program that works in collaboration with schools and community agencies. Referrals for this program may be made directly through one of the school counselors.

