

Dear families,

National Day for Truth and Reconciliation

HES observed Canada's Day for Truth and Reconciliation on October 4th due to our September 30th Operational Day. School-wide activities included a land acknowledgement, music, a collaborative artwork and video interviews that focused on celebrating First Nations culture and heritage. Classrooms also participated in various age-appropriate learnings, books, projects and conversations focusing on Canada's Residential School Legacy and commemorating survivors. I would recommend having a conversation with your child about their thoughts, feelings and knowledge relating to this subject in order to target any additional questions or misunderstandings that they might have as individuals. I'm happy to assist if more information is needed.

Guidance Lessons

In Guidance, we talked about the importance of every child having at least one safe adult to go to for problems, questions and help. This could be a family member, school personnel or anyone that the child feels would want to help them and is comfortable with. I also explained the role of counsellors in schools and in the community. Specifically, that counsellors can help with difficult feelings and problems.

We reviewed that if our instinct tells us that something isn't right, that a safe adult needs to be told. We also discussed why our friends, older siblings and even pets don't count as a "safe adult" because they would not likely have the skills or tools to directly make change.

As always, I can be contacted at kate.johnson@nbed.nb.ca or at 832-6021 if you have any issues or concerns regarding your child.

Kate Johnson
Guidance Teacher