

# NMS Guidance Center

## November Newsletter

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NMS Guidance Counsellors



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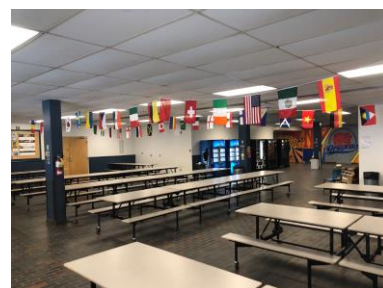
### November 3<sup>rd</sup> -6<sup>th</sup>: Career Week

Throughout the week, NMS students will explore how their interests and hobbies are connected to future careers. MyBlueprint is a new resource that will be used with students to help them discover who they are - their learning styles, interests, and personality traits— and how this knowledge can help them with planning for their futures. MyBlueprint is accessible from home and will be implemented as part of Personal Development & Career Planning initiatives. Students and parents can access the site at [myBlueprint.ca/anglophonewest](http://myBlueprint.ca/anglophonewest)



### November 18<sup>th</sup> – 22<sup>nd</sup>: Respect & Diversity Week

Throughout the week, students will be engaged in various conversations and topics surrounding diversity and respect. Some activities that will take place include daily announcements read in different languages to reflect diversity in our student populations, celebration of all the national flags in our cafeteria reflecting our student's background, gay-straight alliance meetings, multicultural potlucks and presentations from our Global Minds multicultural club.



### Best Buddies at Nasis Middle

Led by our Grade Seven Resource Teacher, Mr. Smith, the Best Buddies Program has begun for the 2019-2020 school year. The program combines students at NMS with one and other to foster positive connections within the school family. The program is geared to, but not limited to, students who have an intellectual or developmental disability.



### Thank You!

On October 26<sup>th</sup>, Nashwaaksis Middle School partnered up with the Nashwaakis Y Service Club to host a fundraiser breakfast for the school's Breakfast Program where \$2190 were raised! Research confirms that children and youth who eat a healthy breakfast engage more in class and perform better academically. They also have better attendance, and fewer behaviour issues. #DragonsOnFire



**NASHWAAKSIS MIDDLE**

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@NasisMiddle

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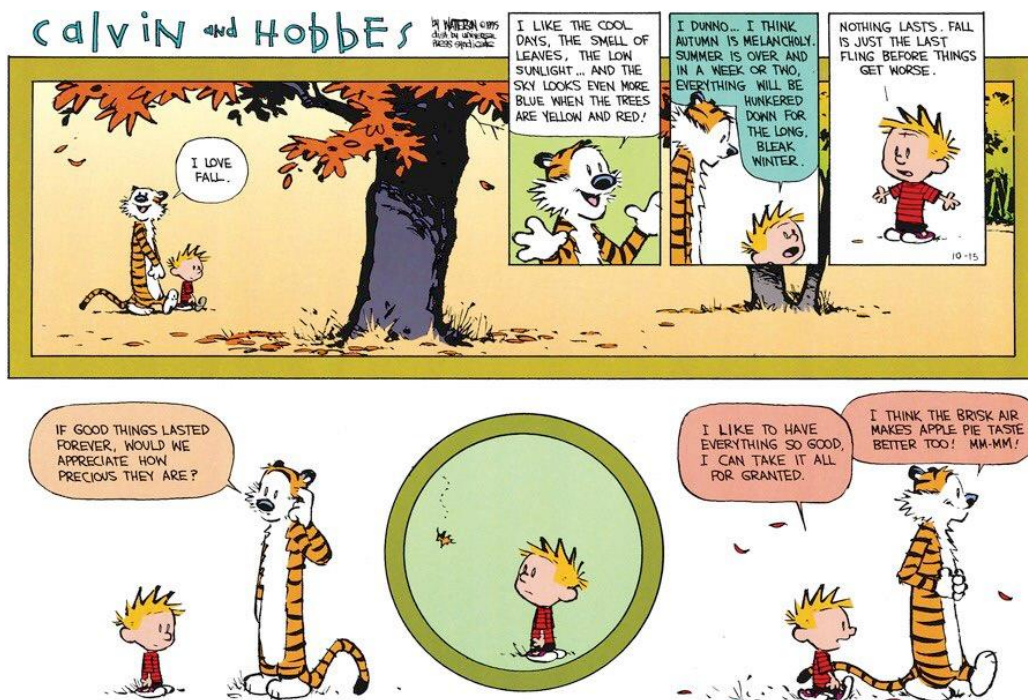
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**Parents:** The following are a few good resources for supporting and exploring these topics at home with your children:

<https://www.common Sense Media.org/> (also on Twitter @CommonSense): From their website: **Common Sense Media** rates movies, TV shows, books, and more so parents can feel good about the entertainment choices they make for their kids. We offer the largest, most trusted library of independent age-based ratings and reviews. This is a great resource to help navigate the digital world and determine which platforms are appropriate for our child and which ones aren't.

<https://www.psstworld.com/>: From their website: **PSSTWorld** is an online anonymous reporting tool for schools or districts. Students report bullying, cyberbullying, etc. as a safety tip line solution. PSST world was shared with students during the October Assembly.

[https://www.youtube.com/watch?v=2NR4\\_5dt7JA](https://www.youtube.com/watch?v=2NR4_5dt7JA): Learn about the Eight Dimensions of Wellness that are important in the pursuit of optimum health: Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social and Spiritual Wellness.



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## How Can Students Access the Guidance Counsellors?

Your child can access the school guidance counsellors in the following ways:

1. Children can self-refer themselves by submitting a note into the guidance box found outside the main office. Students should include their name, date and brief description of their circumstances/situation. The guidance team checks the box daily and responds accordingly.
2. Your child can pass his or her **LINK Card** onto any of the NMS Companions and ask him or her to schedule an appointment with the guidance counsellor. They can also leave their **LINK Card** with a guidance counsellor.
3. Your child can ask his or her teacher to help them communicate with the guidance counsellor and he or she will speak/email the guidance team to help set up an appointment.
4. Your child can ask you –the parent/ guardian—to call or email their respective guidance counsellor and inform them that he or she would like to set up an appointment.



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