

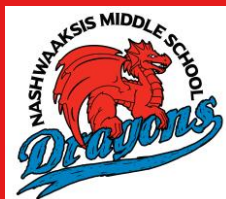
# NMS Guidance Center

## September Newsletter

Casey Brophy  
Grade 6 & 8 Guidance  
BEEd, MEd, CCC  
Phone: 506-453-5436  
Email: [casey.brophy@nbed.nb.ca](mailto:casey.brophy@nbed.nb.ca)

 @GuidanceNMS

NMS Guidance Counsellors



Michael Sorensen  
Grade 7 Guidance  
BRSS, BSc, MA  
Phone: 506-453-5436  
Email: [michael.sorensen@nbed.nb.ca](mailto:michael.sorensen@nbed.nb.ca)

 @SorensenNMS

### Guidance Newsletter!

New for the 2019-2020 school year is our monthly guidance newsletter.

What can you find in our newsletters?

- Upcoming guidance-related dates and events
- Links and resources for students and parents.
- Clubs and Groups
- Follow us on Twitter!



### Guidance Counsellors: What do we do?

#### Guidance Curriculum

- Positive Learning Environment Initiatives
- Guest Speakers
- Presentations: Conflict Resolution, Mental Fitness
- Bullying Awareness Activities

#### Individual Planning

- Support students in successful transitions
- Support students in developing and achieving personal, educational and occupational goals
- Help students in discovering and understanding their abilities, interests, skills and achievements

#### Responsive Services

- Provide short-term, solution-focused individual/group counselling
- Crisis preparedness and intervention
- Consultation with stakeholders, including parents/guardians, teachers, & outside agencies
- Referral to other professionals when appropriate.

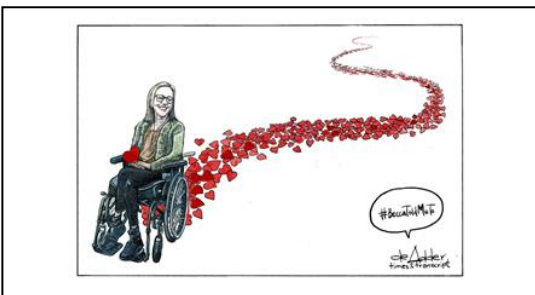
#### Program Support

- Review of school data
- Personal professional development
- Communication about programs to stakeholders
- Community outreach



### Becca Schofield Day – September 20<sup>th</sup> - #BeccaToldMeTo

Each class will be challenged to complete as many Random Acts of Kindness during the week of September 16<sup>th</sup>-20<sup>th</sup> in Becca's honour. Want to know more about Becca's Story? Check out [beccatoldmeto.ca](http://beccatoldmeto.ca)



**NASHWAAKSIS MIDDLE**

324 FULTON AVENUE, FREDERICTON, NB, E3A 5J4  
TEL: 506-453-5436 FAX: 506-444-4129

 @NasisMiddle

 @DragonsOnFire

# NMS Guidance Center September Newsletter

## 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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