

MNS Guidance News

BEYOND THE HURT - A RESPECTED PROGRAM OF THE RED CROSS

COMING EVENTS

January 28
Bell Let's Talk Day

February 10
Safer Internet Day

February 13
Babysitting Course

February 25
Pink Shirt Day

March 21
Curl for Mental Health

April 18
Skate to Care

May 4-10
Mental Health Week

Membership in Beyond the Hurt is fluid as students get involved with other school activities and follow different interests as the year progresses. The STARS will assist with programming for both Safer Internet Day, February 10, and Pink Shirt Day, February 25. Staff and students alike will learn about staying safe on the internet. Follow the school's twitter account as students tweet what they learn in 140 characters or less. Pink Shirt Day's theme this year is Awareness without Action is not enough. Stand united against bullying and wear pink to your work place on the 25th.



Above Carson Kennedy receives his Gift Card and Teddy Bear as the winner of the SOS raffle. Presenting the prize are BTH Facilitators Megan Fisher (L) and Alison Cooke. (R)

SOS—Stock Our Shelves

MNS STARS heeded the call and supported the first-ever Teen Resource Centre/Safe Harbour Stock our Shelves campaign. Homeless Youth in southern New Brunswick will sleep a little easier and warmer thanks to the donations of MNS STARS. Safe Harbour will not only provide shelter but a safe, empowering environment to support youth in making positive changes in their lives.

CMHA Programming for Parents

Depression, Hope and Healing, Mindfulness
633-1705 for Info

Wendy Corrnfield

EST-Guidance
c/o Millidgeville
North School
500 Woodward
Avenue, Saint John,
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January 28 is set for the 5th annual Bell Let's Talk Day in support of Mental Health Awareness. Spokesperson, Clara Hughes, a six-time Olympic medalist and Bell Let's Talk Ambassador, is inviting Canadians to talk, text, tweet or share on Facebook about mental health and help build a Canada free of the stigma of mental illness.

This year's Bell Let's Talk campaign focuses on five simple ways we can help end the stigma. Language matters—pay attention to the words you use about mental illness; educate yourself—learn, know and talk more, understand the signs; be kind; listen and ask; talk about it. Last year \$5,472,585.90 was raised so start the engines on your phones and tablets for positive mental health.

Career Cruising

All Middle School students began their Career Cruising unit during November and December. Grade 6 explored Learning Styles, Grade 7 Career Match-maker and Grade 8 Skills Inventory and resumes. To see what your child has completed or for further information on careers, have them take you to the following link: <http://careercruising.com>.

Curl for Mental Health



“Grab your mates and make Curl for Mental Health a sweeping success”, says Dawn O’Dell of the Canadian Mental Health Association. Enjoy a day of food, fun, entertainment and friends. No experience necessary. Save the date — Saturday, March 21, Thistle-St. Andrew’s, \$250. per team (\$50. registration fee). For further information or for pledge forms, call CMHA 633-1705 or e-mail cmha@nb.aibn.com

Skate to Care

MindCare, an ASD-S partner, is also seeking support for mental health programs through its annual Investor’s Group Skate to Care. This year the event will be held at the Q-plex in Quispamsis on April 18. For further information contact Laura Downing, Event Co-ordinator, Saint John Regional Hospital Foundation.



Babysitting Course

A Babysitting Course will be offered at MNS on Friday, February 13 from 9 – 3:30. The cost is \$40. and registration forms should be returned to Mrs Cornfield before February 2nd.

Focus on Wellness/Fitness Friday

Focus on Wellness this term will offer our students more opportunities for growth physically, socially and emotionally. Sessions in zumba, yoga, tae kwon do, in addition to some experiential career presentations are planned. Again our thanks to the volunteers from our school/parent community for their participation, interest and enthusiasm.

Black History Month

February is Black History Month and PRUDE Inc. has planned a number of activities to commemorate the occasion. On February 5th there will be exhibits at the Mill Rats Game, on the 7th a play at the Imperial Theatre and a movie viewing at the Saint John Public Library. Contact PRUDE Inc. for further information.

Celebrate What’s Right With The World



Celebrate was re-launched last week in our District so I thought this newsletter would be a perfect opportunity to celebrate students and staff - Arts, Athletics, Administration (including Mrs Gogan), Classroom Teachers, Custodians, Resource and Method — thank you for your persistence, determination, and commitment to your specialties and your students. You truly are appreciated. MNS Stars—your gifts and talents offered to each other and our local/global communities demonstrate re-

Again thank you to Mrs Craig and Mrs Panun for collaborating with me on my professional growth plan, and to my Administrative team and Mme Robitaille Crowley for supporting all of my Beyond the Hurt and Focus on Wellness program-