



DAVID THOMPSON SECONDARY COUNSELLING NEWSLETTER

DECEMBER 2020/JANUARY 2021

Counseling and Student Services

Quarter 1 has past and one thing is certain, covid fatigue is real. No student, parent or teacher has ever practiced or trained for covid learning and teaching. We know this has not been a usual or familiar start to school and the struggles that are happening. We have all been impacted by covid, whether in small ways or large and we need to collectively support ourselves and each other to continue the school year.

Parents who wish to have a meeting with the counselor are required to book an appointment. Please do not drop into the counseling suite as we may be unavailable to meet you without any notice and we need to arrange a safe meeting place that allows for social distancing.

Schoolwork



We are now into Quarter 2 and having had Quarter 1 completed it is so important to figure out strategies to make school/home life manageable. If you found Quarter 1 difficult, now is the time to reflect and change the things you have control over. Ask yourself:

- What worked well for you in Quarter 1?
- What was difficult about Quarter 1?
- What changes to your daily life can you make to improve how you learn in Quarter 2?
- Make small reachable goals and work towards those goals for Quarter 2.
- Stay motivated and ask for help if you need it.

Parents



If you're wondering how you can help your child get through covid schooling, it is important to realize a few things. Students have only 2 courses per quarter, this does not mean less work, but more work with fewer courses. Learn your child's schedule so you know what courses they have and when. Use our staff directory on our school's website to reach out and email teachers directly if you have questions or concerns about your child's learning and progress. When talking about courses with your child, ask specific questions rather than vague ones to stay informed, such as:

- What unit/chapter are you doing and what was the topic of your class today?
- What assessments/tests are coming up and make a schedule for studying.
- How can I help?



Mental Health Focus

BounceBackBC

BounceBack is a free skill-building program designed to help individuals (aged 15+) manage low mood, mild to moderate depression, anxiety, stress or worry. You will learn skills based on cognitive behavior therapy (CBT) that will support you on your path to mental wellness.

BounceBack is designed to put you in the driver's seat of your mental health. You create a program that is going to work for you. Select from workbooks, activities, videos or work one-on-one with a trained coach over the phone. The choice is yours.

Your well-being shouldn't have to wait. With the right tools and practice, you can bounce back and reclaim your mental health.

Your Journey, Your Pace – Choose What's Best for You! You have access to all 3 platforms and can combine or switch between them at any time. If you like independent learning, the online program is here for you. If you want someone to encourage and inspire you to reflect, the coaching program is the best bet for you.

- ✓ BounceBack Coaching
- ✓ BounceBack Online
- ✓ BounceBack Today Video

<https://bouncebackbc.ca/>



▶ Physical activity is so important for our bodies and minds to stay healthy and resilient. Key chemicals such as serotonin are released to help stabilize mood and dopamine which is a key motivator when we reward ourselves by completing a task and doing self care activities.



▶ Stay connected to your family, friends and community. Covid has reduced our ability to physical connection with our circles of friends and family. This does not mean you stop connecting with them, but need to connect in different ways. Call a relative or friend and talk over the phone. It is more comforting to hear someone's voice than to read their texts. Go for safe walks with friends in the neighborhood. Do spontaneous acts of kindness for your community members.



▶ Time management is key to having a productive day and plan for future success. This is an important skill to practice and get good at. It takes experimentation and playing with different schedules before you find one that works to achieve a balance of school/home life. Before you make a daily routine/schedule, think about your priorities, your needs and your wants. Break down your day into chunks to try to include your priorities. Talk to your parents/family and plan this together so there is more accountability for yourself to stick to a healthy and manageable schoolwork/home routine.



Website:
<https://www.vsb.bc.ca/schools/david-thompson/Pages/default.aspx>



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