



DAVID THOMPSON SECONDARY COUNSELLING NEWSLETTER

MARCH/APRIL 2021 - [HTTPS://DAVIDTHOMPSONCOUNSELLING.WEEBLY.COM/](https://DAVIDTHOMPSONCOUNSELLING.WEEBLY.COM/)

We are well into Quarter 3 and we'd like to take this time to remind our community that we have all been asked and required to change in ways that we have never done so before. Congratulate yourself for adapting and rolling with all the changes we have had to endure. We do not know what the future looks but rest assured, the DT Counseling Team is here to support our students through these difficult times. With only 3 weeks of Quarter 3 left, it is important that students are continuing all coursework and catching up on any incomplete work as indicated if a student received an Incomplete Mark on their Interim Report Card for any courses.

Housekeeping – If you and your child cannot access My Ed (<https://myeducation.gov.bc.ca/aspen/logon.do>) for attendance, report cards, and student schedules, please try the "I Forgot My Password" to reset your password. If your account is disabled or you need to change the email your My Ed is connected to, please email our office receptionist Ms. Lily Guo at lguo@vsb.bc.ca.

Students should be logging into Microsoft Teams daily to view online coursework and online classes which are scheduled by each teacher. If you cannot log into Microsoft Office and need to reset your password, use this link - <https://studentpass.vsb.bc.ca/>. Your PEN (Personal Education Number) is required to reset your account, and this number can be found on My Ed BC.

Parents who wish to have a meeting with the counselor are required to book an appointment. Please make an appointment as we may be unavailable to meet you without any notice. This ensures that we have time to arrange a safe meeting place that allows for social distancing.

Remote Learning



With the pandemic impacting schooling, remote learning is vital for the success of your child's academic growth. Having more than half of the school year completed, it is only a matter of time until students get to savour their long-awaited summer break. Let this become a motivation for you to study hard and be involved in their community. However, parents and guardians are not alone in this. Resources like:

- Flex Times – an instructive time allocated for students to schedule time to ask for help from their teachers
- South Vancouver Neighbourhood House Homework Club
- DT School Library; Vancouver Public Library Fraserview Branch can be a huge help to reinforce learning environments to students.

Course Planning



With the upcoming year just right around the corner, it was recently time to explore and identify courses your child would prefer for the upcoming year. Course planning helps students be in charge of selecting classes that they wish to have for the next school year. With numerous courses to choose from, parents' and guardians' guidance is essential for student's success.

When going through the course planning, we encouraged coursework balance, exploration in interests, and past successes to ensure future success.

Students across all grades were exceptionally successful in getting their course requests into My Ed.

We are all in this together!



THANK YOU TO ALL STUDENTS AND PARENTS FOR YOUR SUPPORT IN THIS IMPORTANT TASK!!

Mental Health Focus: Resilience

Resiliency is a term used to define an individual's mental, spiritual and emotional ability to persevere, manage and eventually overcome difficulties and challenges and to be able to transform toward a "new normal." In this way, resilience is not a state of being but the activation of a set of skills honed through life's inherent adversities. To be resilient is not simply to go back to being the way we were before but it is to allow oneself to be changed, to see the cracks in ourselves or the process and to become stronger through these experiences.

The ROAD TO RESILIENCE

1. Community – Find a community that can support you. Ask for help and be there to help. We all need each other during difficult times.
2. Chaos – Accept the uncertainty and chaos. We're living through a global crisis and have never done this before. Be realistic about what you can/can't do.

1. Creativity – Create at home, bake a pie, draw a picture, sing, dance, your creative juices are within you and provide relief during difficult times.
2. Celebration – As long as we are well and healthy, we can celebrate the day. Find small things you are grateful for and celebrate the small victories.
3. Commemoration – remember what you've done in the past that has helped you manage in a time of confusion and trauma
4. Choice – choose to think differently, do differently and respond differently



▶ School can be equally exciting and stressful. Practicing self-care can be a tremendous boost in managing the overwhelming schoolwork. Simple activities like exercising, meditating, taking a bath, or cuddling with your pet can help you feel refreshed, re-energized, and rested. What is your go to self-care activity?



▶ Sunlight is a simple way to boost an important chemical in your brain called serotonin that helps you with energy, and can help keep you calm, positive and focused. With the inconsistent weather, try to get outside and soak up some of this natural stress relieving strategy whenever you can.



▶ Finding focus and internal motivation throughout your day can be difficult if you do not have a consistent routine. Amongst all of our our daily tasks, experiment to find a strategy that will work for you to stay on-task. **POSSIBLE STRATEGY – 3 then 1:** If you are having trouble setting a schedule, think of your schedule as task-based. 3 then 1 means you have 3 tasks you need to complete (a mix of schoolwork and home responsibilities like chores). When you are done your 3 tasks, you get 1 reward (screen time, your favourite show, a recreational activity). 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>

<https://davidthompsoncounselling.weebly.com/>



Contact:
604 713 8278



Rupy Dhaliwal Grade 12's and 8's last names N-S
rdhaliwal@vsb.bc.ca
Rod Tanabe Grade 11's and 8's last names A-J
rtanabe@vsb.bc.ca
Raymond Moy Grade 10's and 8's last names KLM
rmoy@vsb.bc.ca
Stephanie Tsui Grade 9's and 8's last names T-Z
satsui@vsb.bc.ca