



David Thompson Secondary | May 2021 Newsletter

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

Almost to the End!

As we reach the midpoint of Quarter 4, we are reminded of how this pandemic year has affected us all in ways we never knew were possible. We remind each other to support, care, and be empathetic to friends, family and your whole school community. We are definitely in the homestretch but still have half of our Q4 classes to go.

Summer School registration closes June 4th so it is crucial to look at your child's interim report card to see how they are doing. If there is a chance they may not be passing a course, please register for summer school at <https://summerreg.vsb.bc.ca/>. If you need help viewing the report card (available on MyEd on May 28) or registering for summer school, please contact the office or your child's counsellor.

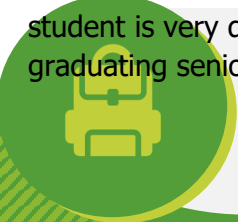


The Teenage Years

Parents are a key support for teens during this time of growth and reflection.

- Be aware of the stages of emotional development
- Provide clear guidance at each phase
- Acknowledge when to give space and independence to teens.
- They need support and guidance from parents and trusted adults in their journey towards adulthood.

Social Emotional: There are huge changes in social and emotional skills between ages 14 and 18. The emotional maturity of a grade 8 or 9 student is very different from that of a graduating senior.



14 year olds

- Can recognize personal strengths and challenges
- Embarrassed by family and parents
- Strive to be independent
- Eager to be accepted by peers and to have friends
- May seem self-centred, impulsive, or moody

15 year olds

- Don't want to talk as much; argumentative
- May appreciate siblings more than parents
- Have a few close friends and may start dating
- Tries to analyse their own feelings and find causes

16 to 18 year olds

- Relating to family better; begin to see parents as people
- Develop a better sense of who they are and what positive things they can contribute to relationships
- Spend a lot of time with friends
- Able to voice emotions (both negative and positive) and try to find solutions to conflicts

How to Support Teen Development

1. **Understand the Teen Years:** Educate yourself and know what is age appropriate or not.
2. **Talk to your Kids Early and Often:** Keep communication open, space and non-judgemental. Kids want their parents to know how they're doing/feeling but sometimes don't know how to say it or don't feel they can.
3. **Put Yourself in your Child's Place:** Practice empathy – it's normal to want to be an adult one day but still be a kid the next day. Teens are navigating this time of development and trying to balance finding independence.
4. **Pick Your Battles:** You can't object to everything your teen wants to do, try to compromise and pick which battles are worth the extra energy and attention and explain to your teen your reasons for doing so.
5. **Set Expectations:** Reasonable expectations helps set boundaries for students' behaviors and what they can/can't do.
6. **Inform Your Teen and Stay Informed:** The teen years often are a time of experimentation, and sometimes that experimentation includes risky behaviors. Know your teen's friends and their parents and reach out to them if needed.
7. **Know the Warning Signs:** A certain amount of change is normal, but too drastic a change is a cause for concern.
8. **Respect Your Kids Privacy:** Start with trusting your teen, but if the trust gets broken, make sure they understand they will have fewer freedoms as a natural consequence until it's rebuilt.
9. **Monitor What Your Kids Read and Say:** Kids have access to tons of information, maybe too much. Be aware and set limits on the amount of time they spend in front of the computer or TV.
10. **Make Appropriate Rules:** Teenagers still need rules for bedtime, chores, curfews and other rules. Be reasonable about these and they will be encouraged to follow them.

WHAT IS SELF KINDNESS



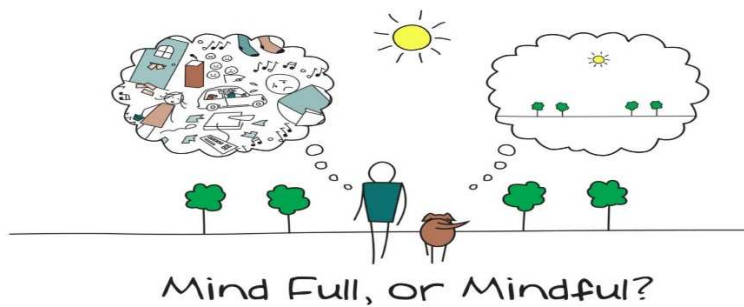
► **Self-Kindness:** Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or beating up ourselves with self-criticism. This starts with:

- REST, LAUGHTER, FORGIVENESS, COMPASSION, SELF-CELEBRATION

Stay in the Present:

With the coming of Spring and Summer in the near future, we can start to see the end of the year, but must stay focused with the demands of a new quarter that is halfway left. This reality of dreaming for the summer days of sun, rest and time with family and friends is a great motivation to remain focused on the present so that when you are in the glory days of summer, you feel positive in that you are rewarding yourself for persevering through the toughest year we have endured.

Being mindful and seeking gratitude in the present moment will allow for better success and help ensure personal safety. We've made it this far so let's stay grounded in our determination to keep ourselves and those around us safe, happy, and productive.



Website:

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



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