



David Thompson Secondary | Winter 2022 Newsletter

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

Welcome Back!

Welcome David Thompson students and family to a yet another different start to 2022 and what that means for school, community, family and friends. We are keenly aware that the current times are not what everyone was anticipating and needed in terms of where we're at with omicron and our life.

We know omicron is rampant, and we understand it you may need to miss some school for the health and safety of yourself and others. If you have been absent due to illness, it is important to fill out an absence excuse form to get your absences corrected on your attendance record. For missed coursework, it is also important to contact your teachers as catching up with missed coursework is the student's responsibility.

If you are struggling with any issues and need support, please reach out to your grade counsellor. Whether an empathetic ear to listen, looking for resources, personal issues or general questions around graduation, career paths and post-secondary, your counselling team is here for you.



Course Planning – It is unbelievable we are halfway through this year and we are already starting to plan for the 2022-2023 school year. Class visits and virtual presentations for course planning will be starting at the end of January and continuing into February. All course planning presentations and resources will be posted on the David Thompson Counselling website at <https://davidthompsoncounselling.weebly.com/>.

Course outlines can be found on the David Thompson website at <https://www.vsb.bc.ca/schools/david-thompson/Guidance-and-Support/Course-Planning/Pages/default.aspx>



- Courses**
 - What do I need for graduation?
 - What do I need for post-secondary?
 - What is a balanced schedule I should consider?
- Interest**
 - What courses do I enjoy taking?
 - What courses do I want to try?
 - What electives drive my passion/interest?
- Goals**
 - How is my current school year going?
 - What have I learned that I want to carry into next school year?
 - What are my goals for my learning?

MENTAL HEALTH FOCUS/RESOURCES:



Wellness Together Canada: Wellness Together Canada was created in response to an unprecedented rise in mental health and substance use concerns due to the COVID-19 pandemic. Wellness is a journey, not a destination and everyday we can take a step toward our own well-being, start your journey by visiting:

<https://wellnesstogether.ca/en-CA/about>

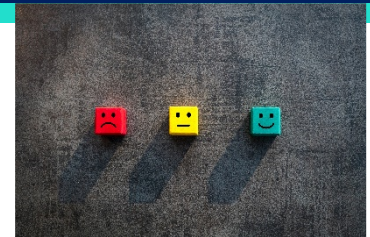
Ministry of Mental Health and Addictions: Whether you are on a personal journey or are supporting someone who is facing mental health or substance use challenges, this is a new website from the Ministry of Mental Health and Addictions created to support people with the tools to navigate accessing the services and resources they need. Your path to wellbeing starts here:

<https://wellbeing.gov.bc.ca>

Urban Resilience Opportunities for Kids (UROK): UROK Super Fun is for children and youth ages 8-18 to help build resiliency and instill confidence in children who live with a caregiver affected by mental illness. The UROK weekend groups increase the social network of participants while promoting social skills development

<https://vancouver-fraser.cmha.bc.ca/programs-services/urok/>

RESILIENCY CORNER



Resiliency Guide for Parents

We tend to idealize the teen years as a carefree time, but youth alone offer no shield against emotional hurts, challenges, and traumas many teens face. Teens can be asked to deal with problems ranging from adapting to new school routines to conflict with peers or even struggles at home. Add to that the uncertainties that are part of growing up in a complex world (e.g. will I get into university, what am I going to do with my life), and the teen years can be anything but carefree. The ability to thrive despite these challenges arises from the skills of resilience necessary for learning and growing. This important factor is essential in the teen development years that turn into young adulthood and so on.

Building resilience is the ability to adapt well to adversity, trauma, tragedy, or significant sources of stress. These experiences can help our teens manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that teens won't experience difficulty or distress. It means they are able to get through the difficulty and distress emotionally and find ways to cope while persevering through our day to day lives of responsibilities and expectations.

We encourage students and parents to continue reading for 10 tips in building resiliency for teens.

We are here for you!

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10 tips for building resilience in teens:

1. **Make connections**

Teach your teen the importance of engaging and connecting with their peers, including the skill of empathy and listening to others. Find ways to help teens foster connectivity by suggesting they connect to peers in-person or through phone, video chats, and texts. It's also important to build a strong family network. Connecting with others provides social support and strengthens resilience.

2. **Help your teen by having them help others**

Teens who may feel helpless can feel empowered by helping others. Engage your child in age-appropriate volunteer work or ask for assistance yourself with tasks that they can manage successfully.

3. **Maintain a daily routine**

Sticking to a routine can be comforting to teens, especially those who crave structure in their lives. Work with your child to develop a routine, and highlight times that are for schoolwork and play.

4. **Take a break**

While some anxiety can motivate us to take positive action, we also need to validate all feelings. Teach your child how to focus on something that they can control or can act on. Help by challenging unrealistic thinking by asking them to examine the chances of the worst case scenario and what they might tell a friend who has those worries. Be aware of what your child is exposed to that can be troubling, whether it's through the news, online, or overheard conversations.

5. **Teach your teen self-care**

Teach your teen the importance of basic self-care. This may be making more time to eat properly, exercise, and get sufficient sleep. Reduce screen time if self care is suffering as a result. Make sure your child has time to have fun, and participate in activities they enjoy. Caring for oneself and even having fun will help teens stay balanced and better deal with stressful times.

6. **Move toward your goals**

Teach your child to set reasonable goals and help them to move toward them one step at a time. Establishing goals will help children focus on a specific task and can help build the resilience to move forward in the face of challenges. At school, break down large assignments into small, achievable goals for younger children, and for older children, acknowledge accomplishments on the way to larger goals.

7. **Nurture a positive self-view**

Help your child remember ways they have successfully handled hardships in the past and help them understand that these past challenges help build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions.

8. **Keep things in perspective and maintain a hopeful outlook**

Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on their own, help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times.

9. **Look for opportunities for self-discovery**

Tough times are often when children learn the most about themselves. Help your child take a look at how whatever they're facing can teach them "what am I made of."

10. **Accept change**

Change often can be scary for teens. Help your teen see that change is part of life and new goals can replace goals that have become unattainable. It is important to examine what is going well, and to have a plan of action for what is not going well.