



DAVID THOMPSON SECONDARY COUNSELLING NEWSLETTER FALL 2022

<https://dtcounselling.ca>

Greetings and welcome to the start of another exciting school year! The 2022-23 school year has been off to a good start as we enjoy consistency as well as familiarity with a semester system. Our goal in the counselling department is to build relationships with parents and students and assist students to ensure their well-being. We also strive to help students explore and develop educational plans, obtain information about educational and community resources, and help students discover their strengths, challenges, needs and values. Our counselling team will continue to focus on resiliency and will include strategies and tips in every issue of the counselling newsletter.

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.

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 due to our schedule. This ensures that we have time to arrange adequate time and a meeting place.

Counselling Practicum



Please welcome Allison Newton, a Counselling practicum student who joins the David Thompson Counselling team until the end of April 2023. Allison will be available to see students across grades on Mondays and Wednesdays. She is excited to be a part of the David Thompson Community and looks forward to supporting students whether it be with personal issues or looking for resources. Come in and say hi!



Kindness and Social Media

We are increasingly seeing students relying on social media as a form of social connection and belongingness. Unfortunately, what is said online is often not what someone would say to a person directly. We urge families, students and friends to be mindful of what you say and post online as online safety is a real issue that students are facing more and more. Open communication between families and students can help to understand what sorts of things are being posted and said online so that students can be reminded regarding respectful online conduct.





Family Smart focuses on supporting young people by helping their family, caregivers, and other caring adults in a youth's life. They provide resources with parenting, emotional support, information, resources, and help in navigating services for parents & caregivers of youth with a mental health and/or substance use challenge. Their Peer Support services are free and without waitlists.

How does it work?

Peer Support Workers are available to come alongside families in whatever way they need so they feel less isolated in the challenges they face, whether it is offering guidance for how to navigate services or offering empathetic and non-judgemental space.

Other resources

Parents and Caregivers can connect directly with a Peer Support Worker at <https://familysmart.ca/parent-peer-support/bc-parent-peer-support/> or visit the video library at www.familysmart.ca/videos

Monthly events - Every month, Family Smart hosts online events for parents & caregivers. **For times and details:** <https://familysmart.ca/monthly-events/>

October 25, 27 @ - Building Connection With Our Kids When It Feels Impossible - Join us as we listen to FamilySmart's Parent Peer Support Workers have an honest conversation about what it is like as a parent/caregiver who is struggling to connect with their kids. They will share strategies to build, and rebuild, connections though complex.

November 3, 7, 15, 23, 29 - It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion Focused Family Therapy (EFFT) - This one-hour video with Dr. Adele Lafrance will provide techniques to support parents to heal relational ruptures with kids and teens using an emotion-focused approach.

December 5, 14, 15, 20 - ADHD – the Real Deal- dispelling the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment.

Resiliency Corner



- ▶ **Practice gratitude:** Recognizing the things that you are grateful for and writing them down is one way to practice daily gratitude. Start volunteering or do something to help others; showing kindness and helping others can provide a boost to your own mental health.



- ▶ **Name your feelings:** Recognizing and identifying feelings can help manage emotions. Acknowledge that feelings are temporary and can be managed using various strategies including mindful breathing, taking a walk or doing something you enjoy.



- ▶ **Recognize what you can and can't control:** Reminding yourself not to dwell on things that are out of your control can help you maintain a positive outlook. Try to focus on things that you can control and not on circumstances that are beyond your control. This can bring perspective and realign your focus.

Website:



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

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



Contact:
604 713 8278



Theresa Lopetrone Grade 9's and 8's last names A-G
tlopetrone@vsb.bc.ca
Rupy Dhaliwal Grade 10's and 8's last names M-S
rdhaliwal@vsb.bc.ca
Stephanie Tsui Grade 11's and 8's last names T-Z
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Raymond Moy Grade 12's and 8's last names H-L
rmoy@vsb.bc.ca

Meet

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Ms. Theresa



About Me

I am new at David Thompson and couldn't be happier to join this wonderful community as one of the counsellors. I have been a resource and classroom educator for 17 years in Ontario, South Korea, and British Columbia.

Outside of work, I enjoy traveling, trying new restaurants, going on hikes, and relaxing to recharge my batteries.



Education

UWindsor – Bachelor of Arts in Psychology & Education

UBC – Masters of Education in School Counselling



Contact

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604-713-8278 ext 7606



Favorites

BOOK
Rising Strong

HOLIDAY ACTIVITY
Exploring new countries

HOBBY
Paddle boarding
Reading

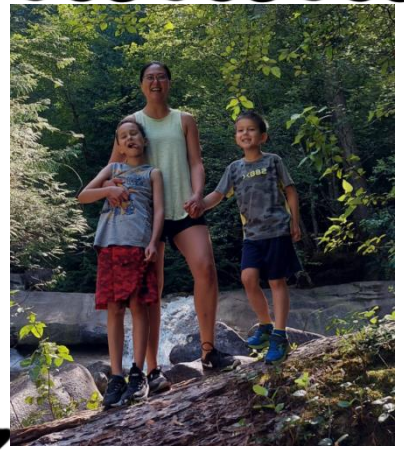
SPORT
Hiking
Spinning
Weight-lifting

FOOD
Pizza



Meet

Ms. Tsui



About Me

One thing to know about me is that I love my job. I knew when I was a little girl that I wanted to be a teacher and after having an amazing counsellor in high school, I pursued that career option.

I have 2 boys, ages 5 and 7 and believe me when I say boys are A LOT of work. We are always going to parks, camping and doing anything outdoors for my kids to play, run, climb and get fresh air.



Education

SFU – Bachelor of Arts in Psychology
UBC – Bachelor of Education (elementary)
City University – Masters of Education in School Counselling



Contact

satsui@vsb.bc.ca

604 713 8278 ext 7604



Favorites

BOOK

Wild Swans

HOLIDAY ACTIVITY

Camping

HOBBY

Watching crime dramas
Having picnics with friends

SPORT

Any fitness type activity

FOOD

Sushi
Chicken wings



Meet



Ms. Dhaliwal



About Me

I have been at David Thompson for 9 years. I have been a counsellor with VSB since 2006. I love my job and look forward to coming to work everyday. When not at work, I'm a busy mom of 3 who spends most of her free time in hockey rinks all over the lower mainland.



Education

UBC – Bachelors of Arts, Bachelors of Education, Masters in School Counselling

Contact

rdhaliwal@vsb.bc.ca

604 713 8278 ext 7605

Favorites

BOOK
A Fine Balance

ACTIVITY
Travelling

HOBBY
Hiking

Color
Pink and White

FOOD
Anything sweet



Meet

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Mr. Moy



About Me

I am new to DT. I'm from Killarney where I was a counsellor and Science teacher for the past 15 years. I made the move because a new environment can help me grow. I'm a big believer in having a growth mindset.

Being a dad is a big and fun part of my life. I also enjoy travelling and going for walks with a coffee in hand!



Education

BSc in Zoology
BEd in Secondary Education
Diploma in Guidance Studies

Contact

rmoy@vsb.bc.ca

604-713-8278

Favorites

BOOK: The daily newspaper

HOLIDAY ACTIVITY: Lying on a beach somewhere that's hot

HOBBIES: Running, going to the gym, house and car repairs

SPORT: Tennis, running, golf

FOOD: Wonton noodles with an icy cold Coca Cola

