



David Thompson Secondary | Spring 2023 Newsletter

<https://dtcounselling.ca/>

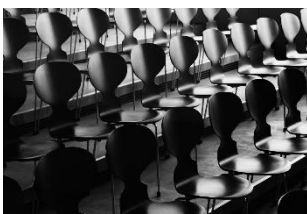
Jumping right into Spring and the home stretch!

We are entering the final stretch of the school year and it is astonishing how fast the year has gone by. Although we continued to work through several social and environmental changes, this year has been one of building connection and increasing students' sense of belonging with an emphasis on social and emotional responsibility, academic achievement, student leadership, athletic excellence, participation in the arts, and service to others.

After these past few years of Covid we recognize that there has been a need for additional Mental Health education, at David Thompson we continue to support students gain a better understanding of self-care and mental wellness through in class workshops, grade wide presentations, and individual counselling. For additional resources, please continue to refer to our DT counselling website, information regarding counselling resources, family supports, grad programing and course selection can be found there.

We thank all students and parents who accessed our website <https://dtcounselling.ca/> for all course planning, graduation and post-secondary planning. We continue adding resources and information on this site, so please check this regularly.

Grade-Wide Assemblies and Presentations this year:



The last few years of covid protocols made it impossible for us to engage students with valuable presentations from so many of our community programs. We have been so fortunate to welcome these organizations back into our school building and providing educational, engaging and diverse presentations for assemblies to many of our grades. Many of the presentations take an immense amount of planning and organization, we thank all those involved in planning these presentations for our students. We encourage you to ask your students about these presentations and continue any of the presentation topics as discussion items at home.

These are the organizations we've had come to present thus far (in no particular order):

- BC Lions Team Up to End Racism – Grade 8's and 9's
- Post Secondary Institution Day – Grade 11's and 12's
- Ignite (Career Focused) Presentations – Grade 10's and 11's
- White Hatter Virtual Presentation – Cyberbullying, Intimate Images, Nudes, Sexting and the Law – All Grades
- Combined Forces Presentation – Grade 9's and 10's
- Know More Opiod Tour – All Grades
- Transcript Verification Assembly – Grade 12's
- DT School Code of Conduct by Admins – All Grades
- SFU Beedie School of Business – those interested in Grades 11/12
- VSB Career Programs Presentation – Grades 10's and 11's
- Social Media Awareness, Digital Footprints and Cyberbullying by ERASE – ALL Grade



Spring Into Healthy Habits



Keep on Moving:

- Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, reduce anxiety and depression and reduce the risk of health conditions such as heart disease. Grab a friend and start incorporating physical activity into your day to day routine.

Manage your Time:

- Time management helps you find the time for all the things you want and need to do. Learning how to manage your time, activities, and commitments can be hard, but it makes your life more manageable.

Sleep is the Key:

- Good quality sleep is important for physical health, emotional and mental development, and school performance. Sleep benefits brain development, which enhances attention, and improves memory. Try to build in a healthy sleep routine so you can get adequate sleep and be able to wake up on time.

Have Fun:

- With Spring comes better weather and more time in the day to be outside, enjoying fresh air, and going for walks with family and friends. Find time to have some fun and do activities that you enjoy and bring you purpose. We all have responsibilities and commitments, but we also need to engage in recreation and entertainment for ourselves. Reward yourselves with activities and allow laughter to happen.

Agents of Change - Dr. Ross Greene – Collaborative & Proactive Solutions: Moving From Power and Control to Collaboration and Problem-Solving

May 4 @ 6:00 pm - 8:00 pm

Join us for a presentation and Q & A with Dr. Ross Greene as he speaks about how Collaborative and Proactive Solutions can help us show our kids we care about them. Solving problems together creates connection and allows our children to be a part of finding solutions to what is causing their concerning behaviour. Dr. Greene's work reminds us that things go better for everyone, when we solve problems together and that kids do well if they can.

Collaborative & Proactive Solutions (CPS) is the evidence-based model of care that helps parents and caregivers focus on identifying the problems that are causing concerning behaviours in kids and solving those problems collaboratively and proactively. The goal is to foster a problem-solving, collaborative partnership between adults and kids and to engage kids in solving the problems that affect their lives.

We are here for you!

Raymond Moy – rmoy@vsb.bc.ca
Grade 12's and 8's last name JKL
Stephanie Tsui – satsui@vsb.bc.ca
Grade 11's and 8's last name T-Z
Rupy Dhaliwal – rdhaliwal@vsb.bc.ca
Grade 10's and 8's last name M-S
Theresa Lopetrone – tlopetrone@vsb.bc.ca
Grade 9's and 8's last name A-J

Four Things You Can Do To Support Your Teen's Mental Health

Show your teenager love and care, while looking after yourself.

~Unicef - https://www.unicef.org/parenting/health/four-things-you-can-do-support-your-teens-mental-health?utm_campaign=&utm_source=facebook&utm_medium=organic

1. Encourage them to share their feelings

- Look for ways to check in with your teen. Ask them how their day has been and what they have been doing. It could be by inviting them to join you in a task, such as preparing dinner, so you can use the time to chat about their day.
- Remind them that you are there for them, no matter what, and that you want to hear how they are feeling and what they are thinking.
- It is important to acknowledge and understand emotions they might be experiencing, even if it feels uncomfortable. When they open up to you, you can respond with “I understand”, “it sounds like a difficult situation” or “that makes sense”.
- It can be easy to notice the things your teen is doing that you do not like. But also try to notice and praise them for something they are doing well — even something simple like cleaning up after themselves.

2. Take the time to support them

- Work together on setting up new routines and achievable daily goals. You could fit in home chores around school work or set a target like getting homework done before dinner.
- Adolescence means independence! Try to give your teen the appropriate time and space to be on their own. Needing space is a normal part of growing up.
- Find a few ways you can support and encourage your teen to take breaks (from schoolwork, housework, or other activities they may be working on) to do things they enjoy. If your teen feels frustrated, work *with them* to brainstorm some solutions to problems. Try not to take over and tell them what to do.

3. Work through conflict together

- Listen to your teen's views and try to sort out conflict calmly. Remember: everyone gets stressed!
- Never discuss an issue while you are angry. Walk away, take a breath and calm down — you can talk with your teen about it later.
- Avoid power struggles. With the world feeling unpredictable and options looking limited right now, teens might be struggling to be in control. As difficult as it can be in the moment, empathize with their desire to assert control in a scary time, rather than attempting to fight back or overpower it.
- Be honest and transparent with your teen: you can let them know that you are experiencing extra stress as well. Showing them how you deal with your own difficult feelings can help them know their feelings are okay.
- When there is conflict, take some time to reflect on how you and your teen can resolve it. You can discuss these reflections with your teen, so they see how you are processing ideas.

4. Care for yourself: Caregivers have a lot to deal with. You also need care and support for yourself. Showing self-care is also a good way of modelling the practice to your teen.

- Don't wait to ask others for help if you are feeling overwhelmed. It is normal and okay to feel this way. Find a family member or someone you can talk to.
- Make time for your own relationships. Try to find a few people that you can share feelings and experiences with.
- Set aside some time with them each day, to check in on how you are feeling.
- Make time in your day to do the things that help you cope with and manage stress. Whether your day is busy or slow, we know that making time to look after yourself is essential for your wellbeing. Doing the things you like or simply taking a few minutes off from your day can help you feel relaxed and re-energized.
- Try different positive coping strategies that work for you. Some ideas include: exercising, talking with friends, making to-do lists or planning ahead, maintaining routines and structures, reflecting on what you are grateful for or proud of, and doing things you enjoy like music, art, dancing and keeping a journal.

SUMMER SCHOOL INFORMATION: <https://summerreg.vsb.bc.ca>

Registration begins on Monday, May 1. REGISTER EARLY as some courses are high in demand.

LOCATIONS:

- Churchill Secondary – 7055 Heather Street
- John Oliver Secondary – 530 41st Avenue East
- Gladstone Secondary – 4105 Gladstone Street
- Prince of Wales Secondary – 2250 Eddington Drive



REVIEW COURSES (Grade 8-9):

- If you have not passed a Grade 8/9 course
- These courses are 3.5 weeks long and 2 hours/day

PREVIEW COURSES (Grade 8-9):

- If you would like to prepare for the next level course
- This is a preparation course
- These courses are 3.5 weeks long and 2 hours/day

REMEDIAL COURSES (Grade 10-11):

- If you have not passed a Grade 10-12 grad required course
- Maximum % gained is 65% as you are not doing the entire course
- This course is 3.5 weeks long and 2 hours/day

COMPLETION COURSES (Grade 10-12):

- If you have not taken the course before
- Maximum % gained is 100%
- This course is 5.5 weeks long and 3.5 hours/day

SPECIAL NOTES:

Please ensure your course requests for next year align with your summer school intentions. If you decide to take summer school and have not requested the next level course for next year, please let your counsellor know right away. If you make changes to your summer school plans that also affect your courses next year, please let your counsellor know as soon as possible.

Summer School Completion Courses are extremely demanding, compact, fast paced and demanding. Make sure to plan to have up to 2 hours of homework/day especially if you intend to work or volunteer. Absences during summer school are extremely discouraged. If you register for a summer school course, intend to have commitment to the course.

If you are possibly not passing a graduation required course in Semester 2 (ie on the Mid-Term Report Card), please register for summer school to save your spot. You may not have a chance to register at a later date due to the course being full. You can always cancel a course registration, but once a course is full, there may not be additional spaces available.