



MEET THE SCHOOL COUNSELLOR

MISS CAITLIN KERR

Roles of a school counsellor

- ❖ Provide social and emotional support to students and families
- ❖ A school counsellor is a safe person to come to when a student is having any type of problem and needs to share their thoughts and feelings with an adult
- ❖ Send in referrals to outside agencies for ongoing counselling
- ❖ Help families access food, clothing and school supplies when needed
- ❖ Assist in connecting students and families to resources within our community
- ❖ Provide support to students who are going through a difficult time such as a separation or a loss in the family
- ❖ Provide the required tools to students and families to practice at home when a problem or crisis arises
- ❖ Work alongside teachers and mentors to ensure the students academic needs are being met by all parties included



Support services within our community

- ❖ Catholic Family Services: (306) 922-3202
- ❖ Canadian Mental Health Association of Prince Albert: (306) 763-7747
- ❖ Family Futures Prince Albert (306) 763-0760
- ❖ Compassionate Friends (306) 764-8756
- ❖ Big Brothers/Big Sister Association : (306) 922-1299
- ❖ Kids First: (306) 765-6656
- ❖ Native Coordinating Council: (306) 764-1652
- ❖ Children's Haven: (306) 922-4454
- ❖ Prince Albert Outreach Program (306) 961-5897
- ❖ Bernice Sayese: Every Thursday and Friday mornings at 11am, Bernice Sayese centre hands out free bread, buns and pastries to those in need.



Student Support Groups

Goal

- ❖ To give students an opportunity to socialize with others in a non-academic setting.
- ❖ Support the social and emotional needs of our students through an online platform

Schedule

Mondays:

Grades 7-8 @ 11:30

Grades 1-3 @ 1pm

Wednesdays:

Grades 9-12 @ 11:30 am

Grades 4-6 @ 1pm

Topics

- Healthy Boundary Setting
- Identifying Emotions
- Managing Emotions
- School-Life Balance
- Self-Care
- Depression & Anxiety
- Eating Disorders
- Self-Esteem
- Self-Love



Activities to enjoy as a family

February 21st

- ✓ Free Public Skating at the Art Hauser from 1pm-3pm
- ✓ Free Drop in @ Alfred Jenkins to use the turf, walking track and the gymnasium from 1:30pm- 4pm
- ✓ Free Zumba ages 8 and older @ Margo Fournier Centre from 1:30pm- 2:30pm & open gym from 3pm-5pm
- ✓ Free admission @ Prince Albert Museum from 1pm-4pm
- ✓ Family clay day @ Prince Albert Arts Centre from 1pm-3pm. All ages welcome, parent/adult participation is required.
- ✓ Make paintings and collages @ Mann Art Gallery (Drop in) from 10am-3pm



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- ✓ February 22nd: First come first serve. Pick up a free craft for ages 8 and older at the public Library from 8:30 am until supplies run out. Craft: Tissue paper rose craft.
- ✓ February 25th: Fireworks @ Art Hauser starting at 8pm
- ✓ Sledding: Little Red (Highway 55), John Diefenbaker, Berezowsky
- ✓ Weiner roast @ Little Red



Questions



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