



JOHN OLIVER SECONDARY | Counselling Department Newsletter

GRADES 8-12 | SEPTEMBER-NOVEMBER |

Counselling and Student Services

5 weeks have gone by and the fall season is fully underway. We wish to thank all JOSS students and families for their patience, resiliency, and compassion as we have transitioned into a new quarter system and experience all the fits and starts of such an undertaking.

Some important housekeeping items:

- Please make sure you and your child have access to **MyEducationBC**. <http://www.myeducation.gov.bc.ca/> is where you can review a student's schedule, their attendance, and view interims and report card – the first *Interim Report Card* will be published on October 16th.
- It is important that students are logging into Microsoft Office 365 daily to view online class assignments in Teams. Students may also be receiving correspondence to their @learn.vsb.bc.ca email accounts if they do not have a preferred email on file.
- If you cannot log into Microsoft Office 365 and need to reset your password, use this link - <https://studentpass.vsb.bc.ca/>. Your PEN (Personal Education Number) is required to reset and this number can be found in MyEducationBC or on a previous report card.

If there persists any confusion with classes and schedules, please reach out to your grade Counsellor. Parents who wish to have a meeting with the Counsellor are required to book an appointment. Please do not drop into the Counselling suite as we may be unavailable to meet you and we need to arrange a safe meeting place that permits physical distancing.



Meet The John Oliver Counselling Team



Ms Kenny - Grade 8, Grade12 A-F

604 713-8938 (x7607)

Email: ekenny@vsb.bc.ca

Appointment Booking:

<https://outlook.office365.com/owa/calendar/MsErinKenny@vsbworld.onmicrosoft.com/bookings/>



Mrs Alvares - Grade 9, Grade 12 G-M

604 713-8938 (x7606)

Email: aalvares@vsb.bc.ca

Appointment Booking:

<https://outlook.office365.com/owa/calendar/MsAlvares@vsbworld.onmicrosoft.com/bookings/>



Mr Edge - Grade 10, Grade 12 N-Z, Career Programs

604 713-8938 (x7600)

Email: redge@vsb.bc.ca

Appointment Booking:

<https://outlook.office365.com/owa/calendar/EdgeJOCounselling@vsbworld.onmicrosoft.com/bookings/>



Mr Steinruck- Grade 11, Take a Hike Alternative Program

604 713-8938 (x7605)

Email: asteinruck@vsb.bc.ca

Appointment Booking:

<https://outlook.office365.com/owa/calendar/CounsellorSteinruck@vsbworld.onmicrosoft.com/bookings/>



Schoolwork

With the change to a quarter system and having classes condensed into 10 weeks, it is critical to stay regularly engaged in work at school and at home. This includes:

- ✓ Setting a time/routine to complete in-class work
- ✓ Setting a time to review/complete any online work from Microsoft Teams
- ✓ Treat each day as a regular school day – not a half-day
- ✓ If your face-to-face classes are in the afternoon, make sure you wake up as if it were a normal school day
- ✓ Make use of the time you have at home for your Teams work and in-class subject.



Technology

Students' increased use of technology for schoolwork makes it even harder to regulate their use of devices for personal/recreational reasons. We encourage all families to have expectations and boundaries for students' use of technology and to limit their time for gaming or social media until after their schoolwork is completed. This will create a routine for students that prioritizes schoolwork, chores, and family obligations before personal use of technology. Creating a "first do this/then do that" strategy at home is a clear way to indicate expectations of students that are easy for them to understand and follow.

Why Kids Need a Routine



Definition of a Routine:

- A predictable schedule of events
- A sequence of actions regularly followed

With NO Routine

	Babies tend to make one for themselves, which may not be optimal for their basic needs.	
	We may not realize (or it may take longer to realize) why baby's grumpy or crying.	
	Kids tend to feel out of control.	
	Kids tend to have greater trouble coping with everyday life stressors.	

Benefits of Routines for Kids ROUTINES CAN:

	aid in socializing children.		boost children's confidence.
	greatly diminish power struggles.		help build children's social skills.
	create conditions for optimal learning.		allow children to accomplish more in a given time.

Benefits of Routines for Parents ROUTINES CAN:

	greatly diminish power struggles.		allow parents to plan and manage time optimally.
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Learning from Home

1 CREATE A ROUTINE:

- Make a routine together with your child
- Plan time for wakeup, breakfast & getting dressed
- Schedule start of learn time
- Set breaks for snacks, free time, fresh air & exercise
- Include time to connect with friends (virtually or by phone)

MAKE IT FUN

2 SET UP A LEARNING SPACE

- Choose a space that works best for your family
- There should be good lighting & minimal distraction
- Provide a basket or bins for your child to organize materials
- Access to a computer/tablet or other smart device, if possible
- Record logins and passwords for online learning in one place

GET SET UP

3 MAKE A LEARNING PLAN

- Plan blocks of learning time
- Invite your child to make a daily agenda or 'shape of the day'
- Plan breaks between learning tasks
- Be flexible and patient – ease into it!

MAKE A PLAN

4 CONNECT & SUPPORT

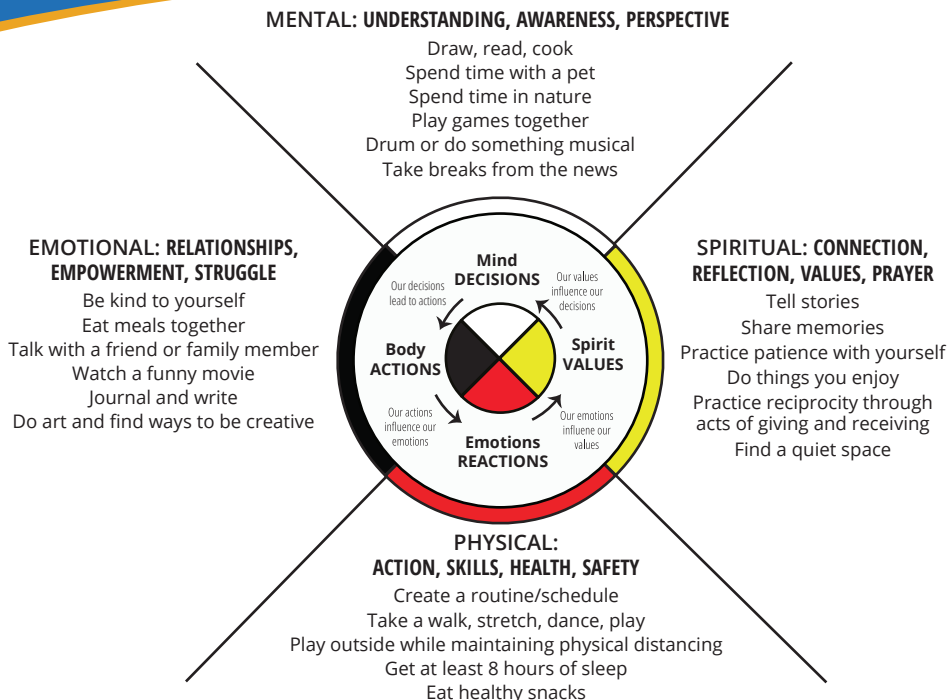
- Give your child some responsibilities for sharing in household tasks like cooking, laundry & cleaning
- Ask questions, offer choices
- If your child is struggling, contact the teacher
- Talk about emotions and coping strategies - this is a new situation for all
- Stay connected to family and friends (virtually and at home)

WE ARE IN THIS TOGETHER

5 HEALTHY LIFESTYLE

- Have healthy snacks accessible throughout the day
- Drink lots of water
- Plan for daily physical activity, inside and outside
- Balance screen-time with offline activities

TAKE CARE OF YOURSELF



Mental Health Focus

It can be hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their life, parents and caregivers can help children feel safer and soften the sharp edges of whatever is making their worries grow.

To help support learning across environments, several fun and practical EASE (Everyday Anxiety Strategies for Educators) lessons have been adapted for use by parents and caregivers to

help children manage worries and anxiety at home.

While these are intended for intermediate aged children, the basic strategies can be useful for secondary students as well.

See some of the categories of resources and visit <https://healthymindsbc.gov.bc.ca/ease-at-home/> for more information.

Rhythms and Routines

Helpful Mindset

Finding Feelings

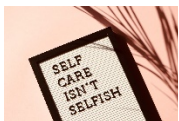
Movement

Calm Breathing

Tense and Relax



Y Mind Learn to Cope with Stress: Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives. Please visit <https://www.gv.ymca.ca/mental-wellness> for more information about this free online program.



Self care is an important aspect to keep calm and reprioritize activities and strategies that keep our minds healthy, focused and resilient. Self-care is time you give yourself to enjoy the things that help us reduce stress. Start introducing some small self-care practices this fall season. We will focus more on self-care in the next newsletter.



Sleep schedules are an important factor in how students function in and out of school. As class times have moved to either mornings or afternoons, it is important that students schedule a healthy wake up time that gives them as much of a school routine as possible.

Be Calm. Be Safe. Be Kind.



Website:
<https://www.vsb.bc.ca/schools/john-oliver>



Contact:
604 713-8938



Fax:
604 713-8937

Child and Youth Resources

BC MENTAL HEALTH

Crisis Line 24hr. 1-800-784-2433
Support 24hr 310-6789

CHILD & YOUTH MENTAL HEALTH

Access & Assessment Centre (17+) 604-675-3700
Alan Cashmore. 604-675-3996
Centralized Addiction Intake Team
(youth substance use) 604-209-3705
Child & Adolescent Response Team 604-874-2300
Northeast Intake 604-675-3895
Pacific Spirit Intake. 604-267-3970
Youth Outreach 604-688-0551

CRISIS CENTRE 24/7

Chat (Noon-1am). youthinbc.com
Distress Line 604-872-3311
Suicide Line 1-800-SUICIDE

DAN'S LEGACY

Counselling & Food Services 604-999-9136
or danslegacy.com

FOUNDRY BC

Chat, video and phone counselling available to 12-24yr
old. 1-833-308-6379
Online foundrybc.ca

KIDS HELP PHONE 24/7

Live Chat (9pm-4am) kidshelpphone.ca
LGBTQ youth text 'LGBTQ' to 686868
Text 'CONNECT' to 686868
Voice call 1-800-668-6868

MINISTRY OF CHILD & FAMILY DEVELOPMENT

After hours 604-660-4927
Helpline. 310-1234
VACFSS 778-331-4500
RAPE CRISIS CENTRE (24HR) 604-255-6344

SAFE HOUSES

Aboriginal 604-254-7811
Covenant House Crisis Shelter 604-685-7474
Directions 604-877-1234
Mark's Place 604-261-7827

URBAN NATIVE YOUTH ASSOCIATION (UNYA)

Virtual supports (text, email, or voice) by calling.
604-254-7732

YOUTH AGAINST VIOLENCE 24/7

Phone. 1-800-680-4264
Text. 604-836-6381

YOUTH CLINICS & SEXUAL HEALTH

Sex Sense (9am-9pm). 604-731-7803
Youth Clinics (leave msg). 778-871-7132

APPS (FREE) - MINDSHIFT / HEADSPACE / CALM

Adult and Family Resources

ADULT WELLNESS SUPPORTS

Emergency 911
HealthLink BC 811
AboriginalHealth - vch.ca/your-care/aboriginal-health
British Columbia Psychological Association -
free counselling for 19+ 604-827-0847
Bounce Back (bouncebackbc.ca) 1-866-639-0522
Crisis Centre Webinars crisiscentre.bc.ca
Crisis Intervention & Suicide Prevention 24hr
604-872-3311
First Nations Health Authority 604-693-6500
Here to Help (heretohelp.bc.ca). 310-6789
Hope for Wellness (Indigenous)
Toll-free. 1-855-242-3310
Chat hopeforwellness.ca
Kelty's Keys Counselling for Adults keltyskey.com
Kelty Mental Health 604-875-2084
KUU-US Aboriginal Crisis Line 1-800-588-8717
MindHealth mindhealthbc.ca
Distress Line. 1-800-784-2433
Chat Line. crisiscentrechat.ca
Vancouver Aboriginal Health Society 604-254-9949

FAMILY SUPPORTS

Child Protection 1-800-663-9122
Family Smart 1-855-877-8004
Family Support Institute 604-540-8374
Kinbrace Refugee Support 604-255-9691
Ministry of Family & Child Development 604-660-4927
Mosaic Settlement Services 604-254-9626
Parent-Teen Mediation. email: skurji@fsgv.ca
Vancouver Aboriginal Child & Family Services Society
(VACFSS) 778-331-4500
VictimLink 24/7 1-800-563-0808

FINANCIAL SUPPORTS

BC Emergency Supplement www2.gov.bc.ca
BC Hydro bchydro.com
Canada Emergency Response Benefit
CERB 1-833-966-0299
or visit canada.ca
ICBC icbc.com

INTERNET

Shaw Go Wifi open to everyone
TELUS \$10/mth telus.com
Connecting Families connecting-families.ca

FOOD AND NUTRITION

City Reach Food Hamper. cityreach.org
Dinner Devils dinnerdevils.com
Vancouver Food Bank foodbank.bc.ca
Kiwassa Food Hub. kiwassa.ca