

A Letter to Sea View Parents from the School Counsellor

Dear Parents,

My counselling time at Sea View School this year has been very limited, and social-emotional support needs are high at this time. So I am changing my counselling schedule, which should allow for more regular and consistent counselling visits to Sea View School. **Starting this week, I will be at Sea View on Tuesdays instead of Fridays.** Since I service seven schools, I generally see the two large schools in Port McNeill and Port Hardy weekly and visit the smaller schools every two weeks. For now, I will check in at Sea View every Tuesday, and in January I will eventually return to visiting every other week. (Since adjusting to the pandemic, we have switched from my visiting two smaller schools in one day, to visiting each school all day, every two weeks. This has actually increased counselling time significantly. Fridays, unfortunately, are often interrupted with other events, taking from counselling time. It is important to note that there are counselling priorities, including crisis events, that periodically interrupt my schedule on any day in the week.)

For those parents wishing to access school counselling for their child, counselling referral forms are available at the office. Our goal is to provide 4-8 visits, depending on needs. I also collaborate with parents to find helpful strategies and resources to support their children.

Parents, if you would like to meet with me to discuss your child's social/emotional needs, please let me know. I am here all day today (Tuesday, Nov. 30) and next week I'll be back on Wednesday Dec. 8 (due to another counselling schedule adjustment).

Also, I am including a list of resources and information below that you might find helpful. If you have any questions, you can email me at ahagen@sd85.bc.ca or ask the school to have me call/text you.

Warm regards,
Angela Hagen

SEL Resources for Parents: (Anxiety, Trauma, Grief, Anger, Bullying, Family Problems, etc.)

Local North Island **Counselling Services** for children, youth, parents, and families, include:

1. CYMH (Child & Youth Mental Health): Port Hardy 250-949- 8011
2. NICCCS (North Island Crisis & Counselling Centre Society): Port Hardy 250-949-8333
3. North Island Community Services: Port McNeill 250-956-4214
4. Discovery Youth & Family Substance Use Services: Port Hardy 250-902-6063

Online information and resource links:

- Local mental health resources <https://nicccs.org/resources/>
- Confident Parents, Thriving Kids <https://welcome.cmhacptk.ca>
- Self-Regulation/Stress Management: Dr. Stuart Shanker <https://self-reg.ca/parents/>

- Stuart Shanker, Self Reg parent resources: https://self-reg.ca/wp-content/uploads/2021/05/infosheet_SelfRegParents.pdf
- Gabor Mate, ADHD & trauma: <https://www.youtube.com/watch?v=DEa0-t4lcss>. (This is a 2 min excerpt from one of his talks on ADHD)
- Zones of Regulation
<https://www.nd.gsacrd.ab.ca/download/94431>
- EASE at Home (Everyday Anxiety Strategies for Educators) <https://healthymindsbc.gov.bc.ca/ease-at-home/>
- Free Autism assessments <https://www.variety.bc.ca/autism-assessments/>
- Internet Safety <https://protectchildren.ca/en/resources-research/online-safety/>
- Kerri Isham, PowerUp Education: sexual health education
<https://www.powerupeducation.com/meet-the-team>
- Simply Safe Kids (Body Safety):
<https://proactive-parenting.teachable.com/p/simply-safe-kids>
- Grief resources for children and youth <https://www.childrenandyouthgriefnetwork.com/resources/>
- Bullying info for parents <https://www.prevnet.ca/bullying/parents>
- Divorce & Separation
 - 1) <https://bc.familieschange.ca/en/parents/parent-guide>
 - 2) <https://bc.familieschange.ca/en/kids>
 - 3) <https://bc.familieschange.ca/en/teens>
- Video: Dinosaurs Divorce <https://www.youtube.com/watch?v=NQcrq96608A>