Counsellor Connections

Dear Parents and Guardians,

Now that April has arrived and the weather is warming up, it's hard not to feel excited for the grass to grow and the first signs of spring blossoms.

This month, we are excited to begin a journey of self-compassion, inspired by the NLPS theme "Love Your Mind." It's the perfect opportunity to nurture our mental well-being and embrace the power of self-love. As we move forward, let's explore practices that help us take care of our minds, build resilience, and celebrate the strength that lies within us all.

Here's to a month of growth, kindness, and loving our minds! miyo-pimâtisiwin ~to live a good life 「ィ ヘĹ∩ィム・

Mrs. Handel Recommends

Dream Board Creation:

Create a vision board with images and words that represent your dreams and aspirations. Visualizing your goals helps keep you motivated and reinforces the belief that you can achieve anything you set your mind to. Dream boards are a powerful reminder of what's possible!

Self-Care Adventure:

Make a list of activities that bring you joy and fulfillment—whether it's reading a book, going on a nature walk, or trying out a new hobby. Engaging in these activities is a wonderful way to show your mind some well-deserved love and create balance in your daily routine.

Read More

"Wonder" by R.J. Palacio

This heartwarming story follows Auggie Pullman, a boy with a facial difference, as he navigates middle school and learns to embrace his uniqueness. It teaches powerful lessons about self-acceptance, kindness, and the importance of being comfortable with who you are. It encourages readers to appreciate themselves and others for their inner qualities rather than outward appearances.

Did You Know?

Your thoughts shape your reality!

Studies show that the way we think directly affects our mental and physical health. Positive thinking can help reduce stress, improve focus, and even boost your immune system. So, the more you practice love and kindness in your thoughts, the stronger your mind becomes!

Contact Us

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