



Counsellor Connections



Dear Parents and Guardians,

As we prioritize self-care in our school community, it's essential that we also honor and remember the lives of Missing and Murdered Indigenous Women (MMIW). Taking time for ourselves—whether through rest, reflection, or connection with our roots—helps build resilience, strength, and awareness. By practicing self-care, we empower ourselves to stand in solidarity with the families of MMIW and work toward justice and healing. Together, we acknowledge the ongoing trauma while fostering a sense of hope and community that is vital to creating a safer, more compassionate world for all."

Mrs. Handel Recommends

Unplug from Screens:

Give yourself a break from the digital world. Spend some screen-free time engaging in activities like painting, writing, playing music, or enjoying nature. Let your creativity and imagination take over!

Emotional Self-Care:

Tune in to your emotions and find healthy ways to express them. Talk to a friend, write in a journal, or do something comforting like listening to music or spending time with a pet.

Read More

I Hope / nipakosêyimon by Monique Gray Smith

This children's book conveys powerful messages of hope, love, and resilience.

Did You Know?

Nature Can Heal Your Mind!

Spending time outdoors, even just for a few minutes a day, has been shown to lower stress levels and boost mood. Nature helps you feel grounded and connected, which is a great way to reset and recharge.

Contact Us

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