**December 1, 2022**

**COUNSELLOR’S CORNER** A picture containing clipart

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Hello: Maple Creek Middle School parents and families

Welcome back to all our returning grade 7 and 8’s to another exciting and eventful year.  My name is Vanessa McCall, and I am the school Counsellor.  I am fortunate to be at the school every day so that students and parents can have the opportunity to access my services.  There are a few different ways that students can come speak with me. I am in the office area and students are encouraged to leave me a note (I have notes by my door that they can write their name and div. # on and slip it under my door); they may speak with their teacher, or you can always contact me via email or telephone.  I am more than happy to speak with you should you have any questions, concerns or inquiries about your child and their overall wellbeing. Also please don’t hesitate to reach out if you would like some support and other resources to help both your child and your family thrive during the middle school years.

Throughout the year I am hoping to send you any helpful resources that come my way.  Also, any tips and tricks to ease the middle school years, and supporting your little ones, fast and furiously growing into their amazing teens with all the complexities that come with it.

I look forward to another amazing, successful, eventful, and fun filled year at Maple Creek, and to connecting with you and your children 😊.

Kind Regard,

**Vanessa McCall**

**Maple Creek Counsellor**

**Top 10 Keys to Middle School Success**

**#1 Sleep** well. Teens and young adults should be getting 8 to 10 hours per night. Enough sleep is critical for your body and brain to function well.

**#2 Eat right.** Healthy and balanced meals give your body and mind energy to work well throughout the day.  Take extra time and effort to make sure you’re not only eating enough but eating a mix of everything you need!

**#3 Do your homework.**  Making a habit to do your homework each night will help you practice skills and be ready for your quizzes and tests. Find a consistent time each night after school to spend a little time on homework so that you can then enjoy the rest of your evening with your family, sports, activities or relaxing……

**#4 Pay attention in class.**  Focusing and using your time wisely is one of the best ways to stay ahead in middle school.  Nut break and lunch time is the best time to socialize with friends and get a chance to get outside for some fun and fresh air.

**#5 Get involved.**  Fortunately, a lot of our extra-curricular activities are back up and running, especially the sports!  Getting involved in school activities, leadership groups, sports and different clubs can really help you feel like part of the school community and become more successful in school.

**#6 Ask for help.**  Whether it is academic, social, or emotional help, there are adults at the school ready and willing to help support you.  Seek out and ask for help when you feel you might need it.

**#7 Make goals.** Give yourself something that you want to attain by the end of the month and even year!

**#8 Think positive**.  Things are going to get tough and overwhelming at times. It’s important to stay optimistic and know that you CAN do whatever you put your mind to, and there are lots of adults at school that are here to help support you.

**#9 Stay organized.**  A little organization goes a long way in middle school.  Writing down your homework in your planner and keeping your binders, duo tangs and locker organized will help keep all your supplies and work organized so that you can be more successful in your daily routines.

**#10 Take risks.**  Middle school is the time when you start to grow up and figure out who you are in the world.  Take risks and be brave, try something new even if you’re a little scared and hesitant.  Feeling nervous about trying new things is your brain and bodies normal and natural way to keep you on your toes, alert, and learning.