



COUNSELOR'S CORNER

Blevin's Counselor Newsletter

Upcoming Dates and Reminders:

Jan. 14

All schedule change requests due for Q3

Feb. 3-7

Registration visit to elementary schools

Feb. 14

6th grade course selection sheet due

Feb. 14

8th Grade visit to RMHS

Erin McCain (970)488-4009

6th Grade Polar Bears

8th Grade

Meg Mealy (970)488-4010

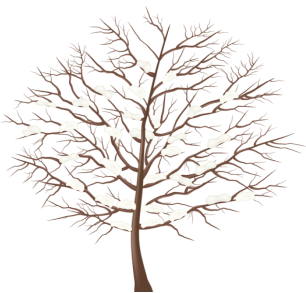
6th Grade Spectacled Bears

7th Grade

Anna Burriss (970)488-4091

6th Grade Panda Bears

Substance Use/Abuse and Education



8th Grade High School Visit

On February 14th, 8th graders will be visiting Rocky Mountain High School to learn more about classes, extra curriculars, and Rocky's overall school culture.

A permission slip will be given to 8th graders to be returned to teachers.

Please look for this permission slip!

Incoming 6th Grade Registration Information

Counselors will be visiting the following elementary schools the week of Feb. 3rd-7th:

Bennett– Monday, Feb. 3rd

Olander– Tuesday, Feb. 4th

Bauder– Thursday, Feb. 6th

Beattie– Friday, Feb. 7th

Each student will be given a packet of information on registering at this visit along with a **yellow course selection sheet**. This sheet will need to be filled out by students and parents, and it will be turned into the elementary school by **Friday, February 14th**.

TOP TIPS TO HELP TEENS' MENTAL HEALTH

The things that they need the most help with is:



1 GETTING ENOUGH SLEEP

Teens need between 8-10 hours per night. This is vital for their growing brains.



2 FOR US TO RESPOND NOT REACT

Stay calm and centred when they're having a meltdown - remember, you're the grown-up. You modelling calm will help them learn to emotionally self-regulate.



3 FOR US NOT TO TAKE IT TO HEART

Don't tolerate rudeness. But if they're a little grumpy with you, it doesn't mean they don't love you anymore. They're testing out their own way of doing things. And establishing their independence from you.



4 REGULATING DEVICE USE

Monitor what they're accessing online - is it age-appropriate? And, help them to have at least 60-90 mins screen-free time before bed. So it doesn't interfere with their sleep.



5 BEING EMOTIONALLY PRESENT

Tell them you love them just for being them - despite approving/disapproving of what they've done. That you love them just for being born and in your life.



6 FINDING THE FUNNY

Tap into your teen or tween's sense of humour. Discover what makes them laugh. A little bit of banter or a funny movie (well, funny for them) is the best balm for teenage angst!