

## November Newsletter

### Grade 7/8 Guidance Counsellor



Hi! My name is Mardell Miller and I am currently assigned to your child's school as a Grade 7/8 Guidance Counsellor for the rest of the 2019/20 school year. I am covering Christine Kennedy's maternity leave. I work alongside Grade 7 and 8 Teachers, as well as the ODSS high school staff to explore pathways and provide support for the transition from elementary to secondary.

This is a document with opportunities for students. This is for the entire student population, not just students in Core FSL and Immersion FSL.

<https://docs.google.com/document/d/1OAIQ4GrI7UXouR-Zy3qD2uNh-MerIqKr0vPD5EK45D4/edit?usp=sharing>

In the most recent visit to your child's class, they were able to learn about the importance of Self Advocacy in school and in life. They brainstormed trusted people at high school who they could reach out to if need be. In order to help them understand how to advocate for themselves, they were taught about the following practice tips to help them:

- ★ **Face the person you are speaking to**
- ★ **Make eye contact**
- ★ **Introduce yourself**
- ★ **Ask if this is a convenient time to talk**
- ★ **Speak clearly and communicate your needs**
- ★ **Ask for a solution or next steps**
- ★ **Thank your supporter and shake their hand**

### **Grade 8 Upcoming Dates**

#### **Becoming A Bear Day at ODSS**

All Grade 8 students will have the opportunity to attend ODSS with their teachers on **November 6th, 2019**. The day will include an inspirational talk from Orlando Bowen (One Voice One Team), the chance to explore and experience four electives, enjoy lunch, and gain exposure to high school clubs/teams and volunteer/community opportunities.

#### **Parents'/Guardians' and Students' Information Nights**

Grade 8 students and their parents/guardians are invited to learn more about the great opportunities Upper Grand high schools have to offer – including academics, electives, skilled trades, sports, extracurriculars and much more.

Most parent information nights include a special presentation about the high school, its programs and the registration process. Both parents/guardians and their teenaged children can also tour the school and ask the principal and teachers more about programs and other opportunities. Hope to see you

there!



**ODSS:** January 16 (7pm to 9pm)



**CDDHS:** December 5th (7pm to 9 pm)



**WSS:** January 15 (6pm to 8pm)



**EDHS:** January 14 (6:15pm French Immersion meeting prior to the 7:00 open house. End at 8:30pm)

If you have any questions, feel free to contact your child's homeroom teacher or email me at [mardell.miller@ugdsb.on.ca](mailto:mardell.miller@ugdsb.on.ca) You can also follow the UGDSB Grade 7/8 Guidance Counsellors on Twitter (@UGDSBGuidance).