The SCHOOL Administration and Counselling Team felt it was important to reach out to our families as we enter a period of time that may involve increased stress and potential risk for some of our students. There are a number of factors that are important to note with respect to this critical period:

* We are 6 weeks from the tragic death of STUDENT NAME. This is a time when students who have not reached out for help, may feel particularly vulnerable and students directly affected are still in stages of active grief. Our training in critical incidents recommends we assess students, staff and families during this post event period and intervene as needed. Counsellors are available at school and can provide referrals to community services if needed. We have included the document, ‘Signs That a Youth May Need Professional Help’ for your consideration of your child’s needs.
* This weekend is the COMMUNITY EVENT. The event may involve increased ‘at risk’ behaviours for some of our students as they experience the party atmosphere with their peers. Concern regarding substance use is understandably heightened and we have included the brochure, ‘Let’s Talk About Drugs’ which contains some tips on discussing substance use with your child as well as access to community resources if needed.
* The end of the school year is fast approaching and final exams are 3 weeks away. This can be a very stress inducing time for students and families. Discussions around time management, healthy strategies for managing stress, including diet, exercise and sleep, may be helpful if you are noticing signs of stress with your child. Supports are available at school to help your child manage this yearend stress and can be accessed by contacting the administration or counsellors; we have also attached a booklet on test anxiety from the Anxietybc website.

We know that the vast majority of our students are resilient and have a great deal of support and capacity for navigating all of these potential concerns. It is important that we keep communication open and work together to support all youth at school and in the community. Please feel free to reach out to any member of our team if you have questions or concerns.

Respectfully,