



Communication Plan

School Counselor

Craig Thurston

2023-24

I am excited to join the Bible Hill Consolidated school community in the role of School Counsellor! I will be at the school on days 1, 2, 5 and 6.

I will be providing support to students and staff through a Multi-Tiered System of Support (MTSS). MTSS allows for a flexible school counselling service, where I will work with school staff to identify and prioritize programming and services for students. The time that is spent within each Tier of support may look different, depending on the time of year, the identified needs within the school community, and identified student needs.

Tier 1 UNIVERSAL (For all students)

Lessons in classrooms on topics connected with School Counseling:

- Zones of Regulation (P-4)
- We Thinkers (Social Thinking for Grades P-1)
- Resiliency Skills (3-4)
- Anxiety Awareness (P-4)
- Growth Mindset (3-4)
- Emotional Regulation and Problem-Solving (P-4)
- Mindfulness (mindfulschools.org (P-4) curriculum)
- Friendships (P-4)
- Identity (race, gender, orientation) (P-4)
- Mental Wellness (Upper)
- Special topics as requested (fair play, safety, abuse prevention, grief, illness, etc.)
- Size of the Problem (P-2)
- Flexible Thinking (P-2)

Providing professional development, resources, and consultation to staff. Regional School Counsellors consultations (our “ECT”) the last Thursday of each month (1 hour).

Supporting schoolwide activities related to equity – race (African Nova Scotian and Mi’kmaq Heritage), gender/orientation (GSA/Pride Parade), class and ability.

Periodic lunch supports as required for individual students. GSA:TBA.

Potential lunchtime Yoga Club/class lessons starting in November.

Tier 2 TARGETED (Requires Guardian consent)

Offering direct mental health support interventions to students within small groups:

- Play-based social skills (P-1)
- Friendships (P, 1-2 and 3-4)
- Worry Warriors: Anxiety skills (Lower and Upper)
- Resiliency skills (3-4)
- Monster Feelings: Understanding Emotions (P-2)
- Healthy Friendships (No More Drama)(Girls)
- CBT skills group for students with angry, sad or worried feelings (Gr. 2-4)
- Social Skills P-2: Friendships, Feelings and Self-Control.
- Conflict Resolution Skills (2-4)
- Divorce and Separation (P-4)
- Social Skills and Friendship (Friendship Adventures)(1-3)
- Social Skills (Upper Elementary)
- Primary SEL (various skills) (P)
- Making Good Choices (1-2)
- Be. More. Awesome (Boys Group) (3-4)
- Self-esteem (2-4)
- 3-4 times per cycle over 6-8 weeks.

Access additional supports/interventions that address specific needs.

Tier 3 INTENSIVE (Requires Guardian consent)

Short-term, intensive evidence informed therapeutic counseling support for individual students/families (e.g. coping with changes, family dynamics, grief, managing emotions, empathy, resilience building, anxiety, identity, etc.).

- I can meet with students for a “one off” concern. Ongoing work requires consent (form).
- Confidentiality – sessions are confidential unless there is a concern for harm to self, harm to others or harm by another. Note: I will always encourage children and students to share as much as possible with the staff at school who can support them. I will provide updates as I can, but there may be limits to what I can share. Referrals – short-term check-in concerns (e.g. parents just split up, upset from a difficult night at home, someone is sick or died, taken into care, etc.) can be sent to me through e-mail or text (902)899-6648. Referrals for students requiring longer-term support should go through TST for caseload decisions.

e-mail: thurstoncd@ccrce.ca Phone: (902)896-5511
text (902)899-6648

