

Hello Parents/Guardians,

I want to reach out to all WCI parents/guardians to let them know the services I can still provide as the school guidance counsellor during the suspension of classroom learning.

With so much uncertainty over the last week, lots of families are feeling overwhelmed and stressed. I've compiled a few ideas for how to enact self-care for the whole family during stressful times like this. A list of resources and supports that you and your family can access if you are having a hard time coping, have also been included. This information has been converted to a PDF document and has been added to our Warren Collegiate Website and also attached to this email.

If your child is a grade 12 student and has plans to attend post-secondary education in the fall, I will be in contact with them through student email to keep them informed about upcoming scholarships. I met with the grade 12 students a few weeks ago to discuss their upcoming plans. If your child needs help with online applications, school selections, career choices, etc. please have them reach out to me during this time and I'd be happy to help.

If your child is struggling during this time or would benefit from a regular check-in, please reach out to me. If they have some free time and would like to do some career planning, build a resume for a summer job, work on some mental health self-help work, etc. have them contact me and I can help them get started and provide them with some resources.

During this difficult time, I hope you'll find time to take care of yourself, and your kids. Do what works best for you and your families. Remember, we are all in this together and need to lean on one another to stay positive and to help get us through. Please reach out to me if I can be a support during the weeks of March 23 – 27, and after spring break from April 6 – 9, (10th being Good Friday). I can be reached by email at mriddell@isd21.mb.ca.

Stay safe and well,

Mrs. Riddell