



# Finn Hill Falcon Counseling Connection



## Falcons Helping Falcons

### PTSA Holiday Gift Card Drive

**A GIANT THANKS TO THE FINN HILL COMMUNITY AND FAMILIES, WE WERE ABLE TO SUPPORT 34 FAMILIES FOR THE HOLIDAYS AND WINTER VACATION THIS YEAR!!!**

## FH Registration for 21-22

- Current 6th & 7th Grade Finn Hill Students:  
Completed: 1/7 & 1/12 in Falcon Time  
Expectations: Students submitted their Forms by 1/12
- \* If your student missed the window to submit, please contact your student's counselor ASAP \***
- Current 5th graders:  
When: Mid January in 5th grade classrooms  
Expectations: Students submit their Forms by date provided to each class

## JHS Registration & Planning

- \* [JHS Registration](#) for Information/FAQs & Links  
When: 1/7 & 1/12 in Falcon Time  
Expectations: Students will self-register for classes in Skyward
- \* Finn Hill Post High School Presentation is now available and on the FH Counselor website  
Finn Hill Live Q & A  
January 26th at 7-8pm

## Self & Student Care Corner

### This Month: Suicide Prevention

Due to the state of the world, as well as this time of year, etc., self-harm and suicide rates are up in this country.

If you have concerns for a loved one, don't be afraid to ask the hard questions:

- Are you thinking about hurting yourself?
- Are thinking about taking your life?
- Do you have a plan? What is your plan?



## Semester 2 is Coming...

**Last day of 1st semester is Friday, January 22nd**

- ◆ What does this mean for your students?
  - ◆ Check grades together on Skyward
  - ◆ Look over and turn in any missing assignments
  - ◆ Reflect on how this semester went for your child
  - ◆ Set a goal or two towards growth for next semester

First day of Semester 2 is Monday, January 25th

- ◆ What does this mean for your students?
  - ◆ New Schedules will be posted in Skyward on **Wed. Jan 20th**
  - ◆ Possibly new electives starting
  - ◆ Every family should look over the new schedules in case classes have changed or moved to another period
  - ◆ An opportunity to start fresh with grades

## Your School Counselors

Camila Larson—A-K  
Mondays-Fridays  
[clarson@lwsd.org](mailto:clarson@lwsd.org)

Gail Lee—L-Q  
Mondays, Wednesdays, Thursdays  
[gvecchiet@lwsd.org](mailto:gvecchiet@lwsd.org)

Kirstin Doughty—R-Z  
Tuesdays, Wednesdays, Fridays  
[kdoughty@lwsd.org](mailto:kdoughty@lwsd.org)

Finn Hill Counselor Website [CLICK HERE](#)

**ACTION CALENDAR: HAPPIER JANUARY 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Happiness is when what you think, what you say, and what you do are in harmony." —Gandhi						
1. Write a list of things you are grateful for in the next 24 hours.	2. Look for the good in others and notice their strengths.	3. Take a moment to breathe and be present.	4. Learn something new and share it with others.	5. Say positive things to yourself and others.	6. Get moving. Do something physically active daily.	7. Do a kind act for someone and help to brighten their day.
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**ACTION FOR HAPPINESS** | [www.actionforhappiness.org](http://www.actionforhappiness.org) | Happier - Kinder - Together

## Local Supports and Resources

- ⇒ District Grab & Go Meals [CLICK HERE](#)
- ⇒ Community Resources [CLICK HERE](#)
- ⇒ Hopelink General Help [CLICK HERE](#)
- ⇒ Hopelink Food Banks [CLICK HERE](#)
- ⇒ Energy Bills (PSE) [CLICK HERE](#)
- ⇒ District Child Care Locations [CLICK HERE](#)

## Finn Hill Resources

For Direct Finn Hill Supports [CLICK HERE](#)

SUICIDE PREVENTION ADVICE

# WAIT!

**W Watch out** for signs of distress and changes in behaviour

**A Ask** "are you having suicidal thoughts?"

**I It will pass** – assure your loved one that, with help, their suicidal feelings will pass with time

**T Talk to others** – encourage your loved one to seek help from a GP or health professional

Call Samaritan  
116 123

