



Welcome Back

A message from your school counsellor



Dear Families,

Welcome to a new school year! Whether your child is starting Kindergarten, moving into a new grade, or preparing for their final year of elementary school, September is a time for fresh starts, new friendships, and exciting opportunities to learn and grow.

As your school counsellor, I am here to support students and families with social-emotional learning, friendship skills, problem-solving, emotional regulation, mental health, and overall well-being.

5 WAYS TO SUPPORT YOUR CHILD'S MENTAL HEALTH

- 1 Prioritize Sleep:** Children thrive when they have predictable bedtimes and enough rest.
- 2 Talk About Feelings:** Help children name their emotions. "I notice you seem frustrated." "That sounds disappointing." "Can you tell me more?"
- 3 Praise Effort, Not Perfection**
Celebrate persistence, kindness, courage, and growth.
- 4 Create Healthy Technology Habits**
Keep devices out of bedrooms and stay involved in your child's online world.
- 5 Build Resilience**
Allow children opportunities to solve problems, make mistakes, experience boredom and learn from challenges.

FREE RESOURCES FOR FAMILIES

Online Safety & Screen Time

- Common Sense Media

www.commonsensemedia.org

Reviews, family technology agreements, app information, and digital parenting resources.

Mental Health Support

- Child and Youth Mental Health - Pacific Spirit Community Health Centre (604) 261-6366

Free and confidential counselling support.

- Foundry BC www.foundrybc.ca

Free counselling, wellness, and support services for youth and families (13+).

- FamilySmart BC www.familysmart.ca

Parent peer support, workshops, and practical mental health resources.

- Kelty Mental Health Resource Centre www.keltymentalhealth.ca

Free information, support, and service navigation for families throughout BC.

Food & Community Supports

- Greater Vancouver Food Bank

www.foodbank.bc.ca

- BC 211

www.bc.211.ca

Find food programs, housing supports, childcare resources, counselling services, and community programs.

Let's Work Together

School success happens when families and schools work as a team. I look forward to supporting your child and partnering with your family throughout the school year.

Warmly,

Irene Tang

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**CHILDREN DO THEIR BEST WHEN
THEY FEEL SAFE, CONNECTED,
AND SUPPORTED.**