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## MEDIA RELEASE

February 6, 2017

### February 6-10 is Canadian School Counselling Week

This is a week dedicated to recognizing, publicly, the many contributions and positive impacts our school counselling profession has on our students in Canada. School Counsellors focus on a student's ability to be successful in many areas, such as:

- Personal
- Social and emotional
- Academic and career development/planning
- Mental health and well-being

School Counsellors strive to implement comprehensive school counselling programs, which are becoming a very vital part of the educational process for all students as they meet the challenges of the 21st century. We hear about concerns around the mental health of our students more and more often and this cannot go unnoticed. Our youth need a voice when they don't feel they have one, an advocate, a support. Often School Counsellors, through professional relationships, become this person for many of our students.

As part of this special week, it is important to share what school counsellors do in your child's school.

- School Counsellors are actively engaged in helping students examine their *abilities, strengths, interests* and *talents*, individually, in small groups and on a classroom level.
- School Counsellors focus on positive ways to enhance students' experience and success in the areas of *personal, social, emotional, mental, and educational/career development*.
- School Counsellors work with teachers and other school personnel to provide an educational system where students can realize their *potential* and set *healthy, realistic* and *optimistic aspirations* for themselves.

It is the School Counsellors' unique combination of training and experiences that makes them an integral part of the complete educational program.

School Counsellors across Canada will be participating in the festivities. Many School Counsellors will be sharing more information and planning events throughout this week to call attention to the countless benefits of a comprehensive School Counselling program.

**Celebrate Canadian School Counselling Week**  
**Célébrez la Semaine canadienne du counseling scolaire**



CANADIAN COUNSELLING AND  
PSYCHOTHERAPY ASSOCIATION  
ASSOCIATION CANADIENNE DE  
COUNSELLING ET DE PSYCHOTÉRAPIE

**Feb 6 - 10, 2017 / 6 au 10 fév. 2017**

Supporting the Personal, Social, Educational, Career Development, Mental Health and Well Being of Students  
Supportant le développement de carrière, la santé mentale et le bien-être personnel, social et académique des étudiants

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*Living Sky School Division is situated in Northwest Central Saskatchewan. It encompasses a wide geographic area including the Battlefords, many communities, villages, First Nation communities and Hutterite colonies. Currently we employ 12 School Counsellors who work with students in our twenty-nine schools located in eighteen communities. Our schools include PreK-12, elementary, high schools and alternate schools with a student population of approximately 5,700 students.*

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