

September 10th 2018

Hello families!

My name is Kate Cree and I have the privilege to be the school counsellor at West Sechelt Elementary again this year. I will continue collaborating with classroom teachers to support the social-emotional growth and wellbeing of students.

As part of the Physical and Health Education curriculum, I will be teaching lessons with classroom teachers. Lessons will support the development of healthy bodies and healthy minds enhancing a student's ability to meet the emotional and learning challenges they will meet throughout their lives.

Although the majority of my time will be spent in the classroom, I do occasionally meet with students individually, sometimes at the request of a student, staff member, or parent, or sometimes simply to check in. Please note that school counsellors cannot offer ongoing therapeutic counselling services, but are pleased to support families with resources and/or identifying external services.

If you DO NOT want your child to have the opportunity to check in with me or if you have questions regarding classroom lessons, please contact me at the school. I am scheduled to be at West Sechelt Elementary **Monday and Thursday all day and Friday mornings**. If you'd like to connect please call me at the school (604-885-2825) or send me an email (kcree@sd46.bc.ca).

I'm looking forward to a great school year!

Sincerely,

Kate Cree