

Counsellor's Corner



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Strength

December 2018

Strength

You did it! We did it! We have completed the first term of the 2018-2019 academic year. I bet strength, determination and perseverance helped you. How do you intend to finish the year strong? What are some of the things you would like to strengthen in 2019?

Can you make a list of 12 things you would like to improve on; one for each month. For each area you would like to work on, write four or five things you will need to do each day in order to get you there. Consider that it takes some time to improve and being consistent is important.

If you can, take it one step further and help someone with accountability. If you find a friend or relative who would like to strengthen an area of their lives and you feel comfortable sharing your areas with, you can help by keeping each other accountable. I recommend that you find someone who you are open to sharing information with and they refrain from making you feel guilty if you mess up. The last feeling we want to have lingering as we are strengthening ourselves is guilt. I hope this may help with thinking about how you can strengthen or improve yourself. Happy Holidays! Be safe! See you in 2019!

Upcoming Events

December 7th - HSA Cake Sale Distribution
December 11th - Grade 1-3 at 6 p.m.
December 12th - Kindergarten at 6p.m.
December 13th - Grades 4-6 at 6 p.m.
December 14th - Last day of school; early release
January 8th - Classes Resume full day

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Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder (ADHD) is defined as a persistent pattern of inattention and/or hyperactivity/impulsivity that interferes with functioning or development. This pattern must be present for at least six months and displayed in more than one setting; such as home, school or other social settings. In addition to that, because inattention, hyperactivity and/ or impulsivity is used to classify the disorder, symptoms can be present from all three criterion or one criteria.

Let's break it down, children with ADHD may have difficulty concentrating on a task at hand, sitting still, or controlling impulsive behaviour. Please consider that in general children may find it hard to perform the above mentioned; however, children diagnosed with ADHD behave as such more often than the average child their age. Only a health care professional can diagnose for ADHD.

Inattentive Symptoms:

- Easily distracted
- Makes careless mistakes
- Doesn't seem to be listening when spoken to directly
- Difficulty following directions
- Poor organizational skills
- Forgetful or always loses things
- Reluctant to engage in tasks that require sustained attention

Hyperactive or Impulsive Symptoms:

- Excessive running or climbing
- Difficulty keeping still
- Difficulty playing quietly
- Extreme impatience
- Seem to be "driven by a motor"
- Consistently interrupting or blurting out answers

To be Continued...

"The strongest people are not those who show strength in front of us but those who win battles we know nothing about."-Anonymous

References:

https://images.pearsonclinical.com/images/assets/basc-3/basc3resources/DSM5_DiagnosticCriteria_ADHD.pdf
<https://childmind.org/guide/what-parents-should-know-about-adhd/what-is-adhd/>