

Counsellor's Corner



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Individuality

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Who Do You Notice More?

It can be easy to classify people based on gender, ethnicity, socio-economic status, language and religion to name a few. Similarly, it is just as easy to discriminate based on these classifications. Why is it so hard to stand out and embrace individuality when society wants us to conform to certain “norms?” This month our key word is individuality. Here are some ways in which we can help our children to embrace their individual strengths:

- Encourage acceptance of unique strengths and abilities
- Support the significance of unique strengths and abilities
- Try not to compare

Why fit in? Celebrate your individuality!



Upcoming Events

February 3rd - HSA fundraiser-Annie
February 14th -HSA Valentine Candygrams
February 22nd- Jamaica Day
February 26th- Grade 6 PEP Exam
March 5th Peace Day & Mid-term early release

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Depression

Depression is classified as a mood disorder where the individual has lost the desire to participate in activities that were once considered heartwarming. At least five to nine of the symptoms below must be present every day for a minimum of two weeks. Sometimes, depression can be confused or misused as sadness. It is important to differentiate between the two.

Some of the symptoms of depression include:

- Fatigue or lack of energy
- Loss of appetite; significant weight loss
- Irritability or persistent sad mood
- Insomnia or hypersomnia
- Impaired functioning in social, occupational or educational environments.
- Constant complaints about physical ailments
- Alcohol or substance use
- Excessive feelings of guilt and worthlessness
- Diminished ability to think or concentrate
- Suicidal ideation and/or self-harm

To be continued...

“The things that make me different are the things that make me”-Winnie the Pooh

References:

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- <https://www.psnpalalto.com/wp/wp-content/uploads/2010/12/Depression-Diagnostic-Criteria-and-Severity-Rating.pdf>
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