



June 2013

Message from the President



Dear Members,

Finally, it's time again to blast that favourite June song "School's Out for Summer!"

It has been another very successful year for NLCPA. We are busy working on our NLCPA Fact Sheets, website, poster, and planning our Fall Conference. We will be providing you with conference deets during the summer! We will also be arranging a meeting with Minister Jackman to discuss the recent *Draft* Department documents.

The CCPA conference in Halifax in May was a positive learning experience and networking opportunity. It was wonderful to see many NLCPA members attend this year.

The School Counsellor's Chapter of CCPA, with President Trent Langdon at the helm, is making giant strides. There will be a school counsellor's week next February and we will use the opportunity to highlight the role of counsellors. We would also like to congratulate Tracy Duffy in her new role as Newfoundland & Labrador Director of CCPA. We look forward to networking with her in this new capacity. We would also like to congratulate Blythe Sheppard as she takes the reins as President of CCPA.

In education, change is constant. Although change can be scary, we have learned many coping strategies to accept and to embrace change. Yesterday, I had my last parent/student meeting for the year. After I delivered the assessment results to an eighteen year old and his mom, I handed out my business card with the ESD contact information. Because of the age of the student, I asked if they each wanted a card. The student said, "Sure, if you have lots." I joked and said, "Well after school closes, I will have a new employer and these cards will need to be changed." Of course, getting a new business card is only a minor change as we transition to one English school district. People have been stressed and there have been feelings of uncertainty as we face the unknown. I have used the analogy of people feeling like they are in quicksand. We have no control. Change is also inevitable. We must put on our rose-coloured glasses and find the positive in the changes that lay ahead. Common provincial policies, improved/effective communication, and easier sharing of best practices were viewed when I put my rose-coloured glasses on. Students are resilient. Counsellors and psychologists are resilient as well. We will continue to work together to make positive differences in the lives of our students, parents, educators and other stakeholders.

Inside this Issue

1	Message from the President
3	Happy Retirement
8	Member Profiles
10	Poetry Corner
11	Laughter is the Best Medicine
12	Upcoming Conferences
15	Contact Information
16	Remember



June 2013

Message from the President (continued)

For some of our colleagues, "School's out Forever!!" A number of our colleagues are retiring! We would like to congratulate Val Davis, Amanda Gaultois, Calvin Whalen and Paula Hayes. We wish you a happy and healthy retirement as you transition to another exciting stage of life!

As we prepare for our Fall Conference and AGM, we would like for you to start thinking about active involvement with the NLCPA. We will be looking for a President-Elect at our AGM. It's a win-win opportunity that all members should seriously consider.

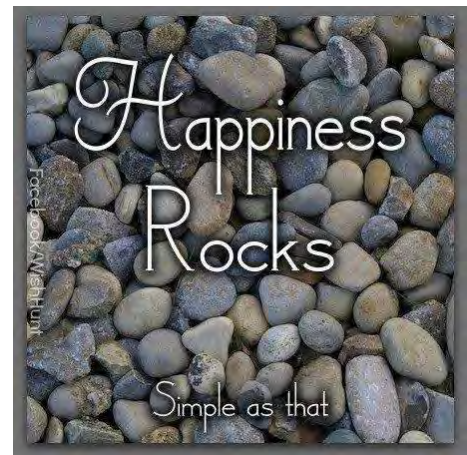
It's a special time where colleagues and friends start a 10 week vacation on the same day. It's a unique profession indeed. I have updated my Facebook status and I have updated my RTS! Time to relax and enjoy.

Thank you for making such positive differences again this year. I would also like to thank the NLTA, especially George Tucker and Lily Cole. We also look forward to working with Jim Dinn as he takes the gavel during the summer. We have already started informing him of our priorities.

On behalf of the other executive members (Allison, Angie, Tamar, Michael, Paula), I thank you for continued support. We would like to thank NLCPA members for their submissions to the current newsletter. Please keep your articles and ideas coming our way! Thank you to Corby Roberts. We have sent her contribution as a separate attachment. In addition, we would like to thank our Communications Coordinator, Angie Wilmott, for her creativity, design, organization and time in helping to bring this newsletter together.

The NLCPA Executive wishes you Happy, Happy Summer!


Peggy Hann
President (NLCPA)

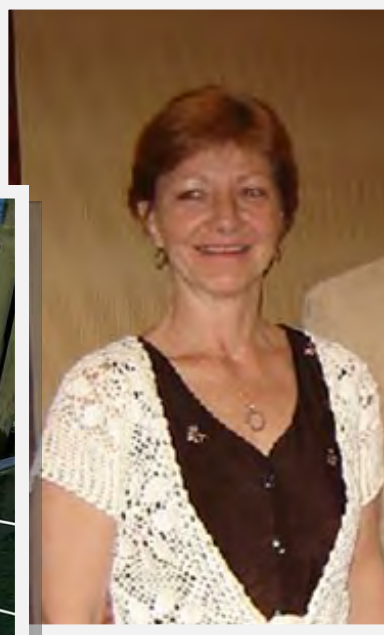


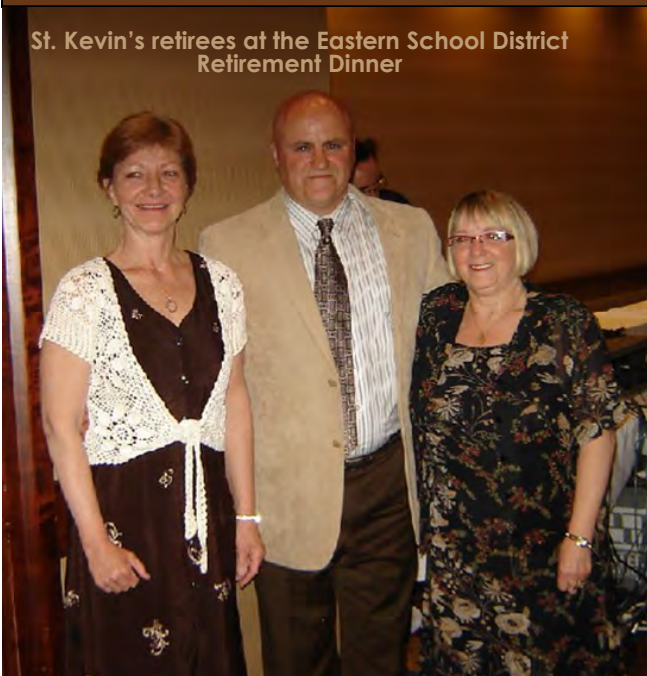
Some Recommended Apps

- ⇒ Mindshift (from Anxiety BC website)
- ⇒ Educreations
- ⇒ PsychDrugs
- ⇒ SD Age Calculator (by Super Duper)

Website recommends

- <http://www.anxietybc.com/>
- <http://www.naspcenter.org/>
- <http://friendsparentprogram.com/>





[L to R: Valarie Davis, Phil Griffiths, Joan McDonald]

Valerie Davis

Tell us about your education. . .

- B.Sc. Honours Psychology – St. Mary's University (1979)
- M. Sc. Applied Clinical Psychology – (St. Mary's University (1986) – this took a long time because in the midst of it I had two children, moved to Corner Brook and worked full time.
- B.Ed. (Secondary School) – MUN (1989)
- MUN – assorted Masters courses in "Guidance" to qualify for bonus

What Career roles/positions have you had?

- February - June 1986 - I started working in education in at St. Michael's High School on Bell Island in the position of Educational Therapist
- September 1986 June 1987 - St. Peter's Jr. High, Mount Pearl - Educational Therapist
- September 1987 – June 88 – Shared between St. Peter's Jr. High & St. Kevin's Elementary as Educational Therapist
- September 1988 – June 1990– Shared between St. Kevin's Elementary & St. Kevin's High as Educational Therapist
- September 1990 – present – St. Kevin's High School as School Counsellor

What are some of the fondest memories of your career?

Some of my fondest memories come from the experiences I had taking students on trips out of the school building, whether they were day trips from Bell Island to the mall or later on, High School students - Affective Development and/or Peer Counselling to participate in 5-day Adventure Education workshops.

Valerie Davis (cont'd)



Adventure Education Workshop Acadia University
2004/2005 Peer Counselling Class. We had to climb that wall) – I am 4th from the left.

As therapists or counsellors we work with many students who don't fit the norm of 'school'. Organizing and running programs that provide learning experiences outside of the norm can have an invaluable positive impact on their lives both in and out of school.

Other fond memories include time working and partying with colleagues either as a staff member, or on the SCAN executive back in the early 90's.

What advice would you give a young person considering this career?

You know, I never thought I would work in one place for any longer than a five year period believing that change is good. I still do believe that change is good - so how did I manage 23 years at St. Kevin's High School? A number of factors have influenced my decisions over the years, but I think that the most important factor for me was the creation of change within my own position. Every counseling job has its core requirements – things that must be done. By finding different programs to use with varying populations of students, a counsellor creates change in the way they personally experience their job. To a new counsellor I would strongly recommend that he/she do the same. Create change within your position, and if you are passionate about it you won't have any difficulty convincing your administration of the value of what you want to do.

What will you miss most about your work in education?

I'm not entirely sure what I will miss until I actually miss it... lol. I know what I won't miss!

Tell us about your retirement plans ...

I have a part-time private counseling practice (since 1994), so I am going to carry on with that – having just one job where I am fully in control of my own schedule will be wonderful. I plan on doing some travelling and I have a cabin on a pond that I intend to spend time working on and relaxing in. I will continue with my volunteer work with APNL and spend more time with family and friends. I won't know how I managed to fit a full-time counselling position into my life....



Amanda Gaultois



Tell us about your education...

- Graduated from Memorial University with a BA (ED) in 1980.
- Graduated with a M.Ed (Educational Psychology) in 1993

What career roles /positions have you had?

- Multi- grade teacher in Rigolet, Labrador
- Special Services Teacher, Makkovik, Labrador
- Work Experience Teacher, Beaconsfield High, St. John's
- Coordinator, Crisis Worker Training Program, St. John's
- School Counsellor, Mary Queen of Peace School

What are some of the fondest memories of your career?

I still fondly remember the students from my first class in Rigolet. I cherish the students with whom I have worked over the years, as Counsellor, but especially the ones who struggled extra hard as children, and who have come back to visit as adults to let me know they made it OK.

What will you miss most about your work in education?

Working with the children. I had established a Craft Club which I ran during lunch times, so that the children would get to know me in a different role, and wouldn't be as intimidated when I needed to work with them. It turned out to have a huge bonus !! I welcomed volunteers from the older grades to come and help out, as they had previously done the crafts, and the most dedicated volunteers tended to be children who were previously identified as having learning disabilities. Why? They were very creative, and loved the opportunity to develop the leadership skills.

Amanda's Advice for new School Counsellors

Find your support people. Everyone needs a mentor or two that you can call to run situations by, ask questions about assessments, or just talk. You really need to connect to someone in the field. I sure did, and they helped me through.

Tell us about your retirement plans ...

I still have some financial obligations, so I am hoping to work in another province for a couple of years. Then, when I can "really" retire, I want to get at my six sewing machines – all different, I promise – and work on quilting, embroidery, needlepoint... Yay! I can't paint, so I want to create art with fabric. :)

Calvin Whalen



Calvin's Advice to a young person thinking entering the field

Teaching is a calling, not just a job. You are helping shape the greatest resource our country has ... our children, so be prepared to work hard. However, do take time for yourself, your family, and friends.

Tell us about your education...

- Graduated high school at Charisma Collegiate, Springdale, 1977
- B. A. (English) & B. Ed. , Memorial University 1981
- M. R. E. (Master of Religious Education), Acadia University Divinity School, 1987;
- M. Ed. (Educational Psychology) Memorial University, 2000

What career roles /positions have you had?

- Junior High & Senior High English teacher 1981 - 1994
- Assistant Principal - 1987 -1989
- English Department Head - 1989 - 1994
- School Counsellor - 1994 - 2013

What are some of the fondest memories of your career?

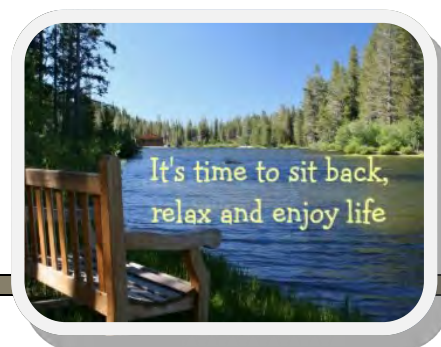
Positive counseling experiences with students; the friendly relationships built with students over the years; the camaraderie and friendships developed with colleagues.

What will you miss most about your work in education?

Being around young people; the energy and fun they bring to your life is beautiful.

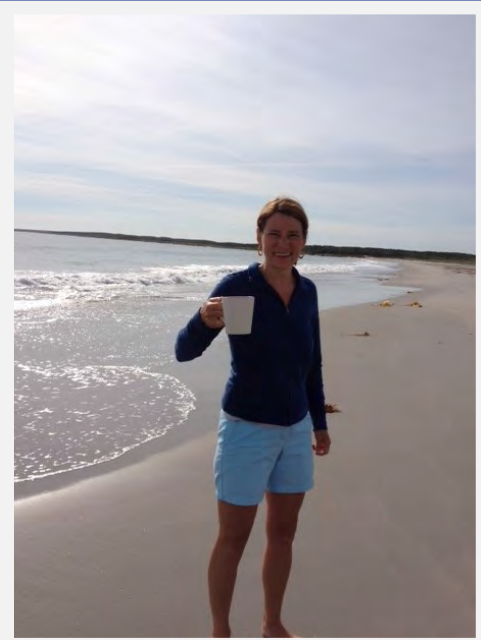
Tell us about your retirement plans ...

I am planning to spend lots of time at outdoor activities (fishing, hunting, quadding & ski-doing with my spouse), some traveling, completing building and woodworking projects; reading and continuing my involvement in my church.



Member Profiles

Glenda Ball



Favourite counselling statements, questions, strategies.....

- How is that working for you?
- Scale question. On a scale of 1-10 where would you place your anxiety today?
- How can you make today a (insert previously used scaled item) better day for you?
- What things are in your control?
- Use visuals with students.
- Can we put that in the parking lot for now?

Educational / Employment History

- *Glenda holds a Bachelor of Science (Psychology) and a Bachelor of Education from Memorial University.*
- *She has a Master of Education (Educational Counselling) from the University of Ottawa.*
- *She has worked as an elementary teacher, high school Language Arts teacher and school counsellor.*
- *At present, Glenda is a school counsellor at Lewisporte Academy and Lewisporte Intermediate.*



Hobbies & Interests

Glenda enjoys canoeing, salmon fishing, camping, motorcycling, reading, cooking, travel, cross country and downhill skiing. Glenda also enjoys a good cup of coffee!

Glenda's Favourite Quotes

"all our knowledge results from questions, which is another way of saying that question-asking is our most important intellectual tool. (Neil Postman)

""Forgiveness is the fragrance that the violet sheds on the heel that crushed it" (Samuel Clemens)

***Arguing with an adolescent is like mud wrestling with a pig....
You both get dirty and the pig loves it!!***

Allison Kirkland

Favourite counselling statements, questions, strategies...



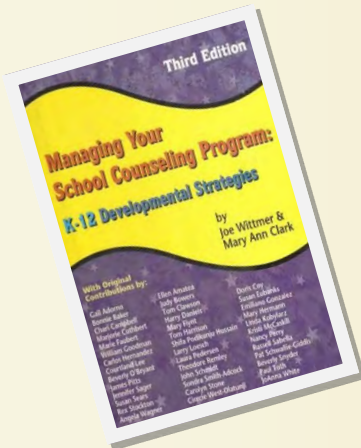
- If you could snap your fingers and change one thing right now, what would it be?
- Would you like to draw/color/paint a picture?
- How are you today? – Simple but effective!!!

Educational / Employment History

- B.Ed in Primary/Elementary, B.Ed. in Special Education, M.Ed in Counselling Psychology
- Worked in the High School, Jr. High, and Primary/Elementary levels in Challenging Needs, IRT and Counselling roles
- Currently School Counsellor at Newtown Elementary

Hobbies & Interests

Allison enjoys reading, travelling, spending time with family and friends, and camping with husband and t4 year old twin boys.



New Fave Website

<http://www.anxietybc.com/>

Allison Favourite Quotes

"No act of Kindness, however small, is ever wasted" Aesop

"As children develop empathy, they become more adept at finding the humanity in one another. Without empathy, we can't get to conflict resolution, altruism, or peace" – Mary Gordon

"Please excuse the mess, my children are making memories" - Unknown



Poetry Corner



Come, Rest Awhile

Come, rest awhile, and let us idly stray
In glimmering valleys, cool and far away.

Come from the greedy mart, the troubled street,
And listen to the music, faint and sweet,

That echoes ever to a listening ear,
Unheard by those who will not pause to hear-

The wayward chimes of memory's pensive bells,
Wind-blown o'er misty hills and curtained dells.

One step aside and dewy buds unclose
The sweetness of the violet and the rose;

Song and romance still linger in the green,
Emblossomed ways by you so seldom seen,

And near at hand, would you but see them, lie
All lovely things beloved in days gone by.

You have forgotten what it is to smile
In your too busy life-come, rest awhile.

Lucy Maud Montgomery

Smiling

Smiling is infectious ,you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner, and someone saw my grin,
When he smiled, I realised, I had passed it on to him.
I thought about that smile, and realised its worth...
A single smile, just like mine, could travel round the earth.
So if you feel a smile begin, don't leave it undetected,
Lets start an epidemic quick, and get the world infected....

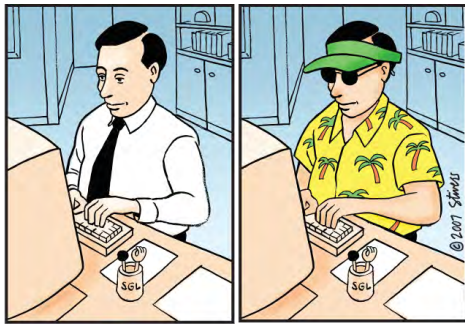
Author: Jackie Louise Eccles

inhale
exhale
repeat

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

~J. Lubbock

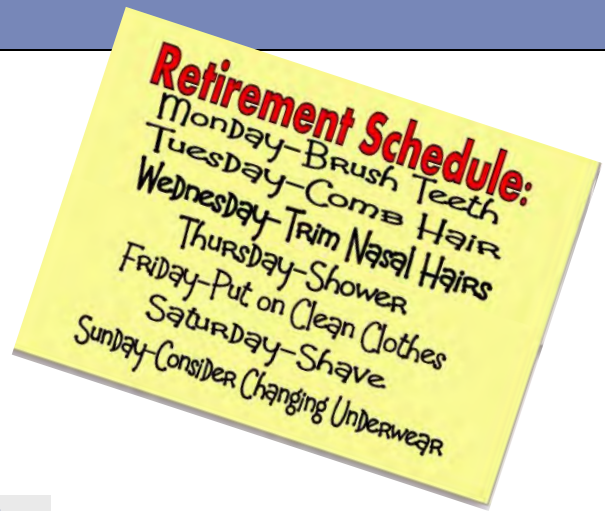
Laughter... the Bestest Medicine



WORK

RETIREMENT

haha!

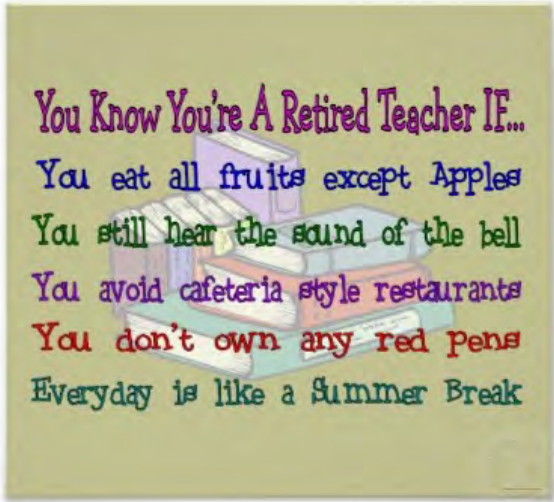


A client comes for his first therapy session. He has a small cucumber up his nose, a carrot in his left ear and a banana in his right ear.

"Can you help me figure out what's wrong with me?" he asks the therapist.

The therapist replies, "You're not eating properly."

A Freudian slip is when you say one thing but mean your mother.



A man walks into a dentist's office and says, "Excuse me, can you help me? I think I'm a moth."

Dentist: "You don't need a dentist. You need a psychiatrist."

Man: "Yes, I know."

Dentist: "So why did you come in here?"

Man: "The light was on...."

haha!

Hypochondria is the only illness that I don't have.



The trouble with retirement is that you never get a day off.
~Abe Lemons

UPCOMING CONFERENCES



2013 Conference

**SAVE THE
DATE !**



WHEN:

October 23-25, 2013

WHERE:

Capital Hotel
Kenmount Road,
St. John's



Connect , Communicate & Collaborate

Victoria Convention Centre
 Victoria, British Columbia
 May 7 - 9, 2014

<http://ccpa-accp.ca/conference/index.php>

Call for Proposals

The Canadian Counselling and Psychotherapy Association are inviting presentation proposals for their 2014 Conference which will be held at the Victoria Convention Centre in beautiful Victoria, British Columbia May 7-9th, 2014.

Exciting News!

New this year, the CCPA is partnering with the International Association for Counselling (IAC) for the 2014 conference.

All Topics Welcome!

In response to feedback from previous events, CCPA has chosen to not adopt a specific conference theme to allow for presentations from a wider range of possible topics. CCPA believes that the Conference should be a place for delegates to "**Connect, Communicate & Collaborate**" with one another and has adopted the saying as a generic title for the conference.

More information:

<http://ccpa-accp.ca/iaconference/presenters.php>

Interested in Attending??

NLTA members may be eligible to access out of province travel grants. These grants are available to individual members every 5 years. Grants must be approved in advance of travel. For more information please visit:

<http://www.nlta.nl.ca/files/documents/forms/oopgrant.pdf>

&/or

http://www.nlta.nl.ca/outofprovincegrant_application

<http://ccpa-accp.ca/iaconference/presenters.php>

Deadline: October 21, 2013



**National FASD (Fetal Alcohol Spectrum Disorder) Conference
& 14th Annual FACE Meeting**
September 5 –7, 2013

Conference Theme

*FASD Throughout the Lifespan:
from prevention to lifelong support*

*Fetal Alcohol Canadian Expertise (FACE)
Research Roundtable*

Financial Support:

The Department of Education has allocated funds to be divided amongst the 4 districts to cover some registration costs.

For more information visit: www.fasdnl.ca



NLCPA Executive

Peggy Hann, President

School Psychologist
Eastern School District (Avalon East Region)
E-mail: peggyhann@esdnl.ca

Paula George, Vice President

School Counsellor
Leary's Brook Junior High
E-mail: paulageorge@esdnl.ca

Tamar Kelly-Duff, Treasurer

School Counsellor
St. John Bosco
E-mail: tamarkellyduff@esdnl.ca

Angela Wilmott, Communications

School Counsellor
Lewisporte Collegiate
E-mail: angiewilmott@hotmail.com

Allison Kirkland, Secretary

School Counsellor
Newtown Elementary
E-mail: allisonkirkland@esdnl.ca

Michael Walsh, Membership Coordinator

School Counsellor
Bishop Feild Elementary
E-mail: michaelwalsh@esdnl.ca

Branch Presidents

Labrador

Tina Alexander
E-mail: talexander@lsb.ca

Deer Lake/Corner Brook/St. Barbe

Jeanette Russell
E-mail: jeanette.russell@wnlsd.ca

Cormack Trail

Nancy Macdonald
E-mail: nancyfmacdonald@hotmail.com

Nova Central (West)

John Hatt
E-mail: johnhatt@ncsd.ca

Nova Central (East)

Glenda Ball
E-mail: glendab@ncsd.ca

Vista

Colette Oldford-Short
E-mail: coletteoldfordshort@esdnl.ca

Burin

Beaton Walsh
E-mail: beatonwalsh@esdnl.ca

Avalon West

Kerri Morgan
E-mail: kerrilynnmorgan@esdnl.ca

Avalon East

Boyd Perry
E-mail: boydperry@esdnl.ca

Remember...

"Some people live
in a bitter, angry,
hate-filled world.
Some people live in
a friendly, caring,
love-filled world.
Same world..."

— José N. Harris

Kindness is like sugar,

it makes life taste
a little sweeter.

- Carla Yerovi

Please send your submissions to:

angiewilmott@hotmail.com

We will keep compiling until we're ready for the next one!

