



COUNSELLING NEWS

Winter Edition - Jan 2026

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A, X - Z
& International

Ms. Lau
B - G

Ms. Ioannidis
H - J

Ms. Zee
K - O

Ms. Sihota
P - W

Counsellor (first letter of last name)

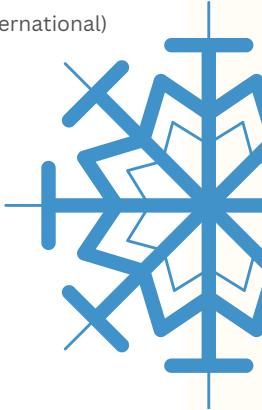
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Dear Students and Families,

We hope you have had a restful, relaxing Winter Break. Welcome to 2026! This is our second edition of the Counselling News. Thank you for taking the time to read over our newsletter and acknowledging some important upcoming dates.

Important Reminders:

- Program Planning (course selection) Assemblies are taking place next week January 12 and 14
- Program Planning information sessions for parents and guardians will occur on January 15 via MS Teams at 6:00pm
- Grade 8-11s: please ensure you are able to log in to your myEducation BC account in order to select your courses. Please contact the Main Office to reset your credentials if necessary

Parents and caregivers: your partnership and guidance is very important to your child's success. Thank you for all you do to support their learning and educational journey. Next Counselling Newsletter: April 2026.

Online Courses

Students taking Ministry approved online courses should inform their counsellor. The online provider (school) is responsible for ensuring the mark is updated on the student's transcript. Students cannot cross-enroll in courses (ie. take the same course at the same time at two different schools) according to Ministry of Education requirements.

Richmond Foundry

Coping Skills Group

This group provides youth with a sampling of coping skills (DBT-informed) to help gain a better understanding of mindfulness, how to better regulate emotions and how to tolerate distress. This is a psychoeducational group, meaning that you will learn and practice skills in the group and talk about how you can apply or have applied these skills in your life.

Email Ajay.Sahota@vch.ca or text 604-250-5461 for info/to self-refer

• F O U N D R Y • RICHMOND **Coping Skills Group**

Willingness is listening very carefully to your Wise Mind, and then acting from your Wise Mind.

Weekly Group:
Feb. 25 - Apr. 15

Ages 13-18

Wednesdays, 4pm-6pm
8 sessions

Learn:
Mindfulness Skills
Emotion Regulation Skills
Distress Tolerance Skills

Email: Ajay.Sahota@vch.ca
or text 604-250-5461 for
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IMPORTANT INFO

Program Planning Sessions

It is mandatory for all students to attend their assigned session to obtain important information regarding course selections for next school year.

Parent/guardian sessions will take place online via MS Teams on Thursday January 15 at 6:00pm.

- Please check your email for links to the appropriate sessions.*

Grade 8s:

Date: Monday January 12

When: PLT

Where: Shark Tank

Grade 9s:

Date: Wednesday January 14

When: Connections Class

Where: Shark Tank

Grade 10s:

Date: Wednesday January 14

When: Connections Class

Where: Theatre

Grade 11s:

Date: Monday January 12

When: PLT

Where: Theatre

DATES TO NOTE

Jan 12 Grade 8s and 11s Program Planning Assemblies During PLT

GLA 12 - for all Grade 12s, please check the Library window for assigned timeslot (8:20am or 11:50am)

Jan 14 Grade 9s and 10s Program Planning Assemblies During Connections class

Jan 15 Program Planning Evening via MS Teams for parents/guardians at 6:00pm

Jan 16 - **Feb 17** MyEducationBC portal open for Course Selection - *note, course selection is not first-come-first-serve. Students are only requesting courses at this time

Jan 22 - **Jan 29** Semester 2 course change requests - please submit via MS Form.

Mar 5 Optional assembly for Grade 11s interested in applying to Canadian post-secondary institutions During Lunch in the Legends Gym