

Spring Edition - March 2026

COUNSELLING NEWS



Dear Students and Families,

We hope you had a restful & relaxing Spring Break. This is our third edition of the Counselling News. Thank you for taking the time to read over our newsletter and acknowledging some important upcoming dates.

Important Reminders:

- Course Verification deadline is April 7th. Please check course requests on MyEducation BC and submit any change requests on the MS form (link provided in email)
- Grade 12 Scholarship Applications are due April 17th
- Summer school registration is happening the first week of May
Visit ce.sd38.bc.ca for more information

Parents & 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.

May is Mental Health Awareness Month!

May 7, 2026

National Child & Youth Mental Health Day

May 19, 6:30-8:30pm

Online Event:

FamilySmart: A Conversation for Families About Digital Wellbeing and Mental Health. [Link to register](#)

Volunteering

Looking to get volunteer hours?

Richmond Cares, Richmond Gives
www.rcrg.org

iVolunteer Richmond
www.ivolunteer.ca

Next Counselling Newsletter: June 2026.

Spring Edition - April 2026

COUNSELLING NEWS

Richmond Foundry

Foundry's Primary Care Team is accepting new patients. Also check out Foundry's website on upcoming social events or activities such as Trivia Night, Art Studio, and other fun activities.

[Foundry Richmond Website](#)

Foundry Richmond's Primary Care Clinic is Open to New Patients

Foundry Richmond's Primary Care Team is now accepting new patients



Criteria to attach to Foundry PC All are required:

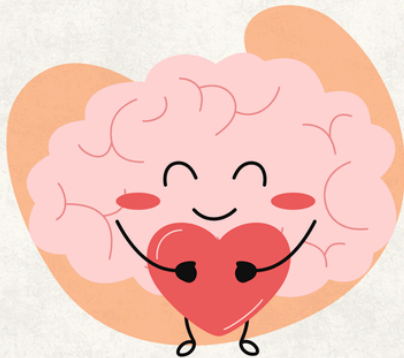
- Ages 12 to 23 years old
- Living in Richmond
- No attachment to any primary care provider in the community
- Requiring long term attachment for physical or mental health needs

How to Access the Foundry Primary Care Team

- Call Foundry Richmond at 604-674-0550
- When making an appointment, please provide:
 - Name of the referral source (if applicable)
 - The reason for the visit

·FOUNDRY·
RICHMOND

Lunch & Learn



THE SCIENCE OF WELLNESS

A calm space to learn simple tools for stress, sleep, motivation, and mental health.

Wednesdays at Lunch
All students welcome.
No experience needed.

Scan QR code to sign up ---->



Yale's Happiness Hacks (Now at Lunch)

Come snack, eat lunch, and learn the science of happiness - inspired by Yale!

Join Ms. Huynh, our student counsellor, for the first session on

Wednesday, April 1, 2026.

Scan the QR code to sign up!