

Guidance News October 5, 2017 No.5

Counsellors:

Sarah Jenson (Monday, Tuesday and Wednesday)

Debra Hofrichter (Thursday, Friday)

All "Guidance News" are available on the school website.

Visit: <http://forestheights.ednet.ns.ca> and go to Students/Guidance. Website is updated on the weekends. Grade 12 students can have the Guidance News emailed to them by giving their email address to Kim in the office.

Encounters with Canada. This is an opportunity for students between the ages of 14 and 17 years. Each session lasts one week and can take place between September and May of each year. Meet students from across the country and take tours of our capital city. The Program takes place at the Terry Fox Canadian Youth Centre in Ottawa. For more information visit: www.encounters-rencontres.ca

Students wishing to become ambassadors for our school and community should give their name to guidance.

Saint Mary's University: A representative of SMU will be at FHCS on November 7 during noon in the main lobby.

Community Foundation of Nova Scotia: Interested in how a community can better support itself? Community Foundation of N.S. is partnering with RBC Wealth Management for two free information sessions hosted by **Terry Cooke**, Hamilton Community Foundation president and CEO and Community Foundations of Canada board member. The Hamilton Community Foundation has played a leading role in mobilizing their community to address issues like increasing access to post-secondary education, strengthening neighbourhoods and reducing poverty. Terry will share with Nova Scotians how social impact investing and municipal partnerships can benefit their communities too. Anyone interested in this topic is welcome to attend. **Oct. 22 from 2 to 4 p.m. Mahone Bay Centre.** Free tickets: [Get tickets for Mahone Bay](#)

Post Secondary Orientation: Today. In the Learning Commons. Periods 3,4 and 5. Grade 12 students should attend one of these sessions, preferably on a free. If you are going to miss a class please ask your teacher's permission. Parents are invited.

Dalhousie University: A representative of Dalhousie University will be here, at Forest Heights on Tuesday October 10. Students who would like to meet with this representative should sign up in the main office.

