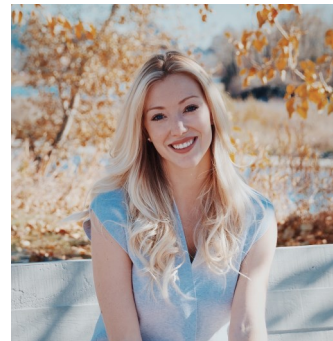


## PRESS RELEASE

**Date:** May 4, 2022  
**To:** Administrators, Board of Trustees, All Staff, School Council Chairpersons; All CRPS Families  
**From:** Christopher MacPhee—Superintendent of Schools  
**Re:** School Counsellor for Canadian Rockies Public Schools



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We are pleased to announce the selection of Michelle Skingle in the position of School Counsellor for Canadian Rockies Public Schools. Michelle's exceptional skill set and caring, inclusive approach makes her the ideal candidate for this new role. Michelle will support the Mental Health and Wellness of students and families at Lawrence Grassi Middle School.

Michelle Skingle is a Canadian Certified Counsellor (C.C.C.) and Registered Provisional Psychologist with a Bachelor of Science degree from Queen's University and a Master of Science degree in Counselling Psychology from the University of Calgary. Michelle focuses on helping students, families, and educators tackle big questions, navigate tough days together, and find new ways to support student wellbeing. She is passionate about the connections between physical activity, creativity, and mental health.

In her free time, Michelle loves finding new trails in the Bow Valley, having friends over for campfires, and learning from the stories that people (of all ages!) share with her. As part of caring for her own wellness, Michelle makes a point of getting outside every day, connecting with neighbours in Canmore, and remembering to take deep breaths. Fun fact: Michelle has a brain & behaviour background (including brain imaging), and she enjoys helping students learn about their brains!

Michelle is very excited to work with the Lawrence Grassi School community and connect with staff, students and families. Please join us in welcoming Michelle to her new role with Canadian Rockies Public Schools.