



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL
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School Counselling Service



Parent/carer Responsibility

All parents/carers have the responsibility of helping their child/children to grow and develop. Children may need help with their problems and worries.

Sometimes, no matter how well they get on with their parents, they may find it hard to talk to them.

Children often get help and support by talking to someone they trust, such as friends, teachers, a relative or neighbour. Often having a problem can affect a child's behaviour and progress/achievement in school. A School Counsellor can help.

How can Counselling help?

Counselling provides the opportunity for children to talk about things that are concerning them. Counsellors are good at relating to children and are trained to listen without judging them. Counselling can help children to improve the way they feel about themselves and to think about issues in a different way.

What issues can be discussed?

At Counselling sessions, children can discuss a wide variety of things such as:

- Stress, Anxiety, Bullying, Self-harm, Bereavement, Relationship issues; friends and/or family, Confidence issues, Eating disorders, Substance abuse; alcohol/drugs, Anger etc.

Why counselling at school?

At William Harding School, we understand the pressures that children have to endure. Counselling can help children to build resilience which they can then use both in the school (in and out of lessons) and in their personal lives.

We offer counselling in school to our students so that this service is more accessible to them. We can therefore be more proactive in helping students to look after their health and wellbeing.

Is there a Confidentiality Agreement?

The Counsellor will not discuss what a child has said to them in the sessions unless there is extreme concern for their well-being.

If there is concern that a child or someone they know may be at risk or in danger, the Counsellor will need to inform other school staff and potentially external agencies and parents/carers in order to ensure their safety.

The Counsellor is part of the school staff and understands the school, working with teachers and pastoral staff to help your child.

Will parents/carers always be informed?

Children who ask for counselling and are capable of fully understanding what is involved, may get counselling without the permission of a parent/carer. This confidentiality is crucial for establishing trust between the Counsellor and pupil so that they can feel confident to speak openly and freely about their concerns. If you have strong feelings about this, please let us know.

How does my son/daughter get to see the Counsellor?

- YOU may ask a member of staff to refer your child for Counselling or we may recommend this action for your child

Alternatively, you can refer your child, by:

- Completing the form on the 'Wellbeing' area of the school website <http://www.williamhardingschool.co.uk/wellbeing-mental-health-online-safety-newsletters>
- Speaking to their Teacher or Year Leader who can refer them

How can a parent/Carer support the counselling?

It will help your child if you accept counselling as a normal and useful activity and show an interest if they want to talk to you about it. If your child would prefer not to talk about it, that is their choice and they shouldn't be pushed too much to talk.

Is counselling voluntary?

Counselling is completely voluntary. No counselling is ever compulsory.

How long does the Counselling last?

The number of sessions depends on the issues being discussed. Usually there are between 4-6 sessions, but in some cases there can be more.

Where and when does it take place?

Sessions take place in a private space in school one-to-one with the Counsellor. They take place during lesson time for 35-40mins.

What is the cost?

The cost of the service is free to ALL students.

How do I find out more about Counselling

Speak to your child's Teacher or Year Leader for additional information regarding the School Counselling Service.