

HAUTE VALLEE SCHOOL



COUNSELLING SERVICE

INFORMATION FOR PARENTS & CARERS

Who offers the counselling service?

Professionals offering this service in schools are trained for this special type of work and are professionally managed and supervised. They hold a recognised qualification appropriate to the field of work and practise within a recognised code of ethics appropriate to their qualification. They will all have provided references to show their suitability for the post and pass appropriate police checks. They work closely with school staff and other agencies.

How can parents and carers find out more?

Your child's form tutor or Head of Year will be able to give you more information.

At Haute Vallee, Mrs Nikki Kelly offers the counselling service. Nikki is a Registered Mental Nurse, specialising in Child and Adolescent Mental Health. She is trained and experienced in a range of therapeutic interventions and risk management.

Contact details: Tel 736524 ext 833

Email: n.kelly@hv.sch.je

Her line manager is Mr Carl Garton, Deputy Headteacher.

Contact details: Tel 736524 ext 804

Email: c.garton@hv.sch.je

Introduction

All parents have the responsibility of helping their 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. Maybe a friend, a teacher, a relative or neighbour can help. Often having a problem or concern can affect a child's behaviour and school work, and having access to another adult (professional) may be a help.

In this leaflet, 'child' means any child or young person, age 11-18.

How can school counselling help?

Professionals offering a counselling service are carefully selected for their experience and qualifications.

These people are good at relating to children and are trained to listen without judging. They can help people sort out their thoughts and feelings about what is worrying them.

They usually provide short-term counselling, up to six sessions, on school premises, and usually in school time. The length of the sessions varies. With younger children, the sessions may involve play materials. What is talked about during the sessions is confidential, but the child is told that some of their problems may be discussed with other people and agencies to get help from them. If the child is thought to be at risk or in danger the information is shared immediately. This service is independent from the school staff but works with teachers and other staff to help your child, while at the same time keeping confidentiality.

Sometimes, with the child's and parent/carer's knowledge and consent a referral to other agencies may be suggested.

How does my son or daughter access the counselling service?

Your child may ask for an appointment themselves, or you, or a teacher may recommend it.

Counselling needs to be a voluntary process. When counselling is offered to younger children, you will be asked to sign a form to say that you agree to your child having counselling. Older children who ask for counselling and are capable of fully understanding what is involved may get counselling in their own right, without permission from a parent.

What issues can counselling help with?

There can be lots of pressures on young people growing up, for example friendships, teasing and bullying; exams and school work; family relationships, separations and changes; as well as illness, and loss or death of someone close.

Young people also have to cope with adolescence and the strong feelings and physical changes that go with it. Even quite young children can find that the time and space they get from counselling helps them feel better, and cope better at home and in school.

How can a parent or 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, without pushing it if they prefer not to discuss it. Counselling is not a magic solution, and sometimes it takes a while to feel the benefit.