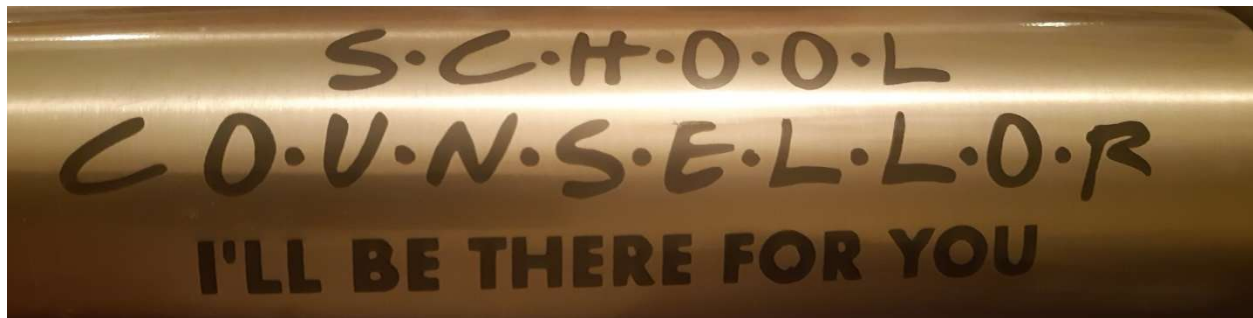


School Counselling Services at Joseph Giles Elementary



Faith Eweka

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Greetings from your school Guidance Counsellor!

As your School Counsellor, it is my intent to provide a safe and welcoming experience to children and families requiring my services. Below, I would like to share some information about school counselling.

What are some reasons children see School Counsellors?

There are many reasons children come to guidance, among these are:

- problems with friendships/peers
- concerns about bullying
- being worried or stressed out about things that are happening in class, at school or outside of school
- handling feelings, including anger and aggression
- looking for information of help for others
- being scared or feeling unsafe for any reason
- just needing to be heard by someone who they can trust
- mediations with other students

I know that, in most cases, your children already talk to you about things that may be happening with them - the school counsellor can be another ally for both them and you.

Consent

Students must be referred to school counselling (by themselves, the school or home). Some students just need a few sessions, while others will remain on my caseload for the school year. I am allowed to see a student once without parent/ guardian consent. After my initial check-in with a student, if it is determined that my services will offer support, then I will call their parent/guardian as well as send home a school counselling consent form. New referrals and consents are needed each year. *(Students in grades P-6 need parent/ guardian consent.)*

School counselling is voluntary. Students can refuse to come to counselling even with parent/ guardian consent. School counselling should never be a negative experience for students. If they don't want to come, or want to end a session early, then that will be respected. Relationships are key in counselling!

Confidentiality

Keeping a trusting counselling relationship with students is very important. As a result, most of what happens during individual sessions will be confidential between the counsellor and the child. Be assured that I will contact you if there is something that I believe is important for you to know (with your child's knowledge). You know your child best, and you can be a valuable ally. It is my hope that we can collaborate regularly. Sometimes, parents or guardians will contact the counsellor for an update on what is happening. In this case, counsellors usually consult with the student and decide together what information to give. Students themselves are free to give as much information as they choose about our work together.

We are here to support

As your school counsellors, I am here for students, staff, and the families. Please don't hesitate to come to me for support. This school year is unlike any other. There will be many bumps and obstacles along the way. But we will get through this together! Ubuntu ~ I am because we are. ~