



The Role of the School Counsellor

Prescott College Southern is fortunate enough to provide the services of a Student Chaplain/ Counsellor for the school funded by the National School Chaplaincy Program. These services are to provide both group and individual support for students seeking guidance or a listening ear. The counsellor is available to deal with numerous issues, including: friendship, bullying, anxiety, anger management, perfectionism, social skills, peer pressure, resiliency and self-esteem issues. Positive pro-social development is encouraged through programs such as: Peer Mediation, SRC and leadership days. The counsellor is also available to provide support for gifted and talented students where required. In 2019, many students will be involved in writing a gratitude journal which aims to improve resilience, positive thinking and make gratitude a habit of the mind.

As a counsellor, I have gained extra post graduate training in addition to teaching qualifications. I am not a trained psychologist and therefore when the services required exceed what I can provide, external support will be recommended. The school is happy to work to support the recommendations from external agencies. We are happy to discuss any concerns confidentially with you.

The number of groups offered will be run based on the surveyed responses. Due to the groups needing to be organised by age range, the timetable can only be determined once expression of interest forms are collated. Please be aware that groups are held during class time and children will miss the work that is being completed in class when they attend the groups.

Please find attached an expression of interest form for the various programs. You will receive additional details in regards to the program and an opportunity to provide further information in regards to your child/ren prior to the program(s) commencing.

The programs on offer this year include:

What's the Buzz: A positive 15 week social skills program aimed at middle and upper primary students to improve their self- management, friendship, self-esteem, anger management, anxiety, resiliency and organisational skills. This small group meets once a week over two terms.

Seasons For Growth: A grief and loss program where the students share their stories and work on a program booklet to help them deal with change. This may include the death of a family member or family separation.

Anger Management: Providing the support and skills to overcome the issues of anger. This includes: recognising triggers, evaluating choices and implementing strategies that work for the individual. It is important for students to recognise the impact that anger has on their lives and how it affects their relationships.

Friendship & Resiliency: The ability to bounce back from challenging situations is difficult for those students who lack confidence or have a tendency to indulge in negative thinking. They may get overwhelmed easily and need some strategies to make positive changes. This course is aimed at helping students identify triggers, balance issues, take positive action, set goals and bounce back from setbacks.

Anxiety: A certain degree of anxiety from time to time is normal, but for some students it has become a daily occurrence that impacts their well being. Getting support at the time of need can be helpful to avoid depression. The course involves recognising our anxiety triggers, anxiety responses (physical and emotional) and learning strategies to manage our anxiety levels.

Individual Counselling: For those students seeking personal and individual support the Counsellor is available to see you on a one-one basis as time permits. The school counsellor is available for individual counselling on Thursdays and Fridays (weeks 2-9) and can be contacted through the office reception. Please return this form by Friday, week 4 to assist us in forming the groups required. Forms will still be accepted after this date.

Yours faithfully,

Mrs Kathryn Drillis

Counselling Groups

Name _____

Grade: _____ Classroom Teacher: _____

Please tick the groups you are interested in your child participating in.

Counselling Program	Term(s) offered:	Student's name and class
1. What's the Buzz	Term 1&2 Term 3&4	
2. Seasons For Growth	Term 2&3	
3. Anxiety (Take Action)	Term 1 Term 4	
4. Friendship and Resiliency	Term 2	
5. Anger Management	Term 3 Term 4	
6. Self-esteem, goal setting and growth mindset	Term 1&2	
7. Individual Counselling Primary/ Secondary	All terms	

Comments:

I would like my child registered for the above groups and give permission for them to be withdrawn from the classroom and know that they will not be expected to make up the work they have missed.

Parents Signature: _____