



Cottesmore St. Mary Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON

Headteacher: Rachel Holland B.A. Hons.



September 2015

Dear Parents/Carers,

'Dialogue children' - school counselling service

Dialogue children is a confidential counselling service based in school. It is onsite and easily accessible. It provides a safe place for children to work with a qualified counsellor to share any worries and to explore and express thoughts and feelings.

Counselling can have a positive impact on the way that children experience their home and school lives. Children who feel good about themselves are more able to engage with school and family life. A few examples of the issues that counselling can help include:

- abuse
- anxiety
- anger/behavioural issues
- bullying
- bereavement and loss
- problems within the family
- difficulties at home or in school
- friendship difficulties
- Learning/communication difficulties
- School attendance

At Cottesmore we have a counsellor that attends school on a Tuesday. The counsellor is available to work with children referred to her by myself or parents/carers. As the school's SENCO I regularly meet with the school counsellor and discuss children who would benefit from the services that they offer.

The primary focus for the counsellor is to work on the issues brought to them from the child's perspective. The counsellor does not judge or tell the child what to do, but enables them to explore their feelings, talk about their worries and identify ways to cope. This is sometimes done through play, drawing, painting and games depending on the child's preference.

If you feel your child would benefit from our in school counselling service then please complete the attached proforma (which will also be available to download at any time from our school website) and return in the strictest confidence to Mrs Rachel Kershaw, Deputy Headteacher. Alternatively you can contact me via the school office or email me on rachelkershaw@cottesmore.brighton-hove.sch.uk. if you wish to discuss this further.

Kind regards

Rachel Kershaw
Deputy Headteacher and SENCO

