Dear Parents,

We are committed to every child’s success at Fairfield Primary School. In order to achieve this, lots of children receive intervention to make progress. This might be in the form of teaching support to achieve their academic targets. For some children, this may take the shape of supporting their emotional well-being to ensure that they are resilient enough to undertake their studies and therefore achieve their potential.

At Fairfield, we are proud to have a confidential Counselling service for our children during the school day. During these sessions, all children will have an opportunity to discuss any issues that are prevalent for them, working through them with quality support. These might be friendship issues, feelings of anxiety, those surrounding stress or bereavement to name only a few. The children will have time to work through these by e.g. sharing stories, making artwork, talking and play. There is no set amount of time that we will work with your child, but our focussed aim is to provide them with strategies to cope and to become more resilient with any feelings that they are having.

This service is to be delivered by a suitably qualified member of our staff. We are adhering to the BACP Code of Practice and ethical guidelines. All sessions will be confidential and anonymous files kept securely.

More information about counselling is attached to this letter, taken from the ‘Young Minds’ Charity. Please consider this and sign the below form to give permission for your child to access this support, should the need arise.

If you have any questions at all about this, then please feel free to contact us directly on the below email address.

If you feel your child would benefit from Counselling, then please ask for a referral form at the school office; please note that you need to discuss this with your child before submitting the form.

Many thanks for your continued support,

Mrs R E Fisher
rfisher@glenhills.co.uk

Name of child _______________________________________ Class ____________

I give permission for my child to receive Counselling under the arrangements detailed in the above letter, at Fairfield Primary School.

Signed by the person with legal responsibility for the young person
COUNSELLING FOR CHILDREN AND YOUNG PEOPLE

WHAT IS COUNSELLING?
Counselling is a way of helping people with personal problems. Counsellors work with a wide range of concerns including anxiety, depression, bereavement, loneliness, self-esteem, difficulties in relationships, self-injury and eating problems.

Counselling is based on building a trusting relationship between counsellor and client. It can help people talk about their experiences and make sense of them. Counselling can allow people to express difficult feelings and to learn how to manage them in a helpful way. Counsellors are trained to listen thoughtfully and carefully to people’s problems without judging or criticising. They do not give advice but support their clients to make positive decisions for themselves.

WHAT IF MY CHILD SAYS PRIVATE THINGS ABOUT MY FAMILY?
It is important that your child feels free to talk about experiences in the family that may be troubling or confusing. It matters that you give approval to your child to talk to the counsellor. It is understandable you might feel worried about what your child may wish to talk about in counselling. However, you should bear in mind that the strict code of ethics counsellors follow includes clauses about confidentiality.

The counsellor is not there to judge you or anyone else in your family, their sole purpose is to help your child manage their problems and try to resolve them in a positive way.

CAN I ASK MY CHILD ABOUT COUNSELLING SESSIONS?
The counselling relationship is very private and personal, and each child will respond differently. Some children may wish to talk to their parents about sessions, while others, especially teenagers, may wish to keep the content of the sessions to themselves. It is important to be guided by your child and to respect these individual differences. There may be times when your child seems more upset following a counselling session, and this may be because they have been talking about painful feelings. Showing sensitivity to their distress, while also respecting their right to privacy, is a difficult but important balance for parents to achieve.

CAN I ASK MY CHILD’S COUNSELLOR HOW SESSIONS ARE GOING?
It is natural that you will want to know how your child is getting on in their counselling. Some counsellors may arrange to meet with you to review progress. They will only do this with your child’s consent and knowledge of what is to be discussed. It is important to remember the counsellor will have agreed to a confidential relationship with your child and has a duty to stick to this. The only very
rare exception to this would be if the counsellor thought your child was at serious risk of harming themselves or others.

**HOW LONG WILL MY CHILD NEED TO SEE A COUNSELLOR FOR?**
The time period is usually decided on at the end of the first meeting between counsellor and client. Many counsellors work for short fixed-term periods such as six or 12 weeks, although some work in a more open-ended way, continuing to provide sessions until the client feels ready to leave.

Further information can be found at www.youngminds.org.uk