



Wotton House International School

Wotton House,
Horton Road, Gloucester,
GL1 3PR

SCHOOL COUNSELLING **PARENT/CARER'S CONSENT FORM**

I give permission for
(child's name)

to have access to counselling sessions with the school counsellor.

Name of parent/carer (<i>please print</i>)	
Signature	Date

SCHOOL COUNSELLING INFORMATION FOR PARENTS AND CARERS

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 a school counsellor may be able to help.

In this leaflet, 'child' means any child or young person of statutory school age.

How can school counsellors help?

School counsellors 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.

Confidentiality

What is discussed during the sessions is confidential, but the child is told that the counsellor may discuss their



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problems with other people and agencies and get help from them if he or she thinks the child is at risk of harm.

Sometimes the counsellor, with the child's knowledge and agreement, may refer the child to other agencies who can give more specialised help.

For our Prep group they also have the support of Josie Brown who will share information with Becky to ensure that your child gets the best possible support and any referrals needed.

How does my son or daughter get to see a school counsellor?

Your child may ask to see the counsellor, or you or a teacher may recommend it. Counselling needs to be voluntary. Nobody should be made to go to counselling.

As your child is under the age of 11, you will be asked to sign a form to say that you agree to your child having counselling.

What issues can school counsellors 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, 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.

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.

Who is the school counsellor at WHIS?

Our school counsellor is **Becky Gwynn**, she is also our Designated Safeguard Lead and PSHE teacher.