



POLICY ON COUNSELLING POLICY (For Parents)

Introduced: December 2015	Revised: March, 2023
Previous review : March, 2021	Next Review : March, 2025
Implemented by: Principal	

DEFINITION:

Our school is committed to empowering the pupils to be confident and self-reliant. The Counselling service provides a confidential, safe, nurturing and personalized approach for pupils to explore difficulties they may encounter, complementing the pastoral support within the wider community. The service is available to any parent within the school to discuss any concerns they may have regarding their son/daughter and is also available to any member of the staff.

PURPOSE:

- The aim is to ensure that pupils have a positive mental wellbeing and to provide safe and nurturing environment to support the therapeutic process for all pupils, appropriate to the needs and life stage of the pupil.
- To provide ethical and professional support for vulnerable pupils.
- To provide group intervention where there is a pattern of behavior emerging.
- To encourage pupil, parental and staff involvement in accessing the service.
- The counselling support provided is in line with current best practice. This policy also reflects the ADEK's counseling policy (Policy 53) as set out in the ADEK's Private School policy manual 2014.

POLICY:

- Counselling provides an opportunity for individuals to talk, in confidence, about things that are worrying them or affecting their day to day life. Counsellors are trained to listen, without judging and to help the person to resolve their thoughts and feelings and gain a greater understanding of themselves and their situation.
- **Confidentiality:** A key feature of the service is that information discussed in the counselling session is treated confidentially. Confidentiality will be explained at the beginning of the counselling process and periodically hereafter, where there is a need. However in the event that there is a child protection concern about a pupil's welfare, then this information will need to be shared.



Dunes International School

Plot no 19; Shabiya 9; Mussafah; Abu Dhabi; P.O Box 5121
Tel.: 0097125527527
School code: 90201 | Affiliation number: 6630051



مدرسة ديونز الدولية

رقم قطعة: ١٩, شعبية ٩, مصرف, أبوظبي, ص ب : ٥١٢١
هاتف: ٠٠٩٧١٢٥٥٢٧٥٢٧
كود المدرسة : ٩٠٢٠١ | رقم الانتساب: ٦٦٣٠٠٥١

- **Supervision:** All counsellors are required to access regular external clinical supervision with an accredited supervisor who has the experience and understanding of the children and staff of the school setting.

GUIDELINES:

A) Career Guidance

Career guidance is intended to prepare students for the next stage of their lives, whether in advanced educational studies or in the world of employment.

It involves helping students -

- Making sense of what they are being told about the various options.
- Matching courses realistically to their own abilities as well as to their aspirations (the two are not always aligned).
- Preparing application forms, curricula vitae (CVs) or personal statements.
- Getting ready for university and job interviews.
- Preparing for a very different life, for example living away at university.
- Dealing with emotional upheavals that often accompany key stages in life (leaving family, friends, and familiar environments).

B) Personal Counselling

Many students undergo times when they feel lonely or insecure, lack of self-esteem or self-confidence. Counselling offers a parallel but often connected set of support systems. Personal anxieties or even panic attacks are widespread throughout adolescence. Young people may often feel hesitant to confide in a Parent / Guardian or a teacher with whom they meet daily; and it may be easier for them to do so to a trusted professional counselor, depending on the nature of the concern.

C) Academic Guidance

Academic guidance services are part of the curriculum, and mostly focus closely on the academic needs and concerns of individual students. Teachers offer guidance and support to students according to their ability and area of expertise within School working hours.

D) Support from Fellow Students

The role of the students themselves in providing support for each other should not be underestimated, Peer mentorship programs, in which an older student befriends a younger one, to provide an introduction and guidance to the School when anything seems strange or uncomfortable, as is always the case for new students who join a large secondary school.

Roles and Responsibilities of Parents:



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- Refer their ward to the Counsellor in case of academic, social, emotional or psychological issues.
- Extend support towards the Counsellor and cooperate throughout the duration of the counseling.
- Develop a partnership with the Counsellor to help alleviate the ward's distress.
- Demonstrate understanding and support towards the ward if they want to undergo counseling.
- Be transparent and honest with the Counsellor to aid the process.

Parent may refer their ward if:

- The child wishes to speak to the Counsellor.
- The child needs additional support in the classroom.
- The child demonstrates difficulties with learning.
- The child finds initiating or maintaining relationships challenging.
- The child shows sudden, observable and unexplained changes in behavior.
- The child is fearful or nervous.
- The child seems to seek only negative attention.
- The child is unable to follow rules in school.
- The child refuses to come to school.

Parent should refer their ward if:

- The child has experienced a death in the family or of a close friend.
- The child is experiencing a divorce or separation in the family.
- The child exhibits excessive aggressive behavior.
- The child is involved in bullying situations.

Parents may refer the child for any other concern which seems to hamper their optimal functioning.

Principal's Approval	
Review Date:	March, 2023

