

12 September 2024

Dear Parent/Carer,

Counselling Sessions

Building on the success of the service over the past few years, we are continuing our commitment to the Wellbeing provision at RGS by offering structured counselling sessions to students from Monday to Friday as well as a drop-in service during lunchtimes. Students often receive emotional support by talking to someone they trust, such as friends, teachers, a relative or a neighbour but sometimes that is not possible for a variety of reasons. Changes in a student's behaviour and progress/attainment in school may be a sign of emotional distress, which is something a school counsellor can endeavour to help with. Counselling will provide an opportunity for students to talk about things that are concerning them; counsellors are trained to listen and relate to children without judging them. This can help your child to improve the way they feel about themselves and support your child to deal with life situations and incidents such as stress, anxiety, self-harm, bereavement, relationship issues, anger etc.

Sessions are confidential and the counsellor will not discuss what a student has said to them in the sessions unless there is concern for their well-being or safeguarding. If there are any concerns that a student or someone they know may be at risk or in danger, the counsellor will need to follow our safeguarding procedures.

Counselling is a part of our pastoral support provision for our students and we hope that students make use of this opportunity. This is a service that we offer to students all the way from Year 7 to Year 13 and would encourage your child to make use of this service should they feel the need. We feel that this is an important part of the Wellbeing provision here at school and really hope that you will support these services and encourage your child to use them should the need arise.

Offering this service to the students has required us to change the way we seek consent from parents, as it will be the students choice to let the parents know if they are accessing counselling support at school. If you do not want your child to receive the counselling support **they may request**, then please let us know via email as soon as possible. Please email Mrs Herath on szh@rgshw.com or Mr Durning on dpd@rgshw.com.

Yours sincerely,



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