

LEOPOLD PRIMARY SCHOOL

Hawkshead Road

Harlesden,
NW10 9UR
Tel: 0208 459 5654
www.leopoldprimary.co.uk
Email: admin@leopold.brent.sch.uk
Executive Headteacher: Miss Rachel Mollett



Gwenneth Rickus

242-250 Brentfield Road
Neasden, NW10 8HE
Tel: 0208 961 5336
www.leopoldprimary.co.uk
Email: adminlgr@leopold.brent.sch.uk
Executive Headteacher: Miss Rachel Mollett

Wednesday 4th January 2023

Dear Parent / Carer,

Young people today are faced with many pressures as they continue to develop their coping skills and preparation for the adult world. Pupils experiencing stress or emotional problems often find it difficult to engage with the education process and to reach their full potential. Here at Leopold Primary School we are committed to providing your child with every opportunity to reach their full potential during their time with us.

While the support given through our pastoral care staff and heads of year is of the highest standard, we are very conscious that some young people appreciate the opportunity to speak to an adult who is not directly involved with their education. Independent school-based counselling provides this opportunity.

We have partnered with The Children's Wellness Centre, an award winning Paediatric Therapeutic Service Provider, based in West London, who will be providing on site school counselling accessible to all pupils.

The counselling service will be responsive to pupils' needs and will operate as an integral part of the school's pastoral care provision. We will work with the counselling providers to deliver this service. A list of the frequently asked questions relating to school based counselling (see below).

Yours sincerely,

Miss Rachel Mollett
Executive Headteacher



PROUD TO BE A
MUSIC MARK
SCHOOL



LEOPOLD PRIMARY SCHOOL

Hawkshead Road

Harlesden,
NW10 9UR
Tel: 0208 459 5654
www.leopoldprimary.co.uk
Email: admin@leopold.brent.sch.uk
Executive Headteacher: Miss Rachel Mollett



Gwenneth Rickus

242-250 Brentfield Road
Neasden, NW10 8HE
Tel: 0208 961 5336
www.leopoldprimary.co.uk
Email: adminlgr@leopold.brent.sch.uk
Executive Headteacher: Miss Rachel Mollett

What is counselling?

Counselling provides an opportunity to talk in confidence to a qualified counsellor about any issues/concerns. The issues raised will depend on the individual, but common themes are stress, friendships, bereavement, school issues, anxiety or traumatic events.

Who is the counsellor?

The counsellor's name is Luci. She is a fully qualified Integrative Child and Adolescent counsellor, specifically trained to work with children. Luci is a registered member of the British Association of Counselling and Psychotherapy (BACP) meaning she has met their standards of proficiency for registration and practices within their ethical framework.

Why do we need a counsellor in school?

Few of us can work well when we are stressed or unhappy. The impact of distressing or difficult situations can be felt even more acutely by young people than by adults. If pupils can receive emotional support from a qualified professional, they will have greater opportunity to fulfil their potential.

Counsellors are trained to listen without judging and to help people sort out their thoughts and feelings about whatever is concerning them. For some children, the session will involve play and creative work.

Where and when does it take place?

A small, private room is made available in school during the day. Sessions can last up to forty-five minutes. Counselling may last for just a few sessions or be long term over multiple school terms. The need is reviewed regularly between school, counsellor and pupil.

Is it confidential?

A key feature of the counselling service is that information is treated confidentially. Counselling is a time when it is OK to talk about concerns without fear of them being discussed elsewhere. This includes not discussing the counselling work with parents / carers unless the pupil requests or gives consent to this. This can be hard for parents / carers to accept at times, but ensuring the confidentiality of the work is crucial for establishing trust so that pupils feel confident to speak openly and freely about what is concerning them. However, if a pupil appears to be at risk of harm it may be appropriate to seek help from other agencies to keep them safe. The counsellor will discuss this with the pupil first. All counsellors receive supervision of their work to ensure the quality of their practice, and these sessions involve the anonymous presentation of casework.

What if my child refuses to have counselling?

The decision about whether to take up the offer of counselling is entirely voluntary for young people just as it would be for an adult. A child or young person needs to consent to have



LEOPOLD PRIMARY SCHOOL

Hawkshead Road

Harlesden,
NW10 9UR
Tel: 0208 459 5654
www.leopoldprimary.co.uk
Email: admin@leopold.brent.sch.uk
Executive Headteacher: Miss Rachel Mollett
sessions.



Gwenneth Rickus

242-250 Brentfield Road
Neasden, NW10 8HE
Tel: 0208 961 5336
www.leopoldprimary.co.uk
Email: adminlgr@leopold.brent.sch.uk
Executive Headteacher: Miss Rachel Mollett

Can I support the counselling work?

Yes, and this is welcomed. Experience shows that the most helpful thing a parent or carer can do is to show an acceptance of counselling as a normal and useful activity, and to show an interest if their child wishes to talk about it, but not to press them if they do not. Counsellors acknowledge that this is not an easy task, and it is quite natural for parents / carers to feel anxious about what may be being said in the sessions. It is hoped that talking with a counsellor will lead to greater openness, but you may need to allow a little time for this to happen. If my child wants to see a counsellor does that mean I am failing as a parent?

Absolutely not! We all experience occasions when it feels hard to speak to those closest to us about things which are bothering us. Often this can be because we do not want to worry those we love best, or because we want help thinking things through with someone unbiased and removed. The counsellor will not be judging you or your child but looking to help them find their way through whatever is troubling them.

How are referrals made to the counselling service?

Referrals are made through the school's pastoral care system, but the request may come from you, your child or a teacher. If a teacher makes the request, we expect them to speak with the pupil first about why it may be a good idea. An initial session can be held with the young person to determine if counselling is an appropriate support in their circumstances. Counselling is not compulsory and a pupil may choose whether or not to attend. School

counselling is not a disciplinary measure and must not be used as such.

Evaluation and feedback

After the counselling has finished your child will be encouraged to give feedback. If there is any cause for complaint, you or your child are welcome to contact the counsellor or the Counselling Provider (The Children's Wellness Centre) who will try to resolve any issues of concern.

Professional standards and Data Protection

All personal information will be held securely and managed in line with GDPR requirements. The counsellor delivers the service according to the ethical framework for good practice of a professional; the British Association for Counselling and Psychotherapy (BACP). Supervision and record keeping (within data protection guidelines), and complaints procedures are all within the code of their professional organisation.

