

18/9/23

Dear Parent/Guardian,

**Counselling  
September 2023**

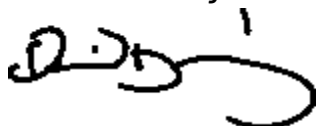
I would like to remind you about our counselling provision at RGS. We offer structured counselling sessions throughout the week, as well as drop-in sessions at lunchtimes. Students often receive emotional support by talking to someone they trust, such as friends, teachers, a relative or a neighbour but sometimes that is not possible for a variety of reasons.

Having a problem can affect a student's behaviour and progress/attainment in school and a school counsellor can help by providing an opportunity for students to talk about things that are concerning them. They are good at relating to children and are trained to listen 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.

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 wellbeing or safeguarding. If there are any concerns that a student or someone they know may be at risk or in danger, the counsellor will follow our safeguarding procedures. Counselling is one part of our pastoral support provision for our students and we hope that students make use of this opportunity. It is a service we offer to all students all the way from Year 7 to Year 13 and we would encourage your son to make use of this service should he feel the need.

We feel that this is an important part of the Wellbeing provision at RGS and really hope that you will support these services and encourage your son to use them should the need arise. With this change in service we are also now able to offer a counselling drop-in session weekly, at lunchtime. This has required us to change the way we seek consent from parents. If you do not want your son to receive counselling he may request, please let us know via email as soon as possible. Please email Mrs Herath on [szh@rgshw.com](mailto:szh@rgshw.com) or Mr Durning on [dpd@rgshw.com](mailto:dpd@rgshw.com).

Yours sincerely



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