



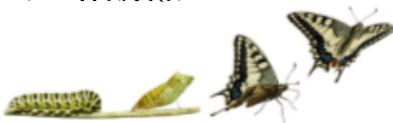
Belfast Primary School

Mid-Year Counselling Report 2017

18 children have been through counselling sessions in 2017 so far with many on-going. 6 new ones will be starting soon.

Issues covered in recent counselling sessions:

- Anxiety
- Grief and Loss
- Depression
- Issues at home
- Bullying
- Frustration
- Trauma



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The counselling programme at Belfast Primary School has been running on Mondays since Term 1 2017. I am unable to give many details about the counselling sessions, but some general comments...

- The counselling takes place in the meeting room and includes working with the child, and communication with parents and teachers.
- Children are referred by the principal or Deputy Principals and include requests made by teachers and also parents.
- The children have responded positively and are generally keen to come to sessions and engage well.
- I have had positive feedback from parents who have been grateful for the level of communication and support they have received. One parent recently told me that from the conversations I have had with her she is now able to respond differently to her child and has seen her child become calmer and displaying less frustration.
- One of the students said that they are now feeling happier and are able to cope with their anxiety better. Another now makes eye contact, laughs and can express what they are feeling. Others show relief that they are being understood on a deeper level.
- Looking ahead to next term, we need to discuss ways to best manage the increasing work-load and needs, for the best interests of the students and school.

At a later date, I could potentially offer some professional development around children's emotions.

