

Rawhiti Primary School

Mid-Year Counselling Report 2017

17 children have been through counselling so far in 2017. Most of these are on-going sessions.

The counselling programme at Rawhiti Primary School has been running every Friday since the beginning of Term 1 2017. I am unable to give many details about the counselling sessions, but some general comments...

Issues covered in recent counselling sessions:

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

- The counselling takes place in the meeting room, beside the management open plan desks and includes working with the child, and communication with parents and in some situations, teachers.
- Children are referred by the management team and include requests made by teachers and parents also.
- 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 commented that they had noticed their child was a lot calmer and more relaxed since the counselling. Another had told me that their child was less anxious when leaving them.
- A student had commented that their anxiety levels have come down greatly compared to last year and another student had noticed that they were able to manage their frustration better.
- Looking ahead to next term, I would like to continue to get to know staff better and find ways that I can be of support to them.
- We will also need to find creative ways to manage the large needs, maybe another half day per week?
- At a later date, I could potentially offer some professional development around children's emotions.



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