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## MOTIONAL WELLBEING AND REFERRAL TO SCHOOL COUNSELLOR POLICY

### St. Agnes' Primary School



#### **RATIONALE:**

St. Agnes' aim is to provide a happy and safe place for all with a focus on respect, justice, equality, forgiveness and love.

The School recognises that the emotional well being of our community members is critical in determining self assurance, self potential and self worth. The School also recognises that many children require additional support and on-going opportunities for the implementation of well being programs and support. Teachers and parents may also require interim support.

#### **AIM:**

To provide ongoing emotional support, programs and strategies to assist children, parents and teachers in emotional well being.

#### **IMPLEMENTATION:**

The School attempts to support the emotional well being of all community members through inclusiveness, programs that help develop self awareness and self esteem as well as broad opportunities for socialisation. The following programs have been initiated at St. Agnes' to assist community members with emotional care and support in times of need.

- **Wellbeing Counsellor (employed part-time):**  
Referrals for children, parents and teachers are coordinated through the front office. The Counsellor works with individuals and small groups, identified by staff and parents. The Counsellor is also available for crisis support within the school community.
- **Passive Playground:**  
A passive playground has been established at St. Agnes'. Usually children are recommended by the Special Education team in communication with other staff to access the passive play area, although all children are eligible to make use of it. The Passive Playground offers a controlled, constructive and closely supervised Lunch play option. It is essentially for quiet play.
- **Extra Programs:**  
Other programs within the school which provide emotional support for students include:
  - “Rock and Water” for building resilience
  - “Seasons Program” for Loss and Grief support
  - Brain Gym for improved concentration and learning
  - Children’s Meditation Group for relaxation and to assist with stress and change

- Lunch time craft
- Social Skills Groups for children with special needs
- “Boy’s Club” for developing cooperation and negotiation skills
- Parent Workshops for education of cyber-safety, anti-bullying strategies, childhood development and discipline

- **Outside Expertise:**

Staff employed by the Catholic Education Office in Port Macquarie as well as external experts, (Psychologists, Occupational Therapists, Speech Pathologists and Behavioural Optometrists) offer support networks for emotional and behavioural care.

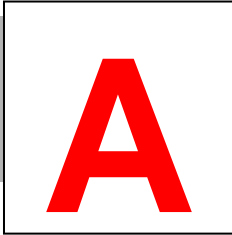
### **REFERRAL AND PROCEDURE AROUND SCHOOL COUSELLOR:**

- Classroom teacher, or parent raises concerns with the School Counsellor, Teacher’s Aide, Additional Needs Teacher or Principal.
- Principal adds name to list of children who have been flagged as having needs in this area.
- If considered necessary, parents given appropriate paperwork to complete and return to school.
- The School Counsellor may contact parents and staff to determine appropriate course of action.
- An Application, Agreement and Permission for Referral to School Counsellor (Attachment A) is signed by parent/guardian before any counselling sessions can proceed.

***Reviewed: February 2011***

***Ratified: February 2011***

***Next Review: April 2016***



# APPLICATION, AGREEMENT AND PERMISSION FOR REFERRAL TO SCHOOL COUNSELLING

## St. Agnes' Primary School



### Confidential Information

The following information is to be completed by either the referring parent(s)/Legal Guardian or Teacher:

Students Name: \_\_\_\_\_ Class: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Family Name (if different): \_\_\_\_\_

Class teacher: \_\_\_\_\_

Referred by: \_\_\_\_\_

Presenting Problem (to be completed by whoever is referring):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Prior to Teacher referral, the School Principal is advised and preliminary discussion and permission is consented by \_\_\_\_\_  
(Parent(s)/Legal Guardian

and I hereby give my/our consent for \_\_\_\_\_ to speak with the School/Family Counsellor.  
(Child's Name)

I also consent for the school to obtain/access information from relevant agencies or services currently involved with \_\_\_\_\_  
(Child's Name)

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Date

\_\_\_\_\_