



HEREFORD CATHEDRAL SCHOOL

Counselling Service - Hereford Cathedral Junior School

Why counselling?

Sometimes we all have problems that are worrying. Think of a confusing jigsaw when all the pieces are difficult to match together. Talking about a problem in counselling is like sorting out all the pieces so that we can begin to build a picture that makes more sense to us. Sometimes it is difficult to talk to parents, friends or teachers about things that are worrying us. A counsellor is someone you can talk to in a different way- someone who will listen to you very carefully, and who will not judge you or tell you what to do.

Counselling is about helping you to work things out for yourself, making decisions and choices and helping you to look at things differently. It can help you to feel better about yourself. Issues that may prompt a pupil to seek counselling include bullying, academic pressure, parental divorce or separation, peer pressure, drugs and/or alcohol, sexual health, arrival of a new sibling, low mood, anxiety, examination stress, bereavement, worry about the future and difficulties making decisions.

Who is the School Counsellor?

We have two School Counsellors: Sam Ridout and Emma Knight. They are both Registered Members of the British Association for Counselling and Psychotherapy and are bound by their Code of Ethics. More information can be found at www.bacp.co.uk.

When and where?

Sam is at Hereford Cathedral School every Monday and Emma every Wednesday. They are available for appointments between 9.15am and 3.45pm. Appointments for Junior School pupils take place in the Junior School.

How do I make an appointment to see the School Counsellor?

Referrals for counselling may come in the following ways:

1. **Referral by the School:** The School Nurse or Form Tutor may refer pupils for counselling by liaising with the Deputy Head
2. **Referral by parents:** Parents may contact the Deputy Head, the Form Tutor or the School Nurse. Counselling can form part of a support package, discussed and agreed with a pupil and his/her parents as an aid through difficult times (for example, a situation involving behavioural or attitudinal problems). **However in all circumstances counselling will only begin on a voluntary basis and with the child's full and unforced consent.**

Confidentiality

All young people are entitled to confidentiality within the confines of counselling. This means that the information they bring to the session will be held between themselves and the counsellor. Information will not be shared unless the young person has agreed to it. However the counsellor may need to break confidentiality should they deem the young person is at **significant risk** to themselves or others. At this point information may need to be shared with another party, either within school, or with an appropriate referral to an outside agency. The pupil will be informed of this, and included in the discussion as much as is possible.

Counsellors are strictly bound by Safeguarding and Child Protection procedures adhered to at Hereford Cathedral School and are aware of the Designated Safeguarding Leads and the appropriate procedures should they need to be followed.

Informing Parents

All Junior parents will be informed of when a referral is made. Any parents who do not wish these services to be available to their child during their time at School are requested to inform the Deputy Head in writing. However, whilst parental wishes will be taken into account, particularly for pupils lower down the School, the welfare of the pupil is paramount and each case will be considered individually.

Record-Keeping

The Counsellor will keep a formal record of pupils seen which may include mention of the types of issues discussed. Pupils are legally entitled to see records relating to themselves. All records are treated as discreet and confidential. Such formal records are in addition to any private case notes that the Counsellor may make confidentially for aide-memoire purposes.

Will my School Counsellor discuss my problems with staff at School?

No. The Counsellor will only make contact with staff at School if you request this. In such circumstances you will be asked to agree to this first. The Counsellor should not be required or expected to disclose confidential information to any staff departing from the rules of confidentiality set out above. However this does not preclude the Counsellor from being consulted on or involved in discussions about the most appropriate forms of support and response to a pupil's pastoral or behavioural difficulties. The Counsellor will be able to contribute valuably to these processes without disclosing confidential information.

Contact information

Mrs Sam Ridout	School Counsellor	s.ridout@herefordcs.com
Mrs Emma Knight	School Counsellor	e.knight@herefordcs.com
Mrs Toni Chave	School Nurse (Junior School)	HCJSNurse@herefordcs.com
Mrs Fran Jennings	School Nurse (Junior School)	HCJSNurse@herefordcs.com
Mr James Debenham	Deputy Head (Junior School)	j.debenham@herefordcs.com
Mrs Sarah Hobby	School Nurse (Senior School)	schoolnurse@herefordcs.com
Mrs Helen Kemble-Davies	School Nurse (Senior School)	schoolnurse@herefordcs.com
Mr Bruce Blyth	Deputy Head (Senior School)	b.blyth@herefordcs.com