

School Counselling Policy

The School Counsellor provides counselling to students in the Junior school. Counselling and support is also available for parents of all students at Sidrah Gardens School. The School Counsellor offers a consultant role for staff to support students, including behaviour management strategies, educational strategies and social/emotional learning skills.

Referral process

Students or parents can request to meet with the School Counsellor themselves. Alternatively, teachers or the Principal can provide information to students about the counselling service at school. Parental consent is first obtained before counselling support is provided. The only exception is if there is concern for the immediate safety or wellbeing of a student then the School Counsellor may need to prioritise the best interests of the student and meet with them. Parents have the option of meeting with the School Counsellor and this is encouraged as parental involvement with counselling, especially for younger students is often beneficial.

If support from the School Counsellor is deemed beneficial by the Principal, then parental consent is first obtained for the counsellor to observe a child in class. Recommendations and strategies can then be discussed with staff and parents of the child.

Confidentiality

All counselling sessions are confidential, with the only exceptions being if there is a risk of harm to the student or another person, or if a subpoena is served. However, a request to the Court may be sought for the information not to be released if there is concern for any potential impact on the student.

Storage of files

The counselling files are owned by Sidrah Gardens School and kept on the school premises in a locked cabinet. The files are confidential and only accessible to the School Counsellor. When the student leaves the school, the files are archived and remain confidential. The files are kept for 7 years after the student has turned 18 years of age.