



Counselling Policy

Pupils are encouraged to talk about problems with their Tutor or Housemaster/Housemistress. Other people with responsibility for supporting pupils are the School Nurse, the Chaplain and the Deputy Head and Assistant Head (Pastoral). However, pupils should approach any teacher with whom they feel at ease if they would like to talk about a problem.

Whatever pupils have to say will be treated with sensitivity and discretion. If pupils are concerned about confidentiality, they should seek reassurance by asking about the boundaries.

Mrs Channer, the Deputy Head (Pastoral), and Housemasters/Housemistresses will advise pupils or parents who enquire about the options for professional counselling outside school and a Well-Being / Pastoral page has been added to the pupils' VLE with details of external agencies which might be helpful, planned well-being initiatives, and significant forthcoming events. Two school counsellors, one male and one female attend the school for two days each and pupils can be referred to them through Housemasters/Housemistresses and the Deputy Head (Pastoral).

Information is also displayed in tutor rooms and on noticeboards around the school to signpost details of an external counselling service in Redbridge.