

Information for Parents and Carers on Counselling Services at The Junior & Senior School



What is Counselling?

Counselling provides an opportunity for children to talk, in confidence about any issues that are worrying them or affecting their day-to-day life. These issues may range from friendships, bullying, stress, anger management, self-esteem, change, bereavement etc. Counselling services are provided by School Psychologists at both school sites.

What does a School Psychologist do?

School Psychologists are experts in mental health, learning and behavior. They are also trained to listen without judging and to help students sort out and cope with their thoughts and feelings. At The Junior & Senior School, a School Psychologist is available at each site to provide counselling services for students. Students can make appointments themselves or after discussion with their teacher or another member of staff. Year 5 students and above can contact the School Psychologist through email or Microsoft Teams. Parents can also collaborate with the School Psychologist for issues relating to the wellbeing of their child, as can members of staff. The School Psychologists can be contacted through these email addresses or the school's phone number:

Junior School

Name: Nasia Joseph

Email: njoseph@tjss.ac.cy

Senior School

Name: Artemis Theofanous

Email: atheofanous@tjss.ac.cy

Why provide counselling services at school?

When students are experiencing difficulties either at home or at school, both their academic attainment, social and emotional skills may be affected. A school-based service provides counselling in an environment that is secure, safe and familiar. By providing emotional support and allowing students to discuss and 'off load' issues, academic attainment can be improved, social issues can be resolved, students can develop a lot of different skills, that help them feel better about themselves and become more self-confident.

The Junior School Psychologist

Ms Nasia Joseph is a licenced School Psychologist. She is a graduate of the Psychology and Education Bachelor's degree at the University of Southampton. She continued her academic studies acquiring a three-year applied Master's degree in School Psychology at the University of Nicosia. Her goal is to help the entire school to successfully improve academic achievement, promote positive behaviour and mental health, support diverse learners, create a safe and positive climate, strengthen family-school partnerships and improve school-wide assessment and accountability. She has experience in working with individuals, children, adolescents, teachers and parents.

The Senior School Psychologist

Ms Artemis Theofanous is a licenced School Psychologist. She has completed her Bachelor's degree in Psychology and continued her studies with the three-year applied Master's degree in School Psychology at the University of Cyprus. Her goal is to help every student thrive by addressing their needs at an academic, social and emotional level, whilst working and facilitating communication for students. She has experience in working with children, adolescents, teachers and parents.

Are parents informed if their child is receiving counselling?

After the initial meeting with the student and in case of regular meetings between the student and the School Psychologist, a parental consent form will be sent to parents, where their

signature will be required if they consent for their child to proceed with the counselling services. If the student is 18 or over, the above does not apply.

The procedure for counselling is confidential. However, the confidentiality between the student and School Psychologist does not apply under the following cases:

- If the student plans to harm themselves or others (the student's health and safety is believed in question)
- If the student is believed to be at risk
- If there is known or suspected abuse or neglect
- Court or other legal proceedings

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