



SARAH BONNELL
SCHOOL

30th September 2016

Dear Parents/Carers,

In addition to our existing support for students, the school has three part time counsellors, Sharon Breen, Sarah Pettitt and Louisa Fry Jones.

Ms Fry Jones is in school on Mondays, Ms Breen on Tuesdays, Wednesdays and Fridays, and Ms Pettitt on Thursdays and Fridays.

There are various routes for referral, which will be regularly reviewed. Currently these are:

- Girls can self-refer.
- Parents and school staff can refer, with their daughter's/the student's agreement, through the school.

As counselling is not likely to be successful unless the girl willingly engages in the process, the option of taking up the offer of counselling is entirely voluntary.

Please be aware that if your daughter is already seeing a counsellor or therapist outside school it would not usually be appropriate for her to see the school counsellor simultaneously, and the counsellors will always try to establish whether the girl is receiving support elsewhere before starting work.

Counselling usually works best when girls are able to tell their parents that they are seeing the counsellor, and parents can support this by showing an acceptance of counselling as a normal and helpful activity, showing an interest if the girl chooses to talk about it, and not pressing her if she does not.

I hope you will consider the availability of school counsellors to be a positive addition to the existing outstanding pastoral care at the school, and view it as another way of enhancing the well-being of our girls.

Yours sincerely

Hannah Flowers
Special Educational Needs Coordinator
Lead Professional for Behaviour

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