



Policy and Procedures for Counselling and Support Services

22 January 2019

Preamble

This policy deals with the aim and purpose of the counselling and support services for Yeshiva College. The policy aims to outline the roles and responsibilities of the counsellors, learners, parents and staff as it pertains to the learners' emotional, behavioural and educational well-being.

Counselling at Yeshiva School is offered to assist students in addressing barriers to learners general well-being, which includes inter alia emotional and educational considerations. Counselling is provided within the framework of the School Community, involving staff and parents as required. The school counsellors work within a team-based framework which includes stakeholders relevant to the matters at hand. This requires a collaborative and cooperative partnership from all areas within the school community.

School counsellors are geographically located within the school for easy access. Due to the nature of the school counsellors work, various needs will be prioritised accordingly and therefore counsellors may not always be immediately available.

Definitions

School Counsellors: The school counselling team consists of registered counsellors which may include social workers and psychologists.

Counselling Support refers to the interaction between relevant stakeholders in relation to a learner's general well-being. The school counselling services is not able to provide long-term therapeutic interventions and therefore when necessary appropriate external referrals will be provided.

Levels of Intervention

1. Individual

The Counselling department offers individual short-term supportive counselling for learners with the possible inclusion of other stakeholders. This is determined and managed on a case-by-case basis.

2. Mediation and Conflict Resolution

Mediation is a dynamic, structured, interactive process where a neutral third party (school counsellor) assists disputing parties in resolving conflict through the use of specialized communication and negotiation techniques.

3. Classroom-based and campus - wide programmes

The Yeshiva College Counselling Department aims to assist learners in developing skills to manage common challenges and life experiences. Therefore workshops and programmes addressing subjects such as pro-social behaviour, healthy lifestyles and choices, study skills etc. are facilitated by the counsellors. The types of programmes are structured according to appropriate developmental and grade levels.

- Responsible use of technology and social media
- Prosocial programme which aim to assist learners to navigate social interactions and tolerance.
- Being an up stander and managing bullying
- Conflict Resolution, resilience and tolerance
- Communication skills
- Study Skills and exam preparation
- Job Shadow
- Career Guidance
- Subject Choice Guidance
- Kindness and Inclusivity
- Protective Behaviours
- Assertiveness
- Negotiating and taking turns
- Protective Behaviours
- Body Awareness and Puberty (Grade 5)
- Kindness and showing empathy
- Anti-bullying programmes
- Leadership

The Counselling Department also run programmes that focus on prevention programmes for the entire campus. These aim to empower all stakeholders with information and awareness.

Referral Procedure

There are a variety of ways in which a refer for counselling can be made;

- Self-referral
- Referral by parents
- Referral by teacher or principal

This can be done verbally or in writing.

The counsellor has a right to refer the learner when the case is not within his or her scope of practice. these may include;

- Suicide and Mental health related disorders
- A child who may need long-term intervention
- Medical intervention

Discipline

Reports by children which require a disciplinary intervention will be referred to the school head and/or head of discipline.

Reports of bullying can be managed in two ways

- Mediation - Should the learner choose to engage in a process of mediation with the alleged bully, the school counsellor will facilitate this process. Should the conflict or bullying continue following the mediation, the matter will be referred for discipline.
- Discipline - A learner may choose to report the bullying incident to the school head and/or head of discipline. In addition to or as an alternative to a discipline procedure, the school head or head of discipline may recommend a process of remediation and/or support counselling for the learners.

Confidentiality

Confidentiality would differ depending on the age of the child. Confidentiality may be waived under circumstances where there may be danger to the self or others and/or illegal activities.

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