



## THE PSYCHOLOGISTS @ THOMAS HASSALL

Let us introduce you to our Student Counselling Team!

Hello Parents and welcome to our article in the eNewsletter.

In this edition we would like to introduce you to the Student Counselling Team, provide you with more insight into what psychologists do within schools and, specifically, what you can gain from reading our articles. The articles will be tailored to address parent needs in supporting their children on their educational and life journey.

Our aims include providing you with more information about the type of 'things' we can support your child with and also how we can support you when your child is experiencing difficulties within this setting.

We have three psychologists which enables us to assist students across the College. We have the Head of Student Counselling, who works with both the psychologist located in Junior School and Senior School and support them as necessary.

In our Junior School we have a Psychologist who works specifically with students and parents from Prep to Year 6. Amongst other concerns, the psychologist can assist parents with resources/advice on how to support their children with the transition into school. Sometimes it can be difficult for parents to have a clear idea of what their child should be able to do at various ages, and what they should be supporting them with. Psychologists are well placed to assist parents to set realistic expectations from their children, whilst supporting them to develop their independence, social skills and resilience.

In Senior School the psychologists work in conjunction with a well-developed Wellbeing Team, to support students with their wellbeing. They support students with a range of topics ranging from their transition into Senior School, to how to survive the HSC.

Teachers are viewed as experts in learning, and school psychologists support children to identify the barriers to learning and support their mental health and wellbeing. Parents can feel overwhelmed when their children are struggling and school psychologists are available to support them during these times.

This link will take you to a **3 minute** video that will provide you with more insight into how you can benefit from our services - <https://www.youtube.com/watch?v=mpSJYSiDQdw>

**Mrs Jacoline Petersen**

Head of Student Counselling

**Next Edition . . . *Would you like to know what the difference between a psychologist and a psychiatrist is? Watch this space!***

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