

# UNITED SCHOOLS FEDERATION

**St. Michael's C. of E. Nursery & Primary School**  
**St. Catherine's C. of E. VA Nursery and Primary School**  
**St. Mary's C. of E. VA Primary School**  
**Marldon C. of E. VA Primary School**



Dear Parents and Carers,

I would like to introduce myself to you, as your new School Counsellor at St. Michael's. My name is Julie Sandover and I am a fully Accredited Member of the British Association for Counselling and Psychotherapy (BACP), the organisation responsible to Parliament for Professional Standards in Counselling. I have been working as the School Counsellor in St. Catherine's for three years, and in Marldon for one year; additionally, I have been working at Teign School for five years.

I am delighted to be joining St. Michael's in the same capacity, as part of the School's pupil support team. Alongside the Thrive Approach, counselling is work on the self to develop important life skills and to enable the individual to feel both valued, and of value.

My principal work in schools is to aid all the children in our care to access a strong belief in themselves to help them deal with the ups and downs of daily life. I passionately believe in the BACP commitment towards an 'emotionally healthy society'. To achieve these aims I employ a Person Centred Approach which, I believe, allows the young person to understand themselves, their emotions and responses. From this understanding they become empowered, capable of deciding, for themselves, whether to change, what to change and how to achieve this transition. Thus enabling pupils to feel happy and secure within themselves, able to use positive strategies to develop strength and resilience, and to foster healthy self-esteem and develop a strong sense of self.

Through individually tailored sessions, children feel listened to and understood; they have their feelings attuned to and validated, which enable them to grow and mature with a keen sense of their own identity and place in our modern, and sometimes confusing world. Pupils are free to access the counselling service, but this is carefully administered in co-ordination with the teaching staff and timetable commitments. All issues that are presented by children will be dealt with confidentially, in line with the BACP 'Ethical Framework' and their guidance on 'best practice in schools'. Should any parent wish to know more about the service they are most welcome to contact me at St. Michael's, on a Thursday. In the meantime, unless there is a specific objection, it will be assumed that consent is given for pupils to receive counselling.

Regards

Julie