

SWISS COTTAGE SECONDARY SCHOOL

COUNSELLING



Dear Parents/Guardians,

Counselling provides our students an opportunity to talk about things that are of concern to them with a qualified and experienced school counsellor. Counsellors are trained to listen without judging and help students with the thoughts or feelings that are affecting them.

Our school-based counselling service provides support for the students in a place that is familiar, safe and secure. Talking to a school counsellor can allow the students to explore and understand their problems, and to find the courage and strength to face and change the circumstance that they feel so overwhelmed by.

Our experience shows that the most helpful thing a parent can do is to show acceptance of counselling as a normal and useful activity, and to show interest if their child wishes to talk about their concerns, but not to press them if they don't. We acknowledge that this is not an easy task and it can be quite natural for parents to feel anxious about the sessions. Counselling can lead to greater openness with parents and families but you will need to allow a little time for this to happen.

When your child speaks to a counsellor it does not mean you have failed as a parent but rather your child may not want to worry those closest to them. Your child may also find it helpful thinking things through with someone else outside of the family who will enable them to find their way through whatever is troubling them.

As school counsellor, I am here to encourage and support all our students to ultimately be successful in school. I do that by providing individual counselling, and consult with parents, school staff and community agencies whenever necessary.

Helping you find your way



SWISS COTTAGE SECONDARY SCHOOL

Counselling is for everyone!

- Emotional Wellbeing
- Managing Behaviours
- Friendships
- Family Issues
- Social Skills
- Self-Esteem
- Conflict Resolution
- Bullying
- Excessive handphone/ computer use
- Poor eating Habits
- Personal Safety
- Time management
- Problem solving
- Transition to new environment

If you have questions or concerns about how to help your child with any of the above concerns, please do not hesitate to contact us!

You can reach the school counsellor through your child's Form Teacher or you can contact me directly via the details listed below.

MS PHANG JIA WEN

TEL: 6631 9167

Mobile : 9732 1963 (text for appointment)

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