



September 2015

Dear Year 7 Parents and Carers,

I would like to extend a warm welcome to all of the families of our new, Year 7 students; I am pleased that you have joined our community here at Forest Hill School! This is a time of transition and change, both for yourselves and for your sons. The move from Primary to Secondary school is not always smooth or straightforward – there are sometimes bumps along the way as the students adjust to the new building, new teachers, new students, new everything! However, it is also a time of much anticipation and excitement; there are many opportunities that come with starting Secondary school, and I hope that you and your sons are able to make the most of what is on offer during your time with Forest Hill School.

I am writing to introduce myself to you; I am the school counsellor here at Forest Hill. The school takes the emotional health and well-being of their students very seriously, evidenced by the many years the school has had a counselling service. The service has been an important source of support for many students, who have at some point experienced difficulties during their time at school. The service is confidential, open to all students and can be accessed several ways at any time throughout the school year. The main ways are for a student to access the service are:

1. Self-referral
2. Referral by a member of school staff
3. Referral by parents/carers

I will always encourage the students who self-refer to let their parents/carers know, but if they are not yet ready to do this, I will respect their confidentiality.

Over the first half term, I will be making visits to Year 7 PSHCE classes to introduce myself, talk about my role as the school counsellor and explain a bit about what counselling is. This is something that I have done in previous years, and students have found it very helpful.

Dacres Road
Forest Hill
London SE23 2XN

T: 020 8699 9343
F: 020 8699 9198
E: info@foresthillschool.co.uk



Headteacher: Steve Brady BEd (Hons)

www.foresthillschool.co.uk

Parents and carers of students in Year 7 have the option to request that your son does *not* have counselling. This can be done by writing a letter to the school to my attention stating so. Students who are *12 years and older* do have the option to seek advice and support themselves. There are information sheets available through the school website that might be helpful to read; they explain more about the counselling service and my role within the school so you have an idea of what to expect.

I also run a Parent/Carer Consultation Service, for those parents/carers who have any concerns or worries about their son. I would be very happy for you to contact me to talk through any concerns you might have; we can then arrange a time to have a meeting at school or simply continue to talk over the phone.

I am looking forward to the start of this year and to continuing my work supporting students' emotional well-being within the school. I am grateful for your on-going support of this valuable service!

With best wishes,

Colette Rhodes
School Counsellor

C.rhodes@foresthillschool.co.uk
Tel: 0208 699 9343