

FOREST HILL SCHOOL COUNSELLING SERVICE

CORONAVIRUS GUIDANCE FOR FACE-TO-FACE COUNSELLING SESSIONS AT SCHOOL

As face-to-face sessions resume with the start of the school year, this document sets out the safety measures I am taking to ensure there is minimal risk of transmission in the counselling service at Forest Hill.

- I am wiping down armrests, door handles and other communal surfaces between every session. I have shortened sessions by **5 minutes** to allow for this cleaning to happen
- I am washing and/or sanitising my hands throughout the day and avoiding skin-to-skin contact with others in school
- I am requesting for all students, staff and other visitors to my room to sanitise their hands on arrival
- The counselling room is arranged so students and myself can maintain a 1 metre + distance from one another during a session
- Although I am NOT requiring myself or students to wear face masks during sessions, masks can be worn if it is preferred or necessary
- I continue to monitor my own health and symptoms; I shall follow school procedures in reporting any concerns regarding my health and will ensure all students seen for counselling are made aware if I am required to self-isolate

I will continue to offer students face-to-face counselling support throughout the school year, following the safety recommendations of the school and Public Health England. If the school is required to close for any length of time, then sessions can take place remotely over Microsoft Teams for any students who wish to continue with their counselling.

If you have any questions regarding the information please do contact me if you would like to talk things through.

Colette Rhodes

Forest Hill School Counsellor

September 2020