



St Agnes Catholic High School

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Counselling Service

St Agnes Catholic High School has a counsellor available, on a full-time basis, to assist students with a broad range of issues. Some year 7 students like to talk about their concerns regarding their transition from primary school to high school. Other concerns may include academic expectations and performance, relationships, family problems, loss and grief or anxiety.

If there are concerns that need to be followed up but cannot be addressed at school the counsellor will assist you in making contact with appropriate outside agencies such as Community Health Centre, Relationships Australia or Headspace Mount Druitt.

Students can arrange to see the counsellor by:

- Personally approaching the counsellor to make an appointment
- Speaking to the Stage 4 Coordinator or Year 7 Assistant Stage Co-ordinator
- Asking their teacher to speak with the counsellor on their behalf
- Asking their parents to contact the counsellor.

Passing on information

It is understandable that different people have had different experiences of counsellors in the past and therefore may feel reluctant to involve the school for fear their child may be labelled. However it is my experience that confidential forewarning is beneficial to your child.

Please contact me if you have any relevant information to pass on, for example, tests done by healthcare professionals such as speech therapy, psychometric tests, family law court orders etc. If your child is taking medication for Attention Deficit Disorder or other medical concerns it is essential that the school is made aware of it so we can work together as a partnership for the benefit of your child. Knowing individual family circumstances that may be impacting on your child is also important in looking after your child. For example, it would be helpful if any changes in family circumstances that may impact of your child are passed on to the counsellor, e.g. parents separating, significant illness, death of a close family member. All information is treated with discretion.

If your child is seeing an outside counselling service it would be most helpful to know. Working in tandem with other agencies is preferable to not being aware of an agency's involvement. Withholding information can be detrimental to your child's smooth transition to high school.

The counsellor can be contacted directly on 8882 0710 / 0428 889 357 or via the school office.

Yours sincerely

Prue Excell

Prue Excell
Counsellor