I’m back this year as part-time Student Counsellor, working alongside staff to support the needs of our students and families. Together we aim to provide a safe and positive learning environment. I will see children individually and in groups for discussions on various topics – so stay tuned for my page! If you think your child may benefit from some additional support please do not hesitate to contact me or they can drop a note in my box in their classroom.

So the last two weeks at St Bene’s have all been about:

“The Kissing Hand”

&

“The Chatterbox”

The last two weeks I have been busy talking with the Pre-Primary Children about the big change to their lives, that being coming to school for the entire week (like all those big kids!). While there is a lot of excitement many of the children talked about being a little nervous and scared and not knowing what to expect.

- We talked about how their feelings are like many of their friends
- We talked about how their feelings changed as they got used to coming to school
- I showed them how to “reframe” their “scary” thoughts of school by thinking and sharing what things they love about school
- We read the book *The Kissing Hand* by Audrey Penn. The book tells the story of Chester the Raccoon who didn’t want to come to school because he feels he will miss his mum. His mum gives him a kiss on the palm of his hand, which warmed his heart and says to him that the kiss and its warmth can’t be rubbed off. So Chester knows that anytime he feels lonely he can feel the warmth of his mum by putting his palm to his cheek.
- We all made a picture of the “Kissing hand” to take home to remind us of the story and the things we can do to feel happy when we may be feeling sad or lonely, even at school.

Over the past two weeks I have had the opportunity to introduce myself to years 3-6. I have explained to them what my role is and I have also introduced “The Chatterbox” – a box where students can leave me a note should they have anything they want to discuss. This provides the students with an accessible way to contact me so that they spend their time at school focusing on learning and having fun rather than worrying or being distracted by other things. The box has proven to be quite popular! Please talk to your children about the Chatterbox and encourage them to use it as needed.

I will be meeting all the children who have requested to see me over the next week.