St. Bene’s
Counselling Corner
Week Two – Term Two

Hi there, I am the 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 the “chatterbox” in their classroom.

So what’s been happening?

GIRL POWER COMES TO ST BENE’S

Last week the years 3-6 girls and their families were invited to attend a fun and interactive parent–daughter workshop titled “The language of Friendship” hosted by School Psychologist Kate Walton - a Girl Power Facilitator. The workshop looked at the interesting world of “tween Friendships” and taught parents and children about

- Friendship Facts – healthy and unhealthy friendships including learning that friendships are not forever and change and that this is ok!!
- How to deal with friendship fires - normalising that conflict occurs in every relationship and how to deal with this
- How to stand up for yourself including strategies and language to confront and deal with friendship fires
- Advice for parents on how to support their daughter(s) through the world of tween friendships
- Providing a common language for parents and educators so that we can support, understand and communicate clearly with one another about our friendship issues.

Stay tuned in the coming weeks to hear about how the Pre-Primary kids are attempting to “Fill up their Buckets” and learn all about how you can adopt this “bucket-philosophy” in your home!

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