

AWARENESS ON EMOTIONAL WELL BEING

Our school is committed to providing a safe and secure environment to students where they feel confident about sharing any concerns they may have. We provide counselling services to achieve and maintain optimal psychological well being and social functioning of students along with their educational goals. We seek co-operation and support of parents so that together we can contribute to holistic (physical, social, behavioral, emotional and cognitive) development of our students and prepare them to be healthy and productive citizens.

COUNSELLING SERVICES IN SCHOOL

- **Student Awareness and Skill Development Program**

The skills, knowledge and understanding needed by our students to keep themselves and others physically and mentally healthy and safe are included as a part of our curriculum. Counselling classes and workshops are an intrinsic part of their school experience.

- **Parent Enrichment Program**

Regular parent awareness programs/ workshops are held to provide information and share ideas about the role of parents in promoting mental health and emotional well being of their children in today's scenario of dwindling traditional support systems.

- **Promoting Staff Competencies**

All staff members receive regular training through workshops about recognizing and responding to emotional distress and enhancing resilience among students.

- **Self- Referral (Walk in services for students)**

Students can walk into the counselling room in the school to disclose concerns about themselves or a friend in a calm, supportive and non-judgmental environment and seek help and support for any emotional distress.

- **Referral to Outside Agencies**

In case a child needs further help beyond the initial intervention, the child and parents will be referred to recognized mental health services outside school. The parents can choose any certified service they consider appropriate.

CONSENT OF PARENTS FOR COUNSELLING

The school provides counselling sessions in the same manner as medical first aid is offered to all students. These services are provided in good faith and in the best interests of the child. The consent form for school counseling service is given in the school almanac

MANDATORY REPORTING AND CHILD PROTECTION

We recognize that children have a right to be protected from harm and they cannot learn effectively unless they feel secure.

All child protection concerns relating to physical , emotional and psychological distress must be reported to the counselors and the Vice Principal/ Incharges (Pre-primary and Primary) by all staff members including the non- teaching staff, who will then report all the necessary cases to the Principal.

SOME WARNING SIGNS AND SYMPTOMS

A child might need help, if the following signs and symptoms last weeks or months and if these issues interfere with the child's daily life:

- often feels anxious or worried
- has very frequent expressions of anger or is intensely irritable most of the time
- has frequent headaches or stomachaches with no physical explanation
- is in constant motion, can't sit quietly for any length of time
- has trouble sleeping, including frequent nightmares
- avoids spending time with friends
- fears gaining weight and exercises and diets obsessively
- has low or no energy
- sudden decline of grades
- engages in risky or destructive behavior
- smokes, drinks or uses drugs and other forms of addiction
- has thoughts of suicide
- thinks his/her mind is out of control, hears voices
- harms himself such as cutting or burning his/her skin
- has extreme mood swings from high to low and low to high
- has persistent sadness with feeling of hopelessness

If any of the symptoms given above is observed, your child needs help and you should immediately contact any Counselor in the school or outside.
