



NEW INDIAN MODEL SCHOOL SHARJAH

Policy on Wellbeing, Counselling and Career Counselling

2024-2025

Introduction

NIMS Policy on counseling, Wellbeing and Career counseling states the role of counseling team of the school, it also states about the people in charges who implement this policy for betterment of students. Policy will explain in detail about the Wellbeing Procedures, Career Counseling, Counseling formats.

Statement:

At New Indian Model School, the counseling service extends to all the individuals who are a part of the school; students, teachers and parents.

The counseling service provides a safe and nurturing approach to all students to explore their barriers and challenges and develop skills needed to overcome them.

NIMS aims to ensure positive mental health to all students and encourage the students to reach their full potential by providing a counseling program that is comprehensive, preventive and developmental in nature.

NIMS Counseling cell values the individuality of each student and nurture his/her educational, social, emotional and personal needs.

Significance:

Students of any age can be at a risk of experiencing issues with mental health and poor wellbeing. Students face anxiety and stress caused by increasing demands of examination, adjusting to the school, Understanding Peer, Copying with the

Parent's expectations. All of these can have a big impact on their mental health. Mental health needs can pose serious barriers to social and educational development. School counseling service is a necessary part of the education system and can provide required education, interventions and counseling services to students, parents and teachers. With reference to Career Counseling school students are guided with all appropriate guidance about Courses Universities and Job market analysis which will support their decisions on career choice.

Stakeholders:

- With regard to guidance counseling specifically, the involvement of key stakeholders such as school management, teaching and support staff, students and parents.
- Aim and Procedures for Counseling:
- Provide safe and nurturing environment.
- Enhancing the awareness of mental health in school, aiming to remove stigma.
- Identify students at risk of social, emotional and psychological concerns.
- Provide short-term counseling or crisis intervention.
- Support students through individual intervention program in dealing with

- bullying,
- family crisis, change, peer pressure, friendships, anger, academic expectations and issues surrounding their mental health.
- Counseling be eligible for 5 sessions for 40 minutes or 10 sessions for 20 minutes.
- Review of the sessions after 6 weeks. Sessions will last 40 minutes in the counseling room. Students referred will at a convenient time for the students to ensure that service tries to meet the needs of all students.
- Provide resources, support and encouragement to students, parents and teachers to access counseling service.
- Any student in Year 10 or above can self-refer.
- Teacher, Supervisor, HOS must refer any pupil in Year 9 or below using a referral form. Students who seem to possess disturbed behavior or psychological distress.
- The students referred will be offered 1-2 counseling session with the counselor. The student can come for another session with the counselor if required.
- Parents can refer their ward for counseling service against their wishes due to
- Counseling by meeting with the school counselor.
- A member of the staff can self-refer by contacting the school counselor.
- The school counselor will keep a formal record of pupils who access the service with a brief description of the presenting issue. Where a student is in the individual file.
- Referral form and parent consent where needed will be kept in Student records will be in the counselor's office.
- Statistical data will be annually reported keeping students' identity confidential.

Counselor's Ethics:

- Confidentiality it is the school counselor's responsibility to respect the right to privacy of those with whom they enter a counseling relationship and to provide an environment of trust and confidence.
- Explains the meaning and limits of confidentiality to students in appropriate terms.
- Provide appropriate disclosure and informed consent regarding the relationship and confidentiality.
- School Counselor's primary obligation regarding confidentiality is towards the student but balance that obligation with an understanding of the guardian's legal rights to the guiding voice in their children's lives.
- Confidentiality is an ethical and legal term ascribed to the information communicated within the counseling relationship, and it is to be maintained unless keeping that information confidential leads to foreseeable harm.

Procedure and Person Involved:

