



CEDAR
INTERNATIONAL
SCHOOL
BRITISH VIRGIN ISLANDS

The Mission of Cedar International School, a non-profit private school, is to provide all students we serve the opportunity to achieve their academic best with an international curriculum within a culturally diverse environment; to encourage leadership, character, and creativity; to foster a culture of international mindedness and community service; and to nurture inquiring minds and caring personalities in all students.



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The Solution Studio

A place of inclusion and assistance, where students, teachers and parents can seek support, advice and solutions for their academic, social and emotional needs.

Cedar International School
Tortola, BVI

Contact:

The Solution Studio Team

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*Introducing
the School
Counsellor*

What is Counselling?

Counselling provides an opportunity for students to talk about things that are worrying them or affecting their day to day life. What they chose to talk about is up to them , but common issues are

- Bullying
- Parental separation
- Stress
- Friendships
- Change
- Bereavement
- Anger
- Traumatic events
- Low Self Esteem
- Self concept
- Understanding others

What does a counsellor do?

Counsellors are trained to listen without judging and to help students to recognise their thoughts and emotions. The counsellor can help to solve problems, develop strategies to cope and develop life skills.. The counsellor may see a student individually or within a group.

Why have a counsellor in a school?

When students are experiencing difficulties at home or in school, their concentration and the way they behave may be adversely effected.

A school based service brings counselling to students in a place that is familiar, safe and secure. By providing emotional support and enabling the student to 'offload' feelings and anxieties, counselling can help a child to concentrate more in class, feel better about themselves and build confidence

How can I support the Counselling work?

The most helpful thing a parent/carer can do is show an acceptance of counselling as a normal and useful activity.

Support for Parents:

- Listen and support for you as parents
- Refer to outside agencies if appropriate
- Recommend resources
- Advise on emotional and behavioural problems
- Provide psycho-education

How does my child see the counsellor?

- You may refer
- Your child's teacher may refer
- Your child may self refer
- I may go into your child's class and teach about a relevant topic

Please email me if you have any questions. catherine.ouriach@cedar.vg

