

11 November 2024

Dear parents and carers

At Carrington we are very lucky to have an **on-site Counsellor, Mrs van den Berg**, who is available for student support. Mrs van den Berg is now able to offer **Wellbeing Drop-In sessions** for students during break times. Should your young person need it, this is an opportunity for them to self-refer for a 15-minute check-in appointment to talk about anything they might need support with; that might be friendship issues, difficulties with settling in, life, school or exam stress etc. Your young person can attend alone or bring a friend.

Mrs van den Berg offers a safe, non-judgmental and confidential space for students to explore their thoughts and feelings. This service can be used once or a few times per year. Students have been given the information on how to arrange a session via their Student Weekly.

You do not have to do anything for your young person to attend but **if you DO NOT give permission for them to see me, please email me directly** at lvandenbergcarringtonschool.org.

Best wishes
The Carrington Team

