

Welcome to the 2016-2017 school year!

This letter is to share information about the roll of the school counsellor at ISS and how the counsellors can support students and families.

We are fortunate to have three individuals working to support students in a counseling role this year.

Beth Contreras – School Counsellor G9-12 [bcontreras@iss.edu.sg](mailto:bcontreras@iss.edu.sg)

Miho Tsumura – Japanese Teacher & Counsellor [mtsumura@iss.edu.sg](mailto:mtsumura@iss.edu.sg)

Mi Yeong (Michelle) Lee – Korean Teacher [mylee@iss.edu.sg](mailto:mylee@iss.edu.sg)

### **What is the role of a School Counsellor?**

School Counsellors are certificated professionals committed to developing a school climate that is respectful, positive, accepting, and safe for students of all backgrounds. School Counsellors help students develop positive attitudes toward school, self, family, and community. We counsel students, individually and in groups, to understand themselves and the world around them. A big part of our jobs is helping students explore who they are, what they want to do in the future and how to achieve their goals.

Counsellors work collaboratively with students, parents, teachers, administration, staff, and outside providers to remove barriers and help students achieve success. Conversations the counsellors have are confidential, except when a student is hurting themselves, hurting others, or being hurt by others. We encourage students to share with parents and teachers when they are having difficulty so they can be supported fully at home and at school.

### **What types of things do students meet with the school counsellor about?**

- Academic achievements and difficulties
- Getting involved in school programs and activities
- Establishing, developing, and maintaining relationships with friends
- Responding to social pressures and making healthy decisions
- Working and communicating with teachers
- Mental health (general, or following a specific event)
- Future planning (Ms. Mala works directly with G10-12 students on career and university)
- Individual challenges
- Group counseling or Hot Topic discussions

### **What types of things do parents meet with school counsellor about?**

- Emotional or mental health questions and concerns
- Fostering communication and collaboration between home and school to strengthen the student's support system
- Educational support: Gathering evidence for their student's academic achievements and difficulties
- Understanding their child's development (academic, socio-emotional, physical, and cognitive)
- Providing the school with information to help us understand your child better, so that we can work together to support students' individual needs.

Please contact me if you have questions or concerns regarding your child in any of the above areas. I look forward to working with you.

Sincerely,

Beth Contreras

HS & MS Counsellor

[bcontreras@iss.edu.sg](mailto:bcontreras@iss.edu.sg)

Preston Campus every Wednesday, Thursday & Friday