

SHS STUDENT SUPPORT

Sacred Heart Grammar School has always regarded the pastoral care of its students as a matter of great importance. As a school we place a great deal of emphasis on developing healthy, emotionally resilient young people who are equipped to cope with challenges that every individual encounters as they progress into adulthood. Support for students experiencing difficulties is available through the work of Form Teachers, Year Heads, Vice Principals and Principal.

Two of the key members of the school's student support team are Helen Woods, the school's student counsellor, and Ursula O'Hara, Familyworks counsellor. Helen is available in school two days per week (Monday and Thursday: 9.00am – 3.30pm) while Ursula is available each Tuesday (9.30am – 1.30pm). Both Helen and Ursula offer targeted 1:1 support to those students who wish to access it. They also offer a 'drop-in' facility where a student can see either for a short period of time without an appointment, during which they can learn about the student support service provided and see if it might help them or their friends. Also where considered appropriate, it can be arranged for Helen to see students on days other than Monday or Thursday. Furthermore students may, if they wish, email Helen as a first point of contact to discuss their issues or difficulties without the need for an initial face-to-face meeting

Sometimes we all have problems that are worrying. Think of a confusing jigsaw when all the pieces are difficult to match together. Talking about a problem with a member of the school's student support team is like sorting out all the pieces so we can begin to build a picture that makes more sense to us.

Sometimes it's difficult to talk to parents/guardians, friends or teachers about things in our lives that that are causing us difficulty, distress and/or confusion. Helen and Ursula are people who you can talk to in a different way, people who will listen to you very carefully, who will not judge you or tell you what to do. They will help you to work things out for yourself, make decisions and choices and help you to look at things differently. Meeting with Helen or Ursula can help you to feel better about yourself.

Contacting Helen (Student Support)

Any student wishing to meet with Helen can contact her by email

Email: studentsupport@shsnewry.com



Contacting Ursula (Familyworks)

Complete one of the 'Appointment Cards' provided in your Form Room (or available at various locations throughout the school) and post it in the box outside the Student Support Room/Counselling Room

Email: uohara281@c2kni.net

