



Bedford South School

2 Oceanview Drive
Bedford, NS, B4A 4J6
Phone: (902) 832-5800

Principal: Tracy Foster	902-832-5800 ext. 1
Vice-Principal: Jane Taylor	902-832-5800 ext. 2
Vice-Principal: Adam Greenwood	902-832-5800

School Counsellor Information

Erik Lang
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902-832-5800 ext. 3

Holly Althouse
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902-832-5800

General Information

"School Counsellors with the Halifax Regional Centre for Education are responsible for coordination of the school counselling program within the school and community, focusing on preventative and responsive programs and services. These programs and services are principally concerned with the personal, social, educational and career needs of all students, placing priority on what is in the student's best interest." (Student Services, HRCE).

Counsellors are trained to listen, support, and challenge students, as well as design counselling programs that will meet each individual's needs.

Why do students see the School Counsellor?

- Building self-esteem and confidence
- Developing problem solving and conflict resolution skills
- Developing appropriate social skills with peers and adults inside and outside of the classroom
- Learning emotional regulation strategies
- Identifying feelings and expressing them appropriately.
- Discussing personal issues to help students cope with their concerns
- Lots of other reasons!

How does the Student Counsellor work with students?

- Individual counselling
- Facilitate small group counselling for students with similar concerns
- Sessions with classes or other groups to help them work on specific skills or get important information
- Consultation and collaboration with parents, teachers and administration

Referral Process for Individual Counselling

Elementary school counsellors are able to meet students individually one time prior to receiving consent from the parent or guardian.

If a student is recommended for counselling services the referring teacher or administrator will notify you. I will then contact you to arrange for the consent form to be signed, and to address any questions you may have. You may also contact me directly if you wish to refer your child for counselling support.

Communication

Please do not hesitate to contact me. I may be able to offer support and help with problem solving, as well as suggest possible resources and ideas.

If I am not in the building I am best reached by email. However, please be mindful of the confidentiality limits associated with email. Any sensitive information you may want to address would best be discussed on the phone or in person.

Confidentiality

Parents and guardians are always aware of the reasons for which a student is receiving counselling. I am happy to provide you with periodic progress and programming updates. My hope is that we will collaborate regularly.

Maintaining trust in a counselling relationship is very important, and is key to the success of the counselling process. While parents and guardians are aware of the reasons (and goals) for which a student is receiving counselling, most of the content of our conversations will remain confidential.

If I feel that a child would benefit from your knowledge of a situation, I always encourage them to share with you directly, or ask permission for me to share with you. Please be assured that I will contact you without hesitation if there is cause for immediate or escalating concern, and would do so with your child's knowledge.

I look forward to supporting you to make sure the needs of our students are met.

Erik Lang & Holly Althouse