Dear Parents,

I would like to take this time to introduce myself and let you know about the counselling services available at SKCH. I am Meera Seshadri, and I have joined the Kumarans family this academic year as the school counsellor for ICSE. I feel privileged to be a part of such a wonderful school and community and hope to extend the same warmth and support that you have received all these years.

The essence of counselling lies in providing a safe, secure, unbiased and trusting environment to the students to feel heard, understood and empowered. With all their concerns addressed, it facilitates the students to positively involve and apply themselves in the learning process. My efforts would be to promote the academic, personal, and social development of all the students so that they can have an enriching experience here.

Counselling services include classroom lessons, individual sessions, support groups, and parenting sessions. Individual and group sessions are both voluntary and will be provided to all students in need. Groups help students connect with each other and offer support, encouragement,  suggestions and hope. All counselling is confidential except if it is in the best interest of your child I will disclose it to concerned authorities. I will be happy to share general impressions as I work with your child so you may best help him/her at home.

Apart from the above, we will also have awareness programs like kindness week, to raise the sensitivity of students towards emotional wellbeing and healthy community living. Kindly look forward to the publication section for posts in this regard and gently nudge your child to involve himself/herself in the activities. I will also be posting articles of relevance in the publication section every now and then, which I request you to go through. Together we can make a positive difference in our childrens' lives.

All the children from Class 4 onwards who have been newly admitted to the school this year will be given a questionnaire to help them bring up any issues they may be facing so that the same can be addressed. Any student can request to meet with me or they can be referred by a teacher, co-ordinator, or parent.  I encourage you to reach out if you have concerns regarding your child.  If you would like for me to meet with your child, please do not hesitate to contact me. I will do my best to help you and your child. I am available in school from 8.15 am to 3 pm on all the working days. Parents kindly take an appointment prior to meeting to check my availability. You may also reach out to me through e-mail. My email id is [meera.seshadri@kumarans.org](mailto:meera.seshadri@kumarans.org) or you can call the school number and ask for my extension.

I look forward to offering support to the students, staff and families of the Sri Kumarans community.

Warm Regards,

Meera Seshadri

(School Counsellor)