

# COUNSELLORS CORNER



## Welcome to 2023

It is such a joy to listen to the hive of activity and buzz of excitement filling the corridors of Merici College! I feel honoured to part of the Merici school community again this year and am very excited to see what 2023 will bring. One thing that I have learnt throughout 2022, is that Merici college is inclusive, supportive, and kind and I look forward to watching this thrive throughout the year.

I am excited to announce that this year we welcome a new member to our counselling team and the College community, Chelsea Kent.

*"A big warm hello to all the students, families and teaching and support staff at Merici. I am Chelsea, and I will be joining forces with the lovely Hannah as the second School Counsellor for Merici College. I will be at Merici Monday's, Thursday's and Friday's. Please pop by Hannah's or I's office to say hello! I speak on behalf of Hannah and I, when I say we are so excited to embrace the Merici community this year and look forward to strengthening relationships, focusing on student wellbeing and embracing all academic and positive learning outcomes."*

Being a part of a community can have a positive impact on our mental health and emotional wellbeing – it can also offer extra meaning and purpose to everyday life. As social beings, we are not meant to live in isolation. Community spirit, solidarity and togetherness are critical for us to thrive. Over these initial weeks of the school year, think about the ways that you can become an active member of our Merici community and include others on your journey. Need a few ideas to get you started?

- Smile and say hello.
- Always choose kindness.
- Be brave and get involved.
- Approach someone who is on their own.
- Be a good listener.
- Help when and where you can.



Merici College offers School Counselling on campus throughout the school year and is delivered by qualified mental health professionals with experience working with young people who have mental health concerns. As school counsellors, it is our role to serve the educational enterprise of the school by fostering conditions that maximise educational equity, student wellbeing and learning success of all students.

School Counselling is a short-term, goal-focused therapy available to support students to reduce the impact that their mental health is having on their learning and life. It is important to know that School Counselling is not a long-term support service, and is therefore not always able to provide the length or depth of support that some students may need to maximise their chance of recovery.

Should you feel that your daughter may benefit from accessing school counselling, please speak with your daughter's house co-ordinator or email us on: [counsellors@merici.act.edu.au](mailto:counsellors@merici.act.edu.au)

We are looking forward to supporting all students to be the best version of themselves in 2023.

Hannah Johnson and Chelsea Kent

College Counsellors