

HEALTH SERVICES

LOCATION: Te Aiōtanga

School Nurse:

Monday - Friday 8:30am - 3:00pm
For all general health needs.

Doctor: Dr Astrid de Jong

A doctor is available every Tuesday
10am - 11am

Physiotherapist:

A physiotherapist is available Tuesday
morning.

Appointments for any of these services can be
made through the school nurse.

This is a confidential Health Service.



TRIDENT HIGH SCHOOL

Arawa Road, Whakatāne, New Zealand

Phone: 64 7 308 8159

Email: principal@trident.school.nz

Website: www.trident.school.nz



CAREER GUIDANCE

LOCATION: Next to the Library

Career Specialist: Ms Amy Wildash

Ms Wildash is available to help in
anything career related.

You may want to see the careers
specialist if for example:



- You don't know what you want to do when you leave school
- You want specific information about a job or career and you don't know where to get that information
- You want to leave school but don't know what options you have
- You want to find out what school subjects to take for a particular job
- You want help in arranging a visit to a Polytech or training scheme

TRIDENT HIGH SCHOOL

TE AIŌTANGA Counselling & Health



- COUNSELLING
- HEALTH SERVICES
 - School Nurse
 - Doctor
 - Physiotherapist
- CAREER GUIDANCE

COUNSELLING AND GUIDANCE

LOCATION: Te Aiōtanga

Mrs Angela Barr

Angela is experienced in working as a Guidance Counsellor in high schools. She has a Bachelor of Arts degree, a Higher Diploma in Education, a Bachelor of Education Honours degree and a Master of Counselling.



Mr Paul Barr

Paul has worked for many years in a variety of roles in the pastoral mentoring and coaching of students and teachers. He has a Bachelor of Arts degree and a Master of Counselling.



WHO IS COUNSELLING FOR?

Counselling is for anyone who wants to talk to someone about dealing with life's challenges or who wants to make changes to some part of their life.

It is unusual to go through life without sometimes feeling a problem or concern has become too big to handle alone. Choosing to come to counselling may mean you are already on your way to coping with the difficulty.

You have the right to choose whether you see the counsellor alone, with a friend, or with members of your family.



SOME IMPORTANT THINGS TO KNOW ABOUT THE WAY WE WORK

What you tell us is confidential. We do not tell anyone without your permission unless we are seriously concerned for your safety, or the safety of others; even then we will tell you about our concern and discuss the situation with you.

We believe that the choice to come to counselling is yours. If someone is concerned about you, they may ask you to see us, but the choice to be involved in counselling is yours.

We believe that although many problems are universal, different cultures have different ideas about how they can be solved.

We will try to see things from your point of view and honour your cultural identity.

If you would prefer, we will help you find someone from your own culture you can talk to.

We are able to partner with counsellors and community agencies if you think that would be helpful.

We work within the guidelines of the Code of Ethics of the New Zealand Association of Counsellors. (NZAC)

A good counselling relationship allows for the development of openness and trust. You and the counsellor will work together in a partnership to increase your ability to deal with the problems you are facing.

You are entitled to a counsellor who will be:

- Someone you can trust and be open with
- Non-judgmental, who will not blame you for the problem
- Respectful and considerate
- Sensitive and warm
- Compassionate, genuine, and honest
- Someone who will try to see things from your point of view

Counselling is about listening, so that you can sort your thoughts out.

It helps you to be honest and realistic about yourself, your relationships, and your situation.

A counsellor can help you find your inner strengths and resources.

Counselling may open up some options or choices you hadn't thought of. It can help you take steps to put those choices into action.

A counsellor may help you learn new skills.

Good counsellors do not:

- Tell you what to do
- Imply that they have all the answers to your problems

If counsellors are really skilled, you'll feel you almost did it yourself.

*The problem is the problem
The person is not the problem*

HOW TO CONTACT US:

STUDENTS

Come to the Guidance Counsellor's office in Te Aiōtanga Whare.

WHĀNAU /CAREGIVERS

You can ring us on 07 308 8159

