



The Apple International School



COUNSELLING POLICY

ACADEMIC YEAR 2026-27

Introduction

The counselling program at Apple International School supports students' personal, social, emotional, academic, and career development. Counselling helps students build resilience, develop key life skills, and make positive choices. The approach is proactive and preventive, ensuring that students receive guidance through individual sessions, group counselling, workshops, and classroom activities.

Mission Statement

Aligned with the UAE Federal Law (2006) on the rights of People of Determination, AIS provides a comprehensive counselling program that respects individual differences and promotes the academic, emotional, and social well-being of every student.

Aims

The counselling program aims to:

- Promote emotional, social, and physical well-being.
- Empower students to make informed and healthy decisions.
- Build resilience and positive mental health habits.
- Provide a safe and respectful environment for self-expression and growth.

Areas of Counselling Support

1. Social & Emotional Development

- Managing stress, relationships, and emotions
- Building self-esteem and coping skills
- Addressing personal or behavioral concerns

2. Academic Development

- Supporting learning challenges and study skills
- Improving motivation and time management
- Helping with transitions between school stages

3. Career Development

- Guiding subject and career choices
- Facilitating career talks and fairs
- Teaching goal setting and decision-making skills

Focus by Year Group

Year Level	Key Focus Areas
FS (Foundation Stage)	Identifying emotions, sharing and caring, following routines, developing social and communication skills, awareness of good touch and bad touch
1–5	Social skills, manners, bullying awareness, understanding emotions
6–8	Relationships, behavior management, exam stress, self-awareness
9–12	Career planning, life skills, emotional management, exam stress

As per the needs of students, additional or specific topics will be catered throughout the academic year.

Modes of Counselling

- **Individual Sessions:** Confidential one-on-one support using techniques such as CBT, mindfulness, and skill-building activities.
- **Group Counselling:** For students with shared concerns to develop peer support and coping strategies.
- **Workshops:** Focused sessions on age-appropriate issues like stress, study habits, and healthy relationships.
- **Staff Training:** Teachers receive guidance to identify and support student well-being needs.

Referral Process

Referrals can come from:

- Students (self-referral)
- Teachers or Staff
- Parents/Guardians

Emergency Referrals include:

- Signs of abuse or neglect
- Emotional distress or sudden behavior changes
- Trauma or crisis situations

The counsellor collaborates with relevant stakeholders to ensure timely and appropriate support.

Counselling Process

1. **Relationship Building** – Establish trust and rapport.
2. **Problem Identification** – Define and explore the issue.
3. **Planning Solutions** – Set achievable goals and explore possible strategies.
4. **Implementation & Closure** – Apply solutions, evaluate progress, and conclude sessions when appropriate.

Counsellor Responsibilities

The school counsellor shall:

- Maintain professional and ethical standards.
- Ensure confidentiality (except where safety is at risk).
- Communicate clearly with students, parents, and staff.
- Refer students for external support if long-term or clinical help is required.
- Collaborate with all stakeholders for student welfare.
- Report safeguarding concerns to appropriate authorities.

Confidentiality and Record Keeping

- All records are securely stored and accessible only to the counsellor and SLT.
- Parental consent is required for counselling services.
- Confidentiality is maintained unless there is a risk of harm.
- Counselling records are separate from academic files.

Policy Review

This policy is reviewed annually by the school leadership team to ensure relevance, accuracy, and compliance with KHDA and UAE guidelines.

Dr. Jinto Sebastian

Executive Principal

Apple International School