

## MIDDLE SCHOOL COUNSELLING FRAMEWORK

Children are thrust into a new world full of changes and differences when they enter Middle School. Growing-up challenges relating to their physical development, identity formation, self-perception, socio-emotional development, body image, and relationships, are often disguised and veiled in secret; they need to be demystified and normalized for children starting Middle School. Being at the most crucial stage of adolescence and transformation, children find themselves perplexed and unsure of how to differentiate right from wrong.

Therefore, the comprehensive, developmental guidance and counselling programme of Middle School is an integral part of the total educational programme of a child. It provides a systematic, planned approach for helping all students acquire and apply basic life skills. It aims at creating a supportive environment to unleash students' potentials and develop their overall personalities.

When students transition from Junior to Middle School, the Counsellors provide them the much needed handholding they are used to in the Junior School but also teach them the needed life skills and coping strategies to navigate their way through the developmental challenges of each stage, to help them grow into socio-emotionally intelligent, independent learners and thinkers; to equip them to exercise prudence while making decisions and choices that will help them transition smoothly to senior school and even later adult life.

The counsellor works in collaboration with all the stakeholders to provide guidance and support to children experiencing personal difficulties or limitations that impact their learning and overall wellbeing.

**An open-door approach is practiced with students wherein they are free to approach the counsellor during school hours**, creating a supportive environment that allows them to open up and comfortably talk about their challenges and concerns. Parents are welcome to get in touch with the counsellor about any concern with prior appointment.

Leadership classes are conducted with grades sixth and seventh to equip them with important life skills for the 21st century and a value education to help them grow into more resilient, empathic, and compassionate individuals in this forever changing world. Given the uncertain times we live in, important issues and challenges are addressed with the student body and parents to help children cope better with difficult emotions and in dealing with temptations & risky behaviors among others.

Further, over the course of an academic year, alongside the individual, personalized/ tailored interventions, sensitization programs and group talks, a carefully designed mental health curriculum is also conducted grade wise for classes VI, VII and VIII, to allow students to build on their personal and collective insights with each successive interaction.

### **SUPPORT FOR DIFFERENTLY ABLED CHILDREN**

The inclusive education framework of Sanskriti School aims at addressing the specific needs of differently abled children. The school strongly believes in and advocates the importance of social inclusion for overall growth and development of every student. It further aims at achieving their inclusion in the larger society by equipping them with the required life skills and vocational capabilities to make them self-sufficient and independent individuals of the society.

Counsellor, therefore may guide the parents about the psychoeducational assessment for their child to help identify the reasons for the learning and/or behavioral challenges observed. Keeping in mind the unique needs, learning styles and pace of children from diverse backgrounds, several academic & socio-emotional interventions are designed post the diagnostic evaluation and woven seamlessly into their school routine.

### **SUPPORT FOR STUDENTS FROM THE EWS**

Special counselling services and academic interventions are designed and provided to students from the EWS (Economically Weaker Section) and the First Generation Learners of the school community to help them adjust to the school routine and education system.

Special efforts are made to sensitize all the students to help remove the stigma and encourage equity across school for equal opportunities for learning and right to education for their chance at having a better future.