



Tower Hamlets Schools Counselling Partnership

Supporting children, families and schools

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

Goodbye from Khalida

I can't believe my time to say goodbye to you all has already arrived. Despite the pandemic, I have enjoyed my time being of support to all of you at Chisenhale. I am going to miss being here. I hope that you have gained a little something from my being with you. I would love to hear from you anything that you found useful – be it something from one of my newsletters, something your child(ren) have shared with you or perhaps directly when we have met one to one or during a group or course. Please do send any messages to khaque1.211@gfmail.org. Thank you to all of you who have already sent me your lovely emails/texts and kind words.

I am sad to leave you, however, I know that the service will continue with Roxy Bugler as the new Therapeutic Lead in Schools. I will be in on Tuesday 18th January to help settle her in to the role. She will introduce herself to you and the children in January as she slowly finds her feet. She will have the mobile number that you would contact me on: 07730 416 019 but her email will be different.

What can parents do?

Children (from years 1 and upwards) will have returned home on Tuesday with a small glow in the dark 'stone' which they have the choice to keep or bring back and give to Roxy in January. I have explained this and my leaving to them. I suspect that they will all want to keep the stones and that is absolutely ok. Please do help them find a safe place to keep them, where they will be able to absorb light and so hopefully glow in the dark.

In my endings video, I make mention of some stories and books that you might also like to listen to or read with them. Here are links to some youtube videos:

[huge bag of worries story - YouTube](#)

[the invisible string story - YouTube](#)

[have you filled a bucket today - Bing video](#)

I leave you with the Schools Counselling Service motto:

“it is good to talk, it is ok not to be ok and it is good to ask for help”

I wish you and your families peace, health and happiness 😊