



Virtual Student Counseling Policy

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Reviewed period: 2 years

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Responsible person: Deputy Director General, Inclusion Director & Counselors

Document reference:

OUR VISION

"A generation of heritage guardians and global thinkers"

OUR MISSION

The mission of IPS-Jumeira is to provide a nurturing learning environment which motivates students to develop and exercise essential leadership skills for the 21st century. Our programs promote lifelong learners who display self-discipline, the ability to work effectively and respectfully with diverse teams, display tolerance and acceptance of others, whilst encouraging them to become global citizens who stay true to their heritage.

OUR CORE VALUES

- Tolerance
- Compassion
- Resilience
- Innovation
- Honesty
- Respect
- Collaboration



Virtual Student Counseling Policy

The virtual student counseling program at Al Ittihad Private School-Jumeira is designed to assist the child in making the most of his or her educational experience through the use of technology and distance (virtual/online/e-learning) counseling. This uses the same standards and adherence to ethics as school counselors working in traditional school settings. This program includes the child's emotional well-being, academic progress, and personal and social development.

Our virtual student counseling program aims to be comprehensive in scope, preventative in design and developmental in nature. A comprehensive program seeks to develop students from KG - 12 in Academic, Personal and Social development. Our students are motivated, supported, and given the tools to not only succeed at school but to go on to contribute to local and international communities.

Mission Statement

At IPS-J the virtual student counseling program encourages and motivates students to reach their full potential by providing a comprehensive support system that values the individuality of each student and nurtures his/her educational, academic, personal and social needs.

Ethics

School Counselors adhere to the same ethical guidelines in a virtual setting as school counselors in a face-to-face setting following the American Psychological Association (APA) ethical guidelines.

Confidentiality

All counseling related records are kept in a secure and private location. Counseling records are kept separately from school records. All communications and interactions with students and parents are documented.

School Counselors recognize and mitigate the limitation of virtual school counselor confidentiality, which may include unintended viewers or recipients.



Exception to confidentiality:

If there is evidence of clear and imminent danger of harm to self-and/or others, the counselor is legally required to report this information to the Child Protection Services for ensuring safety.

Codes of practice

- Each student is seen as a valuable member of his/her community and is treated with dignity and respect
- Every opportunity is granted for students to be empowered, and encouraged to grow in an environment of compassion and equality
- All students' ethnic and cultural diversity are considered in the design and delivery of student counseling services
- Counseling policies and procedures will be followed in order to serve the students best interests
- Confidentiality is key to the process of counseling and as such will be respected and maintained by all students and staff. However, School Counselors recognize and mitigate the limitation of virtual school counselor confidentiality, which may include unintended viewers or recipients.

The School Counselor's Role

1. Zoom Individual Counseling (KG-12)

Personal counseling service may vary according to need, but may be concerned with:

1. Addressing and resolving specific problems
2. Making decisions
3. Stress management
4. Developing personal insights

2. Zoom Group Counseling (KG-12)

When there are multiple students experiencing similar problems or issues, it can be helpful for them to be in a counseling group together. Group counseling helps students build relationships and feel that they are not alone in their experiences.



3. Online Awareness (KG-12)

Providing materials and recorded videos on Edmodo for students and parents focusing on social-emotional topics such as:

- Anxiety
- Wellness strategies
- Self-love/Self-care
- Adapting to changing situations and responsibilities
- Cyber Bullying

Communication and Interaction

Students and parents will be supported and followed up by school counselors through various means:

1. Zoom Application
2. Edmodo
3. Emails (school email address: Chat on Hangout)

Safeguarding/Child Protection

- School counselors follow the child protection policy and are responsible to report inappropriate, harmful or illegal material, and online child abuse material to Dubai Police E-crime: <https://www.dubaipolice.gov.ae>
- In online counseling sessions, if there is evidence of clear and imminent danger of harm to self-and/or others, the counselor is legally required to report this information to the Child Protection Officer, Ms. Rola Zein for ensuring safety.



Referrals

If students require additional support outside the resources available, they are referred to external resources. Virtual counseling agencies for students requiring additional support or intervention:

- Psychological and Counseling center: <https://aticarttherapy.com/online-therapy/>
- Better help: <https://www.betterhelp.com/>
- Blue light wellness center: <https://bluelights.ae>
- Expat Nest: <https://www.expatnest.com/>

Resources

School counselors use various online resources and tools to support students and parents such as (not limited to):

1. Therapistaid.com
2. Psychologytools.com
3. Theranest.com
4. Allkindsoftherapy.com
5. Simplepractice.com
6. Mightifiers.com
7. Intuitivecreativity.typepad.com