

The Place2Be in Pringle

At Merchiston, we recognise the importance of nurturing emotional wellbeing and the positive difference that this can have in school, at home and for the future. In addition to your Housemaster, Housemother, Medical Department, tutors, Chaplain etc; *The Place2Be* is an onsite counselling and emotional support service for all Pringle boys.

The Place2Be has been working in other junior schools across the UK for the past 14 years.

The Place2Be aims to:

- Encourage confidence
- Nurture independence
- Raise your self-esteem

by giving you a chance to talk about things that are on your mind, in private with a professional whose job it is to listen, help make sense of the problem and help **you** find better ways of dealing with it.

Frances Griffin, *The Place2Be* School Project Manager and Volunteer Counsellors can be found in *The Place2Be* room in Pringle cabin all day (Wednesday, Thursday and Friday morning – provisional times)

There are two ways that you can access support from *The Place2Be*

1. The Place2Talk

Ever felt like you would like someone to listen to how you are feeling? *The Place2Talk* is a drop-in service run by *The Place2Be* for all Pringle boys. You can come and talk to us about absolutely anything, from things that are happening away from school such as family separation or the loss of a relative, to worries that you might have when you are in school such as bullying or exam stress.

You can come on your own to *The Place2Talk*, with another friend or as a group.

All boys have permission to visit *The Place2Talk* unless they are otherwise informed.

To book a slot at *The Place2Talk*, you must fill in a *Place2Talk* Slip and put it in *The Place2Talk* Box. These can be found in the boys' entrance to Pringle House and in the Pringle Centre. Frances will then let you know when you can come to *The Place2Talk* to see her.

2. The Place2Be

The Place2Be also offers one-to-one and group counselling and emotional support to Pringle boys on a termly and yearly basis, as and when required. You and your parent(s) need to give consent for you to access this service.

Reasons for this support might be:

- Anxiety
- Bereavement and loss
- Bullying
- Changes to family structure
- Learning/communication difficulties
- Loneliness
- Low self-esteem
- Parental illness
- Transfer to new country
- Transfer to new school

Please go and see Frances Griffin at *The Place2Be* room in The Pringle Centre

INFORMATION FOR PARENTS

The Place2Be in Pringle

The Place2Be has been delivering counselling and emotional support to children in primary schools across the UK for the last 14 years and provide one-to-one and group counselling as well as a drop-in service for all boys.

Merchiston recognises the importance of nurturing the emotional wellbeing of its pupils and the positive difference that this can have on their lives both at school, at home and in the future. In addition to the existing support from your son's Housemaster, House mother, tutors, Medical Department, Chaplaincy team etc we are delighted to be able to offer *The Place2Be* as part of our Pringle pastoral support. By giving the boys of this age the chance to explore their emotions and feelings through talking, creative work and play, we can help them to make better-informed decisions about their lives.

Evidence shows that children using *The Place2Be* have enhanced self-esteem, more effective communication skills and the ability to develop better relationships, all of which build the foundations for a successful school career and life beyond.

What we tell the boys:

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In addition to your Housemaster, House mother, Medical Department, tutors etc; *The Place2Be* is an onsite counselling and emotional support service for all Pringle boys.

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