



DOHA
BRITISH
SCHOOL

SCHOOL COUNSELLOR NEWSLETTER

A welcome from the counselling team

SEPTEMBER 2021



Dear Parents and Guardians,

We would like to take this opportunity to introduce ourselves. We are a team of three School Counsellors - Charlotte, Jen and Ranim - working across all Doha British School campuses.

We have spent the past few weeks meeting lots of the students here, and they truly are incredible children and young people. As School Counsellors, our primary responsibility is to promote the academic, personal, and social development of all students. The counselling service at Doha British School is designed to be preventive and developmental. In addition to seeing students individually, we will be teaching skills and information in small-group settings.

Parent information sessions will be held after half term. Details of these will be sent out soon.

We look forward to offering support to the students, staff, families and community.



GROWTH MINDSET

STATEMENTS AND AFFIRMATIONS

by Big Life Journal

1. Mistakes help me learn and grow
2. I haven't figured it out YET
3. I am on the right track
4. I can do hard things
5. This might take time and effort
6. I stick with things and don't give up easily
7. I strive for progress, not perfection
8. I go after my dreams
9. I cheer myself up when it gets hard
10. I am a problem solver
11. I try new things
12. I embrace new challenges
13. Learning is my superpower
14. I am brave enough to try
15. I improve with lots of practice
16. I grow my brain by learning hard things
17. I try different strategies
18. When I don't succeed right away, I try again
19. I ask for help when I need it
20. I learn from my mistakes
21. I focus on my own results
22. I was born to learn
23. When I fail, I say "I can't do it YET" and try again
24. I strive to do my best
25. I can learn anything!

Dates for the Diary:

Wakra & Rawdat - Parent Information Session - 31/10/21

Ain Khaled Primary - Parent Information Session - 01/11/21

Ain Khaled Secondary - Parent Information Session - 02/11/21

Please Contact us if you have any queries:

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