

**To the parents of Middle School  
and High School students**

O/Ref.: NC/sg

Lausanne, September 9<sup>th</sup>, 2022

Dear Parents,

Ecole Nouvelle students' well-being is an element that is integrated into our academic programme. In addition, the School offers a Well-being Counselling Service within the School, in parallel to the support provided by teachers, homeroom teachers, deans, management and families. This gives students the possibility to talk about their issues with a neutral person, in complete confidentiality. It can indeed be difficult for students to speak about certain sensitive topics with teachers and adults, especially when the latter are themselves involved.

For students in our Middle School grades 5/6, parents should contact the homeroom teacher or the Dean to give their consent for their child to have counselling sessions. From grades 7/8 of Middle School and High School, students can arrange an appointment directly with Ms. Silvia Gandhi via email [ecouteconseils@ensr.ch](mailto:ecouteconseils@ensr.ch). Sessions will then be scheduled with the student, from Monday to Friday, between 8:00am and 5:00pm, in agreement with the Dean concerned, during a period which does not affect the school timetable. These 45-minute sessions are included in the school fees.

The Well-being Counselling service offers students:

- support in crisis situations: conflicts with peers, mobbing, problems relating to social networks, relational difficulties ;
- tools to help improve self-control in terms of his/her emotions: stress before and during tests or exams, loss of motivation or self-confidence, difficulties concentrating ;
- referrals for a possible follow-up with professionals beyond the School when deemed necessary for the student's well-being.

This service does not offer:

- a psychotherapeutic follow-up for the student ;
- psychological testing for students.

For further information please contact Ms. Silvia Gandhi by email at [ecouteconseils@ensr.ch](mailto:ecouteconseils@ensr.ch) or by phone 021 654 65 43.

Best regards,



Nicolas Catsicas  
Managing Director  
General Director



Isabel Matos  
Director  
Finance and Administration



Alin Guignard  
Dean of High School



Claude Magnin  
Dean of Middle School