



# Learning Mentor at DESS

Helen Gauden-Ing

## Introducing Helen

I'm Helen Gauden-Ing, the Learning Mentor at DESS. I have lived in Doha since 2010 and have two daughters, who attend DESS.

My role is to help children get the most out of school life by supporting them to overcome any social, emotional or behavioural problems, which may be preventing them from fully learning and participating.

I meet with children on a 1:1 basis or in groups, depending on the issue and liaise with teachers and parents as appropriate.

I help with a range of situations including making and maintaining healthy friendships, understanding feelings and emotions, developing confidence and resilience and also with transitions eg. moving schools and / or countries.



I am located in the Learning Support Office, which is opposite the Music Suite.

You can visit me in person or contact me as follows:  
Telephone: +974 4459 2756  
Email: [hgauden-ing@dess.org](mailto:hgauden-ing@dess.org)

## How can a Learning Mentor help?

The Learning Mentor will work with referred children either on a 1:1 basis or within small groups. Sessions may occur once, occasionally or on a more regular basis, depending on the needs identified by the Class Teacher or our Learning Support Department.

### Areas where the Learning Mentor can help children:

- Making and maintaining healthy friendships
- Understanding, expressing and managing feelings and emotions such as worry, loneliness, anger
- Transition: coming to DESS from another school or country, moving year group, key stage or school
- Developing confidence, self-esteem and resilience
- Break and lunchtimes; a friendly face / someone to chat to



### Areas where the Learning Mentor can help parents:

- Offering support with your child's behaviour at home or at school
- Offering advice if your child does not want to attend school
- Supporting parents through times of significant change
- Running "Parent Surgeries" as an opportunity to share experiences
- Providing an impartial link between home and school
- Offering confidential and non-judgmental support
- Parent inductions for parents of new pupils to DESS

