

St. Joseph School Counseling Program

Counselor: Jessica Paige

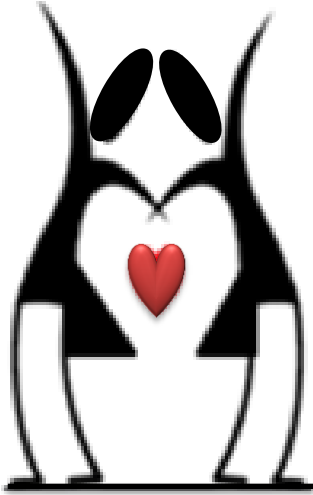
Phone: 360-696-2586

Office: Across the hall from Principal's Office

Days Available: Wednesdays & Thursdays



ST. JOSEPH
CATHOLIC SCHOOL



Program Goals

Provide support to
students by:

- ♡ Working with individuals or small groups of students on wellness activities, problem-solving, and development of their emotional IQ
- ♡ Provide a space for students to go to de-stress or cool down without judgment or taking disciplinary action
- ♡ Assist teachers to facilitate opportunities for the student to practice new, more effective behaviors in the classroom, playground, or lunch table

How It Works

♡ Our program is **Wellness Based** ♡

Students can learn healthy and effective ways to:

- ♡ manage challenging emotions such as stress, frustration, loneliness, anger, grief or loss
- ♡ manage challenging behaviors such as impulsivity, difficulty concentrating & finishing a task, disorganization, or difficulty making effective choices
- ♡ identify and solve their academic or social problems by learning how to create a plan and take positive actions towards achieving their goals

Learn how to increase their own sense of happiness and confidence in their ability to:

- ♡ recognize their feelings and needs and express them appropriately to peers & adults
- ♡ make decisions that are good for them
- ♡ successfully navigate friendships and deal with peer pressure
- ♡ make a successful adjustment and flourish in their new school if they are new to our school family

- ♡ Students can drop by for a visit to the Counselor on their own
- ♡ Parents and teachers can request a visit for a student by leaving a voicemail or written note with Mrs. Lerma on days that I'm not here or my door is closed while visiting with a student.
- ♡ The student and I will work through any problems in the Counseling Office for one, two, or more visits that last about 20 minutes.
- ♡ Casual visits or routine counseling assistance to help a student solve a short-term problem are considered to be a normal part of a school day.
- ♡ If on-going check-ins or visits are needed or wanted, parent permission will be requested.

