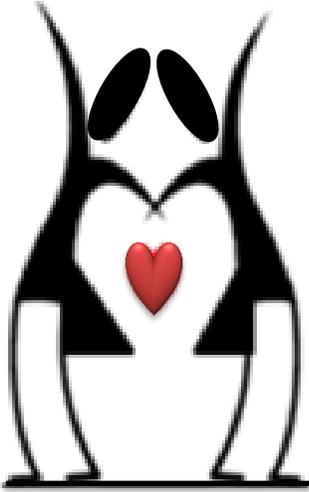


# St. Joseph School Counseling Program

Counselor: Jessica Paige  
P. 360-696-2586 [jessicap@stjoevanschool.org](mailto:jessicap@stjoevanschool.org)  
Office: Across the hall from Principal's Office  
Days Available: Wednesdays & Thursdays



## 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.

