



# Lava Ridge Intermediate Counseling Counseling Availability Plan/Overview

## School Counselor Contact Information



6th Grade

[Tonya.Jesienouski@washk12.org](mailto:Tonya.Jesienouski@washk12.org)  
(435) 414-0404

Office Hours:  
Mon-Thur 7:15-2:00  
Friday 7:15-11:30



7th Grade

[Jared.L-D@washk12.org](mailto:Jared.L-D@washk12.org)  
(435) 201-3227

Office Hours:  
Mon-Thur 7:15-2:00  
Friday 7:15-11:30

Visit our website:  
[counseling.lavaridge.net](http://counseling.lavaridge.net)

### Our Commitment to You

**Please know that we love you and care about you!**

As your School Counselors, we are committed to serving ALL students and families in our school. We are here to help while we navigate the challenges that come with life, including Covid-19, and we'll work together to find success at school!

### Access and Communication

In order to ensure that **all** students/families are able to access the counselors, we will be sharing resources and information through:

- Personal and class email to check on student progress or mental health concerns
- Schoology Extension 6/7 courses and Virtual Counseling Office
- Counseling Request Form for email, Google Meet or phone contacts
- Office hours are posted so students/parents can contact us directly for questions or concerns. Parents and students are always welcome to come into the office.

### Academic Support

We will be supporting the academic success of **all** students by:

- Meeting with students who struggle academically to provide resources, support, and encouragement to improve grades.
- Working with students and families to make sure they have what they need to be successful in learning.

### Social and Emotional Support

We will continue to provide social and emotional support to **all** students by:

- Providing lessons/webinars on Resiliency and Decision-Making.
- Meeting with at-risk students in person and through emails, hangouts, & phone calls.
- Providing direct access on Schoology Extension to request one-on-one meetings.
- Referring students/families to appropriate community mental health resources as needed.

### School Counseling Lesson Schedule

- Lessons may change based on current specific needs.
- Each Monday-Second Step SEL Lessons Posted
- Resiliency Lessons (6th Grade)
  - December-Connection
  - January-Character
  - March-Contribution
  - April-Coping & Control
  - May-TBD
- The 6 Most Important Decisions (7th Grade)
  - December-Service Learning
  - January-Relationships & Dating
  - March-Addictions & Good Health
  - April -Self-Worth
  - May-TBD
- Please connect with us through our Podcast too! **Your Bright Future by Lava Ridge Counseling** can be found on all major podcast apps. Or you can go to [counseling.lavaridge.net/podcast](http://counseling.lavaridge.net/podcast) to get the latest and to catch up on anything you might have missed.

**Schoology Extension 6 Course Code:** 3827-7T6K-4P8TH  
**Schoology Extension 7 Course Code:** 3KBB-MFMV-F9XWF