



18 September 2025

Dear Swan River Families - Welcome back!

As your school counselor, my goal is to support every student in thriving academically, socially, and emotionally—and to help them feel confident and prepared for the future.

Throughout the year, I'll be offering individual meetings, small group sessions, and classroom guidance lessons. The schedule on the reverse of this page outlines the topics your child will explore during their classroom lessons.

If your student requests a meeting or is invited to participate in a small group, I will call you first to discuss the opportunity and answer any questions.

Please feel free to stop by, email, or call me anytime—I'm here to support your child and your family.

Warm regards,

Jessica Pedersen, MS

pedersenj@swanriverschoolk-8.org

Visit my webpage to:

- *learn more about the counseling program*
- *make an appointment or submit a counseling request*
- *find resources for everything from basic needs assistance to local therapists*



<https://bit.ly/SRScounselor>

First Grade

9/22	Listening to Learn
10/6	Focusing Attention
10/20	Following Directions
11/3	Kelso's Choices
11/17	Fair Ways to Play
12/1	Self-Talk for Learning
12/15	Being Assertive
1/12	Accidents
1/26	Strong Feelings
2/9	Calming Down Anger
2/23	Self-Talk for Calming Down
3/9	Managing Worry
3/16	Kelso's Choices
4/6	Solving Problems, Pt 1
4/20	Solving Problems, Pt 2
5/4	Handling Name Calling
5/18	Recognizing Bullying
6/1	Refusing Bullying

Learn more about our guidance curriculum at www.secondstep.org