Hi, this is Ms. Russell, and I am reaching out to you as your child's school counselor. I want you to know that even though our school building is not open to in person classes and we are going 100% virtual, I am working and available to support your child during this time. If you or your child would like to talk to me, please contact me via email jerussell@stjohn.k12.la.us or you can contact me through TEAMS chat or TEAMS call. My office hours are Monday-Friday 8am-3pm. I will also be reaching out to my students to check in with you periodically and provide needed support via TEAMS chat.

Virtual counseling, like traditional counseling, has limitations. Although there are limitations, virtual counseling can be very effective, as long as there is involvement! I know that this is a stressful time for families and students, and I want to let you know that I am still here to support you. As has been happening so far this year, I’ll continue to provide learning opportunities for student social-emotional wellbeing and growth. To do this, I’ll make available online social-emotional lessons/engagement opportunities monthly per grade level. Each month there is a different topic taught to my students through their PE classes as well as quizzes given on the information for extra credit towards their class. I will also continue to review your child’s grades, offer support and recovery opportunities. Truancy will also be monitored so it is very important that your child have a set routine and is promptly in attendance at 7:45 am each morning for their classes so they are not marked absent for the day. My website is available to you 24/7 and has updated information weekly for you to access, please visit [www.jenaskidcorner.weebly.com](http://www.jenaskidcorner.weebly.com).

In non-emergency situations, students, parents, and guardians may reach out to me through email or TEAMS. In life threatening emergencies, please call 911. During emergencies that are **non**-life threatening, please consider these resources:

**National Suicide Hotline:** Call 1-800-273-TALK (8255) or text 741741

**Self-Injury/Cutting:** 1-800-366-8288 | selfinjury.com   
**Runaway Hotline:** 1-800-231-6946 | 1800runaway.org   
**Child Abuse Hotline:** 1-800-422-4453 | childhelp.org/hotline/   
**Domestic/Relationship Violence Hotline:** 1-800-799-7233 | thehotline.org   
**Trevor Hotline for LGBTQ Youth:** 1-866-488-7386 | thetrevorproject.com

For more information regarding community resources including resources for food, clothing, financial assistance, counseling and behavioral health services, housing, healthcare and medical assistance, military family services, childcare, school supplies, and transportation services please contact me directly and I will supply you with this information.

I look forward to supporting your child during these challenging times. Please feel free to reach out to me. I miss seeing my students, and look forward to the opportunity to continue to work with them virtually and eventually in person once again.

Sincerely,

Ms. Jennifer Russell, M.Ed.

ESJPA Counselor