

# Student Support at SWH



We have a team of people at Sherwood Heights available to help students and families this year.

**Jessica Moen** is our **Family School Liaison Worker (FSLW)**. She works with our SWH families and connects the school with community supports. Her office is located on the main floor across from Mr. Go's classroom. She can be reached at [jessica.moen@eips.ca](mailto:jessica.moen@eips.ca)

**Katharina Staub** is our **Student Support for our IMPACT** program but also provides counseling for students as needed in the building. Her office is located upstairs in the far north end of the school in the counseling office. She can be reached at [katharina.staub@eips.ca](mailto:katharina.staub@eips.ca)

**Jess Miskiw** is our **School Counselor and Assistant Principal**. She provides counseling to SWH students and oversees the special education programming in the school. She is located in the main office and her office can be most easily accessed by using the door across from the vending machines. She can be reached at [jess.miskiw@eips.ca](mailto:jess.miskiw@eips.ca)

## If you are looking for help, there are a number of ways you can contact us to book an appointment:

### Scan QR Code

The following QR code is posted around the school or you can scan directly from this website to fill out our form. We will contact you to come for a visit.



### Email Us

[jessica.moen@eips.ca](mailto:jessica.moen@eips.ca) (Family School Liaison Worker)

[katharina.staub@eips.ca](mailto:katharina.staub@eips.ca) (IMPACT Counsellor)

[jess.miskiw@eips.ca](mailto:jess.miskiw@eips.ca) (School Counsellor/Assistant Principal)

### In-Person Referral

You can visit our office in person. If we are available, perfect! Otherwise, you can leave us a note under our door and we'll get back to you.

### Staff Referral

Let any staff member know that you need to see us (your teacher, front office staff, etc) and they will get in touch with us to let us know.



**Here are some exciting programs, groups and presenters organized by the Student Support Team at SWH this year!**

- Saffron presentations year round in all grades
- RCMP presentations in semester 2 in all grades
- Community partnership presentations for all grades (Family & Community Services, RCMP, Saffron Centre)
- Parent Night presentations year round (including topics like bystander intervention, supporting your child in difficult conversations, substance use/abuse, etc)
- D.A.R.E presentations for Grade 7's
- Student Voice lunch club
- Anxiety support groups
- Social skill development groups
- Anxiety and mental health presentations in all grades
- School-wide Positive Referral Program (Golden Tickets)
- Anti-Racism presentations for all grades
- Events to help incoming Grade 7's and outgoing Grade 9's transition to new schools in the May/June

