



# ST. JOSEPH REGIONAL CATHOLIC SCHOOL

40 Main Street, Salem, NH 03079 • 603-893-6811 • [www.stjosepheagles.org](http://www.stjosepheagles.org)

*Inspired by faith and guided by wisdom, our children soar!*

October 30, 2018

Dear Parents/Guardians,

I am honored to have been chosen to provide counseling services to the students in grades P-8 at Saint Joseph Regional Catholic School. School Counseling and the “helping process” has been an incredibly rewarding part of my career. The job posting description and referencing the school’s website, affirmed my values and beliefs, aligned with the philosophy, vision, logo, and slogan here at St. Joe’s. After meeting with Mrs. Croteau, I knew it would be a joy to work cooperatively and collaboratively with her while supporting the school’s philosophy. During my tour of the building, what I noticed most was the respectful nature of the student body and how connected Mrs. Croteau was with not only the students but the staff as well.

I have served as a professional educator and a licensed school guidance counselor with over 35 years of combined experience in teaching, counseling, mentoring, supervising interns, being an Adjunct Instructor at Cleveland State University and providing support services for students from kindergarten to a master’s level in Ohio. In 2016, my husband and I moved to Kingston, New Hampshire from Avon, Ohio to be closer to our 5 beautiful Grands. It has been a pure joy to be close to our Grands and support their educational process and activities. I received my school counseling certification from New Hampshire’s State Department of Education in April of this year. I just finished a 7-week School Counseling Substitute Position at Ellis School in Fremont, New Hampshire. God’s timing is always perfect as I saw the job posting a few days before my substitute position was ending. What is most interesting, I was an eagle in Ohio, an eagle in Fremont, and am now a St. Joseph’s eagle!

I am enthusiastically looking forward to serving you and your child. Please be assured, I am committed to the importance of parental/guardian involvement in a child’s education. My hope is to develop a partnership with open lines of communication with early intervention should a concern arise. If your child is experiencing any emotional, social, behavioral and/or academic concerns, please let’s talk. Seeking the right process and providing necessary assistance allows your child to learn to embrace any concern or challenge with positive results. Those entrusted to the care and educational process of your child cannot do it without you and your valuable input.

My counseling approach has always been proactive, preventative and solution-focused. In addition to addressing any concerns/needs, I will also be visiting classrooms to present lessons which promote social/emotional, behavioral, career, academic, and spiritual growth as well as assisting teachers with the needs of their classroom and/or individual students. I will be in the building on Tuesdays & Wednesdays from 8:00 a.m. to 3:00 p.m. Please note in the event a need arises on another day our school secretary, Mrs. Nancy Peters will be happy to contact me, and I will get in touch with you as soon as possible. My motto is, “Healthy people ask for help!” I am here to help. Together we can and will make a difference in the life of your precious child.

With a heart for kids,

A handwritten signature in blue ink that reads "Jane Mezey". The signature is written in a cursive, flowing style.

Mrs. Jane Mezey, M.Ed.

School Counselor

[guidance@sjrcs.com](mailto:guidance@sjrcs.com)

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