



Dr. Woody-Pope, 6th Grade Counselor
tiffini.woodypoppe@apsva.us

Office Hours: 8:30 am - 9:30 am

Ms. Burton, 7th Grade Counselor
jasmine.burton@apsva.us

Office Hours: 12:00 pm – 2:00 pm

Ms. Black, 8th Grade Counselor
amelia.black@apsva.us

Office Hours: 8:00 am - 9:00 am

Ms. Rodriguez, EL Counselor
ana.rodriguez2@apsva.us

Office Hours: M, T 12:30 pm - 1:30 pm

Ms. Russo, Program Counselor
susan.russo@apsva.us

[Click here to join Office Hours in Teams M, T, F 2:00 pm - 3:00 pm \(Links to an external site.\)](#)

Mr. Hicks, Director of Counseling
dante.hicks@apsva.us

Dr. Moncrieffe-Heath: School Psychologist
Tanya.moncrieffeheat@apsva.us

M, T 1:30 pm - 2:30 pm; F 9 am -10 am

[Click Here for Microsoft Teams Virtual Office Hours \(Links to an external site.\)](#)

Ms. Chisolm, School Substance Abuse Counselor
Kim.chisolm@apsva.us

Ms. Sabouni, Interlude Counselor
Peggy.cole@apsva.us

Ms. Brady, School Social Worker
Elizabeth.brady@apsva.us

[Click here for my office hours in Teams M, T, W 2:30-3:30pm](#)

Announcements/ Tips of the Week:

- Please check that your child completes the **Social Emotional Lesson** through their TA Canvas page each Monday by 2pm. Next lesson: *Frustration*
- Find many free resources on **Digital Safety** here: <https://smartsocial.com/>
- Didn't see our video at BTSN? Check it out here to meet the team and see some of our resources: <https://vimeo.com/460368344>
- Check out this inspirational To-Do Template: <https://i.pinimg.com/736x/90/30/49/903049d84f9f5f3662859f142217f031.jpg>

Ongoing Resources:

- TJMS Website – Counseling Tab: <https://jefferson.apsva.us/counseling/jefferson-school-counseling/>
- Counselor Canvas pages
- Virtual Calming Room: <https://sites.google.com/apsva.us/tjmscalmroom/home>
- Social-Emotional Learning (SEL) Lessons in TA
- School Meals for **ALL** students provided M/W/F 11am-1pm at 21 locations, including Jefferson.
- Email jefftechhelp@apsva.us with technical issues

If you are in crisis, take action!

- Call 9-1-1
- Call Arlington Emergency Mental Health 703-228-5160.

Community Supports/Resources:

<https://departments.arlingtonva.us/dhs-service-delivery-modifications-due-to-covid-19/>