



## ANNOUNCEMENTS:

- October is **Bullying-Prevention** Month! We have some great resources for parents [here](#).
- Please check that your child completes the **Social Emotional Lesson** through their TA Canvas page each Monday by 2pm. Next lesson: *Recognizing Bullying*
- It goes without saying that parents and children are dealing with more than ever. Check out this [video](#) about the **ABCs of Distance Learning** and how you can help your child reduce stress.

## 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.
- **Technology issues?** Email [jefftechhelp@apsva.us](mailto:jefftechhelp@apsva.us)
- **Community supports:**  
<https://departments.arlingtonva.us/dhs-service-delivery-modifications-due-to-covid-19/>

## STUDENT SERVICES TEAM:

**Dr. Woody-Pope**, 6th Grade Counselor

[tiffini.woodypoppe@apsva.us](mailto:tiffini.woodypoppe@apsva.us)

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

**Ms. Burton**, 7th Grade Counselor

[jasmine.burton@apsva.us](mailto:jasmine.burton@apsva.us)

**Office Hours: 11:30 am – 12:30 pm**

**Ms. Black**, 8th Grade Counselor

[amelia.black@apsva.us](mailto:amelia.black@apsva.us)

**Office Hours: 9:00 am - 10:00 am**

**Ms. Rodriguez**, EL Counselor

[ana.rodriguez2@apsva.us](mailto:ana.rodriguez2@apsva.us)

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

**Ms. Russo**, Program Counselor [susan.russo@apsva.us](mailto: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

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**Dr. Moncrieffe-Heath**: School Psychologist

[Tanya.moncrieffeheat@apsva.us](mailto:Tanya.moncrieffeheat@apsva.us),

**Office Hours: M, T 1:30 pm - 2:30 pm**

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

**Ms. Chisolm**, School Substance Abuse Counselor

[Kim.chisolm@apsva.us](mailto:Kim.chisolm@apsva.us)

**Ms. Sabouni**, Interlude Counselor

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**Ms. Brady**, School Social Worker

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