



ANNOUNCEMENTS:

- **The next Social Emotional Lesson** will be the completion of a Needs Assessment on Monday, November 2nd and must be submitted by 2pm. Responses will be kept confidential and used to help guide counseling lessons and supports for the rest of the year.
- **From Ms. Black:** *High School Information Night* will be held on Monday, Nov. 2, 2020 at 7 p.m. The event will be virtual this year and families will be able to watch the live event by visiting the following link: <https://livestream.com/aetvaps/events/7801434>
Please check Ms. Black’s Canvas page for up to date information on high school options for next year.
- **From Ms. Brady:** COVID-19 testing info can be found on the Arlington County website: <https://health.arlingtonva.us/covid-19-coronavirus-updates/covid-19-testing/>
- **Tip of the Week:** [1-minute Mindfulness Strategy—Yawn and Stretch](https://drive.google.com/file/d/1C9pKUeEGA6av-g7QDqHxw48y59MKCHYx/view?usp=sharing)
<https://drive.google.com/file/d/1C9pKUeEGA6av-g7QDqHxw48y59MKCHYx/view?usp=sharing>

ONGOING RESOURCES:

- **TJMS Website – Counseling Tab:**
<https://jefferson.apsva.us/counseling/jefferson-school-counseling/>
- **Counselor Canvas pages** – follow these instructions to create an observer account:
<https://www.apsva.us/digital-learning/digital-learning-device-help/canvas/#canvas>
- **Virtual Calming Room:**
<https://sites.google.com/apsva.us/tjmscalroom/home>
- **School Meals** for ALL students provided M/W/F 11am-1pm at 21 locations:
<https://www.apsva.us/school-year-2020-21/meal-services/>
- **Community Supports:** <https://vacopes.com/>
<https://departments.arlingtonva.us/dhs-service-delivery-modifications-due-to-covid-19/>
- **Parent Resource Center:**
<https://www.apsva.us/special-education/parent-resource-center/>

STUDENT SERVICES TEAM:

Name	Role	Contact Info	Office Hours
Ms. Amelia Black	8 th Grade Counselor	Amelia.black@apsva.us	M-F 9-10 am
Ms. Elizabeth Brady	School Social Worker	Elizabeth.brady@apsva.us Work cell 571-419-4124	M-W 2:30-3:30 pm
Ms. Jasmine Burton	7 th Grade Counselor	Jasmine.burton@apsva.us	M-F 11:30 am-12:30 pm
Ms. Kim Chisolm	Substance Abuse Counselor	Kim.chisolm@apsva.us	Fridays @ TJMS
Mr. Dante Hicks	Director of Counseling	Dante.hicks@apsva.us	
Dr. Tanya Moncrieffe-Heath	School Psychologist	Tanya.moncrieffeheat@apsva.us	M,T 1:30-2:30 pm, F 9-10 am
Ms. Ana Rodriguez	EL Counselor	Ana.rodriquez2@apsva.us	M,T 12:30-1:30 pm
Ms. Susan Russo	Program Counselor	Susan.russo@apsva.us	M,T,F 2-3 pm
Ms. Peggy Sabouni	Interlude Counselor	Peggy.cole@apsva.us	
Dr. Tiffini Woody-Pope	6 th Grade Counselor	Tiffini.woodypoppe@apsva.us	M-F 8:30-9:30 am

If you are in crisis: Call 9-1-1 or call Arlington Emergency Mental Health: 703-228-5160