



ANNOUNCEMENTS:

The next **Social Emotional Lesson** will be on *Peer Pressure* on Monday, October 26th and must be submitted by 2pm. **October 23-31st is Red Ribbon Week!** We encourage you and your child to look at the resources on the TJMS Counselor Corner Canvas as well as the Red Ribbon Week Canvas page your child will access through Health/PE.

As we close out **Bullying-Prevention Month**, we've taken our traditional Spirit Week online and are hoping students will participate in the following themes:

Tuesday, 10/27	STOMP OUT BULLYING: Let's see you in your favorite boots!
Wednesday, 10/28	BE A SUPERHERO! STAND UP TO BULLYING: You know you want an excuse to put on a cape...
Thursday, 10/29	KEEP OUR TJMS COMMUNITY STRONG: Wear your favorite TJMS gear
Friday, 10/30	WE'RE IN THIS TOGETHER: Wear your favorite team jersey

Tip of the Week: Check out awesome bullying-prevention resources at: <https://www.pacer.org/bullying/nbpm/>

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.rodriguez2@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