



STUDENT SERVICES NEWSBITE

10.7.20

ANNOUNCEMENTS:

From our School Counselors: Please check that your child completes the **Social Emotional Lesson** through their TA Canvas page each Monday by 2pm. Next lesson: Cyber-Bullying

From our School Psychologist: Another great video from Dr. Rebecca Branstetter to help protect our children under stress: <https://cbs58.com/news/psychologist-offers-advice-for-parents-while-raising-children-during-high-stress-times-like-pandemic>

From our School Social Worker: "Anxiety and Coping with the Corona Virus-Managing Worry, your kids' and your own": <https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

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>
- **School Meals** for ALL students provided M/W/F 11am-1pm at 21 locations, including Jefferson.
- **Community supports:**
<https://departments.arlingtonva.us/dhs-service-delivery-modifications-due-to-covid-19/>
- <https://www.apsva.us/special-education/parent-resource-center/>

STUDENT SERVICES TEAM:

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: 11:30 am – 12:30 pm

Ms. Black, 8th Grade Counselor
amelia.black@apsva.us
Office Hours: 9:00 am - 10:00 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
Office Hours, M, T, F 2:00 pm – 3:00 pm

Dr. Moncrieffe-Heath: School Psychologist
tanya.moncrieffeheat@apsva.us,
Office Hours: M, T 1:30 pm - 2:30 pm, F 9-10 am

Ms. Brady, School Social Worker
elizabeth.brady@apsva.us or 571-419-4124
Office Hours: M, T, W, 2:30 – 3:30 pm

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

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

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

OCTOBER IS BULLYING-PREVENTION MONTH



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