



**ANNOUNCEMENTS:**

- **The next Social Emotional Lesson** will be a mindfulness lesson on Progressive Muscle Relaxation on Monday, November 16<sup>th</sup>.
- **Veteran's Day (Nov. 11):** Families will receive meals on Thu, Nov. 12. Thursday's service will include meals for Thursday, Friday, and Saturday. There is no pickup on Wed, Nov. 11.
- **Ms. Black** is going into World Geography classes this week to discuss High School options with all 8<sup>th</sup> Graders.  
<https://www.apsva.us/school-options/high-school-choices/>
- **Tip of the Week:** The #1 thing students report being stressed about on our TJMS Counseling Survey is academics. Take a moment to discuss prioritizing what they need to get done and when. →→→

**» MAKE IT HAPPEN! «**

**SUPER IMPORTANT**

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**THEN, DO THIS**

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**CHILL, THIS CAN WAIT**

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