

ANNOUNCEMENTS:

- **The next Social Emotional Lesson** will be on *Positive Thought Meditation* on Monday, Nov. 23rd.
- **Changes to Meal Service:** Due to the Thanksgiving holiday, meal distribution will now occur on:
Fri, Nov. 20, 11a.m.-1p.m.: Families receive meals for 3 days–Friday, Saturday and Monday
Tues, Nov. 24, 11a.m.-1p.m.: Families receive meals for 5 days– Tuesday-Saturday
There will be no meal services on Mon, November 23, Wed, November 25, or Fri, November 27.
- Last week was **National School Psychologists Week**. Here’s a great infographic about Dr. Moncrieffe-Heath’s role: <https://jefferson.apsva.us/wp-content/uploads/sites/22/2020/11/Psychologist-Infographic-English.pdf>
- **Tip of the Week:** If your child is benefitting from the mindfulness activities, you might want to share these podcasts with them. Thank you to Ms. Wall, one of our amazing TJMS Librarians for passing it on!
<https://www.schoollibraryjournal.com/?detailStory=8-Podcasts-To-Encourage-Mindfulness-Kidcasts-librarians>

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 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.woodypope@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