



ANNOUNCEMENTS:

- **The next Social Emotional Lesson** will be on *How to Grow Your Brain* on Monday, Dec 7th.
- **Please provide us feedback!** How are things going for your child? Please complete this survey **by Dec 18** so the Student Support Team can know the best ways to help our students: <https://forms.gle/Cxj1F6HVCj2nJ6nP8>
- **Tip of the Week:** CASEL will be providing a free parent workshop called: Understanding and Preventing Youth Bullying & Peer Victimization during the Pandemic on Dec. 18th at 1pm. Register here: <https://register.gotowebinar.com/register/7153254835989725710?source=email>
- **From Ms Brady, School Social Worker:** To receive information on where to obtain free groceries, text FOOD or COMIDA to 877-877. To get a referral to the Arlington Food Assistance Center, call your school social worker, the Arlington Department of Human Services at 703-228-1300 or BU-GATA at 703-465-5570. Bring a photo ID with you to pick up food. You may pick up food one time only without a client card, if you bring a photo ID and proof you live in Arlington. AFAC will not share your information with anyone.
- **Do you know a child who needs a desk?** Families should contact Ms. Brady for a referral to Desks by Dads, a project of St. Peter's Episcopal Church in Arlington, who are producing 100 desks, size 2'x2.75" to give and deliver to any of your students who might need them. First come, first served!

ONGOING RESOURCES:

- **TJMS Website – Counseling Tab:** <https://jefferson.apsva.us/counseling/jefferson-school-counseling/>
- **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/>
- **Parent Resource Center:** <https://www.apsva.us/special-education/parent-resource-center/>
- **Community Supports:** <https://vacopes.com/>
<https://departments.arlingtonva.us/dhs-service-delivery-modifications-due-to-covid-19/>



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