

# STUDENT SERVICES

AUGUST 31, 2023

NEWSLETTER



## TOP NEWS

- WELCOME BACK
- MEET OUR NEW STAFF MEMBERS
- THOMAS JEFFERSON HIGH SCHOOL INFORMATION
- NATIONAL SUICIDE PREVENTION MONTH
- UPCOMING EVENTS

Dear TJMS Families,

As we gear up for another wonderful school year, the student services team extend a heartfelt welcome to each and every one of you. We hope you've had a restful and enjoyable break, and we're excited to have our students back in our halls.

Whether you're returning to a familiar routines or starting a new chapter with us, please know that our doors are always open. Our team is here to support your children's academic and emotional growth.

If you ever have questions, concerns or simple want to chat about your child's well-being, please don't hesitate to reach out. We believe that a strong partnership between school and home is vital to your child's success, and we're honored to be apart of that journey.

Here's to a fantastic school year filled with learning and growth. We look forward to collaborating with you all.

Warm Regards,

The Student Services Team



# STUDENT SERVICES

## MEET THE NEW STAFF

## FULL STAFF LIST

1 2 3



### 6th Grade Counselor

Mr. Joe Spencer

Hi there! After spending the last 19 years at Wakefield HS, I am super excited to begin my 20th year in Arlington Public Schools here in Yellowjacket Nation at Thomas Jefferson Middle School! A proud graduate of the University of Oregon (GO DUCKS!!!) I began my career in education in my home state of Oregon as a media specialist before I moved to Virginia to attend The George Washington University to study school counseling. In my free time, I enjoy reading, hiking, watching college sports and exploring the many historical sights in and around the DC area.

### Counselor Interventionist

Ms. Maya Lidell

Hello! I am excited to be a part of the Jefferson Counseling Team! I look forward to getting to know students and families throughout the school year! I grew up in New York City and am a proud graduate of George Washington University and University of Virginia! I love trying new foods, watching movies, reading, and funny jokes! Reach out anytime for support!



### School Social Worker

Ms. Margarita Zwisler

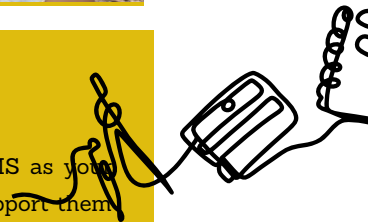
Hi there! I am Margarita Zwisler and I am so excited to join TJMS as your school social worker. I provide counseling to students and help support them to succeed in school. I support families by connecting them resources in the Arlington county. Please feel free to reach out about resources for food, rental assistance, clothing, and any other questions about resources available. Want to learn more about what school social workers? Click [here](#)



### School Psychologist

Ms. Lisa Nemeth

Hi! I have served Arlington Public Schools since 2017-18. Prior to coming to APS, I've worked as a School Psychologist in North Carolina for over 22 years. I graduated from Edinboro University of Pennsylvania, with a Bachelor of Art in Psychology, a master's degree in educational psychology, and an Advanced Certificate in School Psychology. In addition, I had served in a lead- psychologist capacity, is a certified TBI evaluator, and was honored as the North Carolina School Psychologist Practitioner of the Year in 2008. My hobbies include sailing, skiing, and traveling.



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## THOMAS JEFFERSON HIGH SCHOOL INFORMATION

### 8TH GRADE PARENTS INFORMATION

You will now find the new Admissions Video for 2023 as well as the presentation schedule that is available to the public on our website, [www.fcps.edu/tjadmissions](http://www.fcps.edu/tjadmissions).

The applications will become available on Monday, October 23 at 4:00 pm.



## National Suicide Prevention Week

National Suicide Prevention Week is approaching September 10th-16th, and it's an opportunity to have important conversations with your middle schooler about mental health.

Tips for talking:

1. Listen Openly
2. Normalize Feelings
3. Share Available Resources

By discussing these topics, we can foster understanding and support for our students well-being.

**National Suicide  
Prevention Week**  
September 10 - 16, 2023

[alsp.org/nspw](http://alsp.org/nspw)



**Semana nacional  
de prevención  
del suicidio**

10 al 16 de septiembre de 2023

[alsp.org/nspw](http://alsp.org/nspw)



## Resources

[AFSP: What Parents Should Know?](#)

[A.C.T. Parent Infographic](#)

More resources on the [APS website](#)

If you or a family member are in a crisis you can:

- Call or text [988](tel:988) or text TALK to 741741
- Arlington Behavioral Healthcare Services:  
Emergency Line: 703-228-5160

## UPCOMING EVENTS

- No school - 9/1-9/4
- Suicide Prevention Activities- 9/11- 9-15
- Back to School Night - 9/12
- No School - 9/23
- Student Needs Survey - 10/1

