
STUDENT SERVICES

OCTOBER 6, 2023

NEWSLETTER



TOP NEWS

- Suicide Prevention Lesson
- Unity Day
- Career Day
- Red Ribbon Week
- High School Options

SIGNS OF SUICIDE

The Student Services team is offering depression awareness and suicide prevention education as part of the SOS Signs of Suicide® Prevention Program. The program encourages students to seek help if they are concerned about themselves or a friend. The SOS Program is the only youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression, as well as a reduction in actual suicide attempts. This lesson will be given to our 8th grade students during their Health and P.E. classes the week of the 16th. We hope to equip all 339 students with the knowledge and tools to recognize signs of distress in themselves and others, fostering a supportive and empathic community.

Parent Training [Spanish](#) and [English](#)

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UNITY DAY

OCTOBER 18TH!

Unity Day serves as a powerful reminder of the importance of fostering inclusivity, diversity, and harmony within the Jefferson Community. Stand with us against bullying on Wednesday, Oct. 18th.

We can't wait to see the sea of ORANGE!

**WE RISE
BY
LIFTING
OTHERS**

CAREER DAY

We are looking for speakers for our annual Career Day. 8th Grade Career Day will be held on Wednesday, December 13th. If you are interested in speaking at our event, please scan the QR code or click on the link to sign up today!

Career Day link:

<https://forms.gle/EarPLqfMbzCier9U7>



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High School Option Information

Arlington Public Schools (APS) provides families the opportunity to attend an option school/program as an alternative to attending their designated neighborhood school. Starting November 6, applications will become available. For more information about Option Schools & Programs, please click [here](#).

The dates and times for the next middle school family information sessions will be posted on **October 20, 2023**

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.

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

RED RIBBON WEEK

Oct. 23rd - 31st

As we approach Red Ribbon Week, we want to emphasize the importance of making healthy choices and saying no to drugs. This annual observance is an opportunity for us to come together as a community and show our commitment to a drug-free lifestyle. Throughout the week, we will engage in educational activities and discussions with our students, empowering them with the knowledge and tools to make wise decisions. We encourage you to join us in reinforcing these positive messages at home, so together, we can create a safer and healthier environment for our children.

For more information about Red Ribbon Week, please click [here](#).

STUDENT SERVICES TEAM

DIRECTOR OF COUNSELING SERVICES - [MR. HICKS](#)
6TH GRADE COUNSELOR - [MR. SPENCER](#)
7TH GRADE COUNSELOR - [MS. BLACK](#)
8TH GRADE COUNSELOR - [MS. RUSSO](#)
EL COUNSELOR - [MS. RODRIGUEZ](#)
PROGRAM COUNSELOR - [MS. BURTON](#)
INTERVENTION COUNSELOR - [MS. LIDELL](#)
SCHOOL PSYCHOLOGIST - [DR. MONCRIEFFE- HEATH](#)
SCHOOL SOCIAL WORKER - [MS. ZWISLER](#)
SCHOOL COUNSELOR INTERN - [MS. WASHINGTON](#)

UPCOMING EVENTS

- Lunch Game Group - Every Thursday (6th-8th)
- No school - 10/9
- Student Needs Survey - 10/10
- 8th Grade Signs of Suicide Lesson 10/16-19
- Student Led Conference - 10/20
- Red Ribbon Week - 10/ 23-31
- 6th Grade - Intro to Counseling Lesson - 10/23-27
- 7th Grade - Bullying Lesson -End of Oct/Nov.
- 8th Grade Academic Advisement Lesson -11/1
- Arlington Tech Visit - 10/31, 11/1-11/2
- End of the Quarter - 11/6

Paper Tutoring

Does your student need help with their homework, test prep or essay? Try [Paper Tutoring!](#)