

STUDENT SERVICES

DECEMBER 15, 2023

NEWSLETTER



TOP NEWS

- Latino Youth Leadership Conference
- Classroom Lessons
- 8th Grade Career Day
- Academic Planning
- School Psychologist Week

LATINO YOUTH LEADERSHIP CONFERENCE

The Office of English Learners hosted the 30th annual APS Latino Youth Leadership Conference on November 17. The event fostered leadership among 200+ nominated 8th-12th grade Latino students, conducted completely in Spanish. The theme of this year's LYLC conference is: "Mi Futuro: Mi Decision" (My Future: My Choice) Ms. De Leon and Ms. Rodriguez took 14 EL 8th grade students to the event. Students participated in a presentation, one career, and one leadership, workshops.



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CLASSES ARE BACK IN SESSION

The counseling team has been actively engaged in empowering our students through a series of informative and interactive classroom lessons. Here's a snapshot of the recent sessions:

Making Amends for 7th Graders

The 7th grade students focused on crucial skill of making amends. Students practiced how to make amends in common peer conflicts. The steps practiced were: 1) Self Reflect 2) Practice perspective-taking 3) Sincerely Apologize 4) Offer a solution

Meet Mr. Spencer: What Can Your Counselor Do For You? (6th Grade):

For our 6th-grade students, we introduced the friendly face of Mr. Spencer, our 6th grade counselor. This session provided insights into the role of a counselor and the many ways they can support and advocate for our students.

High School Options Advisement for 8th Graders:

Our 8th-grade students had discussions about the exciting array of high school options available to them and how to apply! These sessions aimed to guide students in making informed decisions about their academic journey beyond middle school.

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CAREER DAY

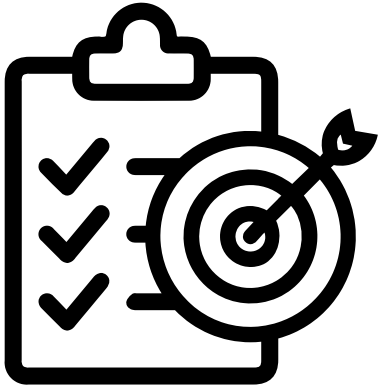
We are thrilled to share that our recent 8th Grade Career Day was a resounding success! A heartfelt thank you goes out to our incredible presenters who generously volunteered their time to inspire and educate our students about various career paths. Their valuable insights have undoubtedly left a lasting impact.



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ACADEMIC PLANNING

Get ready for exciting journey ahead! Academic planning for next year kick off in January. It's a crucial step in shaping your child's educational path. Let's work together to ensure a bright and successful future!

For more details, please see our website for [Academic Planning information](#).

NATIONAL SCHOOL PSYCHOLOGIST WEEK

Nov. 6th - 10th

Last month we celebrated our School Psychologist, Dr. Moncrieffe Heath! Her expertise and dedication plays a vital in supporting our students well being at Jefferson Middle and we are glad to have her.

To learn more information about Dr. Moncrieffe-Heath, see her [spotlight](#).



STUDENT SERVICES



Holidays can bring up many feelings. Encourage your child (and yourself) to use the below strategies when they are struggling or stressed:

- Deep breaths with the Breathe Bubble
- **Grounding: Use our 5 senses to notice colors around you, taste of food, smell of a fragrance**
- **Draw a picture or write about a good memory.**

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. Applications are available now. For more information about Option Schools & Programs, please click [here](#).

FOOD ASSISTANCE IN ARLINGTON

If you or someone is in need of assistance over the holidays or anytime, please view [Arlington County's local resource guide](#).

For various languages, [click here](#)

UPCOMING EVENTS

- Lunch Game Group - **Every Thursday (6th-8th)**
- **Dec. 21st - Jan. 1st** - Winter Break
- **Jan. 10th** - TJ Information Session @ 6:30 p.m.
- **Jan. 12th** - [School option application](#) close.
- **Jan. 15th** - No School (MLK Day)
- **Mid-January -February** - Academic Advisement all grades including rising 6th grade.
- **Jan. 29th** - End of Quarter 2
- **Feb. 5th** - Accept/ Decline Deadline
- **Feb. 5th - 9th** National School Counselor Week

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 PSYCHOLOGIST (PART-TIME) - MS. NEMETH
SCHOOL SOCIAL WORKER - [MS. ZWISLER](#)