



## Contact Information

- Paige Simpson—Full time Counselor  
Pesimpson1@fcps.edu
- Tracy Ballard—Part time Counselor (Tuesday mornings, Wednesdays and Thursdays)  
tmballard@fcps.edu

**Belvedere main office:**  
703-916-6800

### **Attendance:**

You can fill out this form  
<https://belvederees.fcps.edu/attendance>

Or email:

[BelvedereES.Attendance@fcps.edu](mailto:BelvedereES.Attendance@fcps.edu)

Or call: 703-916-6868

### **Bell Schedule:**

M-F 9:20-4:05

## **DINNER CONVERSATION STARTERS**

What did you do to help someone else today?

Did anything happen today that made you laugh really hard?

Did you learn anything new about someone today, or did you meet someone you did not know last school year?

Let's review what you did in class today.

## WELCOME BACK!!

Ms. Ballard and Ms. Simpson are so happy to welcome back Belvedere families and can't wait to see students again!

As school counselors, we collaborate with teachers and other mental health staff to support our students with academics, social/ emotional/ behavioral concerns. If you have concerns, please make sure to reach out!

We anticipate starting lessons in early September. Until then, a few items to help with the transition back to school:

- ◆ If your younger child brings a lunch from home, practice with them to make sure they can open their lunch box and all containers within the lunch box with ease. Water bottles are allowed in school, and we encourage students to stay hydrated, especially when it is so hot outside!
- ◆ If you do not have a parentvue/parent SIS account or parent Schoology, please contact the office staff to create an account. This way, you will have access to your student's information and classroom.
- ◆ We will continue with backpack Friday food. Families must fill out the free and reduced meals form to determine eligibility. We will have staff available to assist with the paperwork at open house. (<https://www.myschoolapps.com/Application>).
- ◆ We encourage you to start off the school year strong, establishing reasonable bed times and wake up times. According to the American Academy of Pediatrics, it is recommended that elementary age children get a full 9-12 hours of sleep a night. You can read an article about this [here](#):

**NEED HELP?** MENTAL HEALTH RESOURCES  
24/7 EMERGENCY NUMBERS

In case of a life threatening emergency, call 911

CrisisLink Regional Hotline: 703-527-4077  
CrisisText: Text NEEDHELP to 85511  
Dominion Hospital Emergency Room:  
703-536-2000  
Inova Emergency Services: 703-289-7560  
Mobile Crisis Unit: 1-844-627-4747  
National Suicide Prevention Lifeline:  
1-800-273-TALK or 1-800-SUICIDE  
Merrifield Center Emergency Services:  
703-573-5679  
TTY dial 711