



BES School Counselors

Paige Simpson – Full time
Pesimpson1@fcps.edu

Tracy Ballard – Half time
(Tuesdays midday, all day
Wednesdays and Thursdays)
tmballard@fcps.edu

Belvedere Main Office:
703-916-6800

Bell schedule: M-F 9:20-4:05

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



This month, we are sharing an article about building resilience in children. As children grow into adults, resilience is beneficial in decision making, choosing healthy relationships, and navigating academics.

<https://www.apa.org/topics/resilience/guide-parents-teachers>

Happy September! Mrs. Ballard and Ms. Simpson are starting classroom lessons this month. We are focusing on healthy ways to handle stress and anxiety and when to recognize that we might need help by talking to a trusted adult. Students are learning the difference between good stress and bad stress (good stress is that anxiety that pushes us to study for a test, or to do our homework on time; bad stress is when that anxiety never goes away, and we fixate on a problem or concern). Learning how to manage stress in healthy ways, and that it is okay to ask for help are important skills at any age.

Along the lines of asking for help, school counselors are introducing self-referral forms to each class. 4th and 5th graders will be introduced to a confidential google form, shared via schoology in the school counseling folder (under specials). The only people who can view the submitted information are Mrs. Ballard and Ms. Simpson. Students know we keep what they say confidential. Younger grades will be introduced to a paper self-referral form kept on each counselor's door. Students can fill out and leave under the door or in the counselor's door mailbox.

We are working on scheduling parent/guardian coffees so we can get to know families. Please be on the lookout for dates and times in emails from the school and in your child's classroom news.

We have begun distributing the Friday backpack food. If your family wishes to continue receiving the backpack Friday food bags, you must fill out the free and reduced meals form to determine eligibility. We also have food items on hand for anyone experiencing an emergency need for food. Please use the QR code below. A bonus to filling this out, and qualifying is that everyone in the family will have access to ParkTakes programs through the parks such as classes and lessons, community sports fees are covered, and students also qualify for reduced or free instrument rentals, and school program fees, such as field trip expenses. We can provide paper copies and translation help in the front office. If you believe you have signed up for this year, but have not heard from anyone or the cafeteria is telling your child they do not have money for breakfast or lunch, please reach out to the FCPS office of Food and Nutrition Services at 703-813-4838.

