

October 2022



Contact Information

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

Belvedere main office:

703-916-6800

Attendance:

BelvedereES.Attendance@fcps.edu

Or call: 703-916-6868

Bell Schedule:

M-F 9:20-4:05

Read more about bullying here:

<https://www.pacer.org/bullying/info/stats.asp>



It is Finally Autumn!

We are SO excited to welcome cooler temperatures. Your children have been in school over a month now and seem to be adjusting well to the school schedule. We see many students making friends, enjoying class time, playing at recess, chatting at lunch, and learning in specials together.

This month our lessons will focus on Anti Bullying. FCPS has provided us with age-appropriate curriculum we will be presenting in classes, and we have added our own resources as well.

Please remind your child that if they witness bullying or are being bullied, they have safe adults at home and school they should talk to. Talk to your child about how to be friendly, even if not a friend, to all their fellow students. Remind them that we are called to be kind to one another, and if we see bullying, be an upstander. Being an upstander looks like helping a friend move away from someone being mean (go talk to someone who is being bullied or bring the situation to the attention of an adult). We remind students that bullying and someone being mean are two different things. Neither are right, but bullying is consistent, not an isolated event.

Be aware that cyber bullying is constant bullying via electronics, that happens at any hour of the day. Ensure you have your child's passwords, and you check their chats, texts, gaming platform chats, downloads, and photos regularly. Many children will not share cyber bullying with an adult and will try to hide it. If you see any type of bullying on your child's phone or device, take a screen shot of it and report it to the school.

We have had some questions about the Backpack Friday food distribution. If you have any questions or concerns, please reach out to us. All students who qualify for free or reduced meals are receiving these bags of food on Fridays. We have paper copies of the forms at the front office, as well as computers and someone to assist families wishing to fill out the paperwork online.

Coffee with the BES Counselors and School Social Worker

Stop by to say hi and take some
information home with you!

October 12, 2022

10 AM

BES Family Support Center

We can't wait to see you!



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