

Counselors' Corner

Belvedere Elementary School Spring 2023



BES School Counselors

Paige Simpson – Full time
Pesimpson1@fcps.edu

Tracy Ballard – Half time (Half day Tuesday, all day Wednesday and Thursday) 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

We are focusing on attendance the remainder of the school year. We appreciate your support in encouraging regular school attendance. If you have obstacles to getting your child to school regularly, please reach out and we can help!

Below are links to a video in each English and Spanish.



Who has spring fever? WE DO!! We are coming up on Spring Break and hope everyone has a safe, fun and relaxing week off.

We had a good turnout at our school counselor coffee in February, where we discussed internet safety for our children. Many resources were shared, and if you missed it please reach out and we can provide what was shared. One big takeaway was that all parents can sign up for **Lightspeed** at <https://itweb.fcps.edu/itsupport/lightspeed/> which provides a weekly report of how your child is using their school computer. We highly encourage parents to monitor their children's device usage, whether the school device or a device from home.

March lessons focused on attendance and test taking strategies. We love to see your children here every day they are well enough to attend! We encouraged students to make sure they stay home with a fever, vomiting or other communicable illness. However, mild headaches, tummy aches, and seasonal runny noses are things we must deal with and still attend school.

When we return in April, our Kindergarten and first grade lessons will focus on resiliency, 2nd and 3rd, making good decisions and 4th and 5th, personal responsibility and accountability.

In May, our Family Liaison office is hosting a workshop for our Spanish speaking families sponsored by Edu-Futuro. Edu-Futuro partners with FCPS to "empower students, engage parents and transform communities to break the cycle of poverty by engaging and empowering underserved Latino and immigrant youth and families through mentorship, education, leadership development, parent engagement, individual case management, and workforce development." Programs are offered throughout a student's education to open doors to post-secondary opportunities such as college, employment and trade schools. Snacks and childcare will be provided. If you have any questions, please reach out to one of our Family Liaisons:

Maria Nogales Zubieta at mrnogaleszub@fcps.edu or Iva Plazas at implazas@fcps.edu

Belvedere Elementary School FCPS
Funded in part by Title I Funds Edu-Futuro

Taller para Padres
En español

Sistema de Educación en las escuelas de Fairfax FCPS

Participación efectiva de los padres en la educación para un éxito académico hasta la graduación.

Cafetería de Belvedere ES
Martes 2 de Mayo, 2023
5:30 - 7:30 pm

Se proveerá cuidado de niños, refrigerio, transportación desde y hasta los Apartamentos de Barcroft.

Por favor regístrate hasta el 14 de abril:
<https://forms.gle/95xt9RmN7L91Gqtz6>
Scanear el código QR.

Belvedere Elementary School FCPS
Funded in part by Title I Funds Edu-Futuro

Parent Workshop
Presented in Spanish

Education System in FCPS

Effective parental involvement in education for academic success through graduation.

Belvedere ES Cafeteria
Tuesday May 2nd, 2023
5:30 - 7:30 pm

Childcare, snacks, transportation to and from the Barcroft Apartments will be provided.

Please Register before April 14th:
<https://forms.gle/95xt9RmN7L91Gqtz6> or scan the QR code

We hope you are checking out what is happening at Belvedere. We have a brand new Facebook account:

<https://www.facebook.com/BelvedereElementarySchool>

and a Twitter page: <https://twitter.com/besbulldogs?lang=en> These are great ways for us to get information to families and you may even see a photo of your child working on a project!