

COUNSELOR CORNER

Belvedere Elementary School
February 2024



CONTACT INFORMATION SCHOOL COUNSELORS:

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NEW LOOK!

New year, new look for our newsletter. We hope you enjoy the new format! We will continue to provide school counseling, mental health and family programming information.



RIISING 6TH GRADE NEWS

- 5th grade lessons will guide students how to fill out a course selection think sheet. All materials with information about classes offered at Glasgow have been uploaded to each 5th grade Schoology course, as well as the Parent Schoology page.
- February 8, 8:30 a.m., BES Cafeteria, Ms. Ballard and Ms. Simpson will hold a Parent Q and A for 5th grade parents to answer any questions surrounding course selection. We are excited the Glasgow Director of Student Services will be joining us.

- February 22, the Glasgow counselors will come to Belvedere to guide ALL 5th graders in filling out the Google course selection form.

Important Course Selection Dates:

- **8 Feb - 5th grade parent Question & Answer at Belvedere 8:30 a.m.**
- **22 Feb - All 5th grade input courses**
- **29 Feb - AVID applications Due***
- **15 March - Course Selection closed**
- **Late May/early June - selections mailed to families**

**Information about AVID is uploaded to both student and parent Schoology pages. Please review the slide show to find out AVID specific information.*

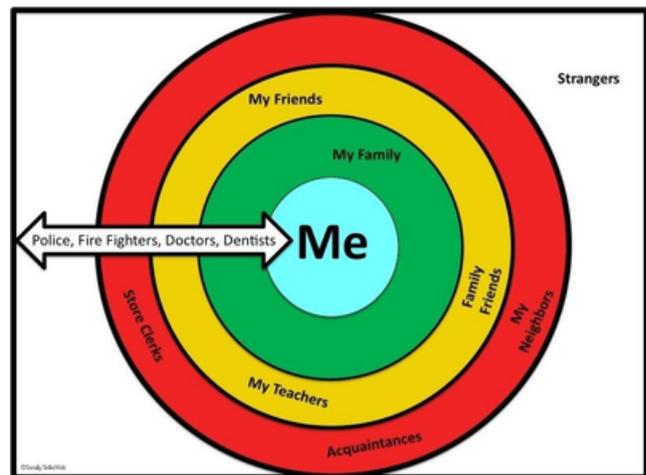
FEB LESSONS



Fourth graders will be presented with the FCPS mandated lesson about boundaries and personal space. Students will learn to identify what personal space means, and what to do if their space is invaded. As with many of our lessons, identifying a safe adult to report concerns to is another goal of our lesson.

Kindergarten, first and second grades will be reading the book *A Wrinkled Heart*, and learning about how our words can hurt or help each other. We will end lessons with a reminder of how we can be kind

Third Grade will focus on Keys to Conflict Resolution, teaming up with our classmates to read and solve conflict scenarios.



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



National School Counseling Week 2024 (#NSCW24) is Feb. 5-9, 2024, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February. The 2024 theme is "School Counseling: Standards-Based, Student-Focused."