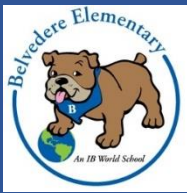


Counselors' Corner

Belvedere Elementary School Spring 2024



BES School Counselors

Paige Simpson – Full time
Pesimpson1@fcps.edu

Tracy Ballard –Tuesday,
Wednesday and Thursday
tmballard@fcps.edu

BES Family Liaison

Iva Plazas
Implazas@fcps.edu

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



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.



We hope everyone had a restful spring break and is ready to finish the school year strong. It's hard to believe there are only 2 ¼ months left!

In March, we completed middle school course selection with the 5th grade, and many students are excited about transitioning to middle school. Rest assured, the middle school is prepared for them! If you have any questions or concerns about your child's classes, please reach out to the Student Services Department at Glasgow.

April's lessons in 3rd through 5th grades will focus on test strategies and overcoming standardized testing stress. It's important to remind your child that the standardized test is a reflection of their access to the curriculum and not a pass/fail test. Encourage them to get a good night's sleep, eat a healthy breakfast, and approach test day with a positive attitude. For helpful test-taking suggestions, please see the last two pages of this newsletter.

Kindergarten through 2nd grade lessons will focus on mindfulness. Ask your child about the tools they learned to center and calm themselves, and how they've increased awareness of their emotions in different situations.

Looking ahead to May, counselors are preparing for our next career day for 4th and 5th grades. All grade levels will have school counseling lessons focusing on careers. Fourth and 5th graders will reflect on their work styles, career and personal values, and compare them with their career interests. Encourage your child to share what careers they explored during these lessons.

Additionally, kindergarten through 3rd grades will explore the world of work, community helpers, and broaden their understanding of careers. Ask your child about the community helpers they identify and what careers interest them.

Thank you for your continued support in your child's education.

Needed!!

4th and 5th grade parents!

Are you interested in speaking to the 4th and 5th graders about your career? Volunteer to be a presenter at our CAREER DAY!

June 4, 930-1130 a.m.

**Email Ms. Ballard for more information:
tmballard@fcps.edu**

We hope you are checking out what is happening at Belvedere. Check out the Facebook account that highlights school happenings and events:
<https://www.facebook.com/BelvedereElementarySchool>

HOPE

SATURDAY, APRIL 13th 2024 • 10AM-2PM

EXPO

Free!



FREE GROCERIES

** While supplies last*

HEALTH & WELLNESS RESOURCES

- Healthcare resources
- Health screenings
- Mental health counseling
- Flu & COVID Vaccinations
- Kids Dental Care

JOB & FINANCE ASSISTANCE

- Job Placement Assistance
- Financial Counseling
- Resume building
- Networking

Blood Drive Registration



Neighborhood Health • Inova Community • Northern Virginia Family Service • Anthem Insurance • Prostate Health Education Network • MCCP Dental Van • Northern Virginia Community Workforce Development • GreenSprings • AMB Services • Britepath Financial Empowerment Center • Residence Inn • Edsall Park Swim Club • 123 Junk • ICATT Professional Services • Word of Life Christian Academy • US Army • Harvard University

5225 Backlick Rd. , Springfield VA | www.wolag.org/hopeexpo

HOPE

SÁBADO, 13 DE ABRIL 2024 · 10AM-2PM

EXPO

Gratis!



DISTRIBUCIÓN DE ALIMENTOS

** Límite de cajas gratis*

RECURSOS DE SALUD & BIENESTAR

- Recursos de cuidado a la salud
- Exámenes médicos
- Consejería de salud mental
- Vacunas contra Flu & COVID
- Cuidado dental para niños

ASISTENCIA LABORAL Y FINANCIERA

- Ayuda en la inserción laboral
- Orientación Financiera
- Creación de currículum
- Conexiones

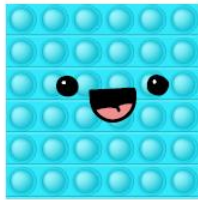
Inscríbese en la campaña de donación de sangre



Neighborhood Health · Inova Community · Northern Virginia Family Service · Anthem Insurance · Prostate Health Education Network · MCCP Dental Van · Northern Virginia Community Workforce Development · GreenSprings · AMB Services · Britepath Financial Empowerment Center · Residence Inn · Edsall Park Swim Club · 123 Junk · ICATT Professional Services · Word of Life Christian Academy · US Army · Howard University

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HOW TO COPE WITH Test Anxiety



Take deep breaths
& count to 10



Squeeze a fidget
or stress ball



Imagine yourself
succeeding



Believe in yourself,
think positive

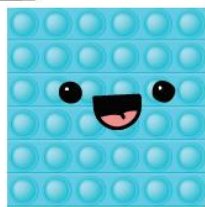


Don't compare
yourself to others



Try a relaxation
script

CÓMO ENFRENTARLO Examen de ansiedad



Respira profundamente
y cuenta hasta 10



Apretar una pelota
antiestrés o antiestrés



Imagínate triunfando



Cree en ti mismo,
piensa positivo



No te compares
con los demás



Prueba un guión de
relajación