



AT A GLANCE

25-26 School Year

September/ October

- Meet Our Team
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- TA Lesson Calendar
- Academic and Career Counseling Highlights
- Other Resources

Meet Our Team

[Student Services Team Members](#)

To learn more about each member of our team and put faces to names, click on the link above!

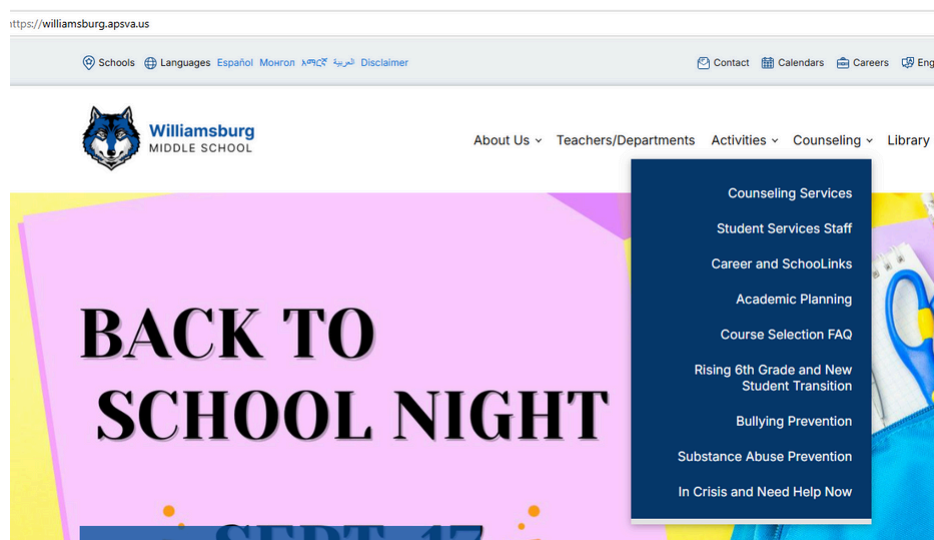
Name	Role	Phone (703-228-xxxx)	Email
Susan Russo	Director of Counseling	5466	Susan.russo@apsva.us
Ashley Bleakley	6 th Grade Counselor	5481	Ashley.bleakley@apsva.us
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Gretchen Brenckle	8 th Grade Counselor	5469	Gretchen.brenckle@apsva.us
Natalie Battle	Intervention Counselor	5447	Natalie.battle@apsva.us
Kim Chisolm	Substance Abuse Counselor	2631	Kim.chisolm@apsva.us
Kate Karns	School Social Worker	5467	Katherine.karns@apsva.us
Liliana Martinez	Registrar	5441	Liliana.martinez@apsva.us
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Peggy Sabouni	Interlude Therapist	5453	Peggy.cole@apsva.us



The WMS Counseling Team in the WMS Counseling Suite!

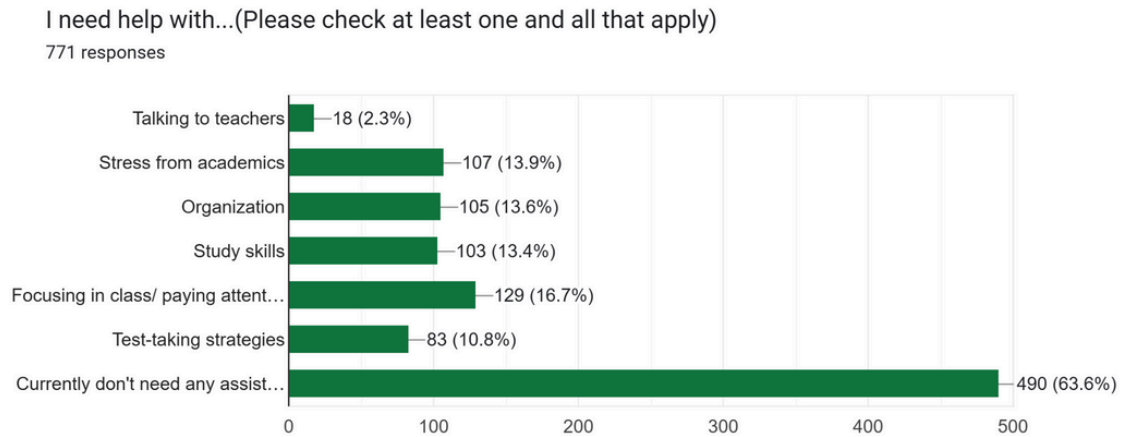
How Can We Help?

The Student Services Team is here to support the whole child - socially, emotionally, and academically. We provide individual counseling, small group counseling, academic advising, career exploration and classroom lessons. Additionally, we consult and collaborate with parents/guardians, other staff, and community providers. For more information about supports and resources at WMS, go to the Counseling page on our website! (See the menu of pages under the Counseling tab below.)

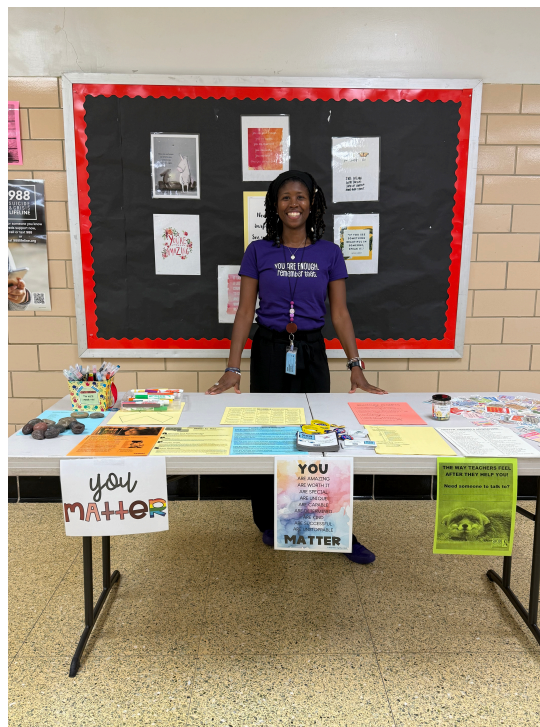


September/ October features:

- New Student Small Groups - facilitated by Grade Level School Counselors to help students new to Arlington and/or Williamsburg navigate a new school and make connections.
- Executive Functioning Small Group - facilitated by Ms. Morgan and Ms. Brenckle to help students who self-identified as wanting support with stress from academics, organization and study skills.



- Suicide Prevention Month Activities (September) - including a resource table for students during lunches, TA activities around self-advocacy and helping others



- [Supporting Student Success Parent Chat](#) - Sept. 30th 8:15-9:15am - Learning about ways to help your child manage middle school
- Bullying Prevention Month (October) - including classroom lessons led by school counselors
- Unity Day - Oct 22 - Wear orange to show you are an Upstander against bullying
- Red Ribbon Week - Oct 23-31: substance abuse prevention lessons and resources

Research on Social Emotional Learning

Why do we provide Social Emotional Learning (SEL) lessons twice a week during TA? Read more about the research and the core competencies taught in SEL from the Collaborative for Academic, Social, and Emotional Learning (CASEL), the well-respected framework we use in APS.

[What Does the Research Say? - CASEL](#)

SEL Leads to Improved Academic Achievement

When students have supportive relationships and opportunities to develop and practice social, emotional, and cognitive skills across many different contexts, academic learning accelerates.

[Hundreds of studies](#) involving more than 1 million students worldwide across PreK-12 offer consistent evidence that SEL has a positive impact on students' academic achievement.

Students participating in SEL at school have higher levels of ["school functioning,"](#) as reflected by their grades, test scores, attendance, and homework completion.

SEL builds social and emotional skills that increase student engagement and lead to improved [academic performance](#).

SEL interventions that addressed the [five core competencies](#) increased students' academic performance by [11 percentile points](#), compared to students who did not participate.

The positive impact on academics lasts long-term: Years after students participated in SEL, their academic performance was an average of [13 percentile points](#) higher than students who didn't participate.

SEL Calendar

Williamsburg uses the [Responsive Classroom](#) structure to align lessons with [VDOE SEL Standards](#) and meet emerging needs of students during Teacher Advisory. TA Calendar snapshots with SEL topics and standards for September and October below! (Click to enlarge.)

August/September				
M	T	W	Th	F
25 FIRST DAY OF SCHOOL! C Extended TA / *Opening week packet Topics: Inclusion, Community and Relationship Building SEL Connections: Self-Awareness, Social Awareness, and Relationship Skills	26 C Extended TA / *Opening Week Packet Topics: Inclusion, Community and Relationship Building SEL Connections: Self-Awareness, Social Awareness, and Relationship Skills	27 A *Opening week packet Topics: Inclusion, Community and Relationship Building SEL Connections: Self-Awareness, Social Awareness, and Relationship Skills	28 B *Opening week packet Topics: Inclusion, Community and Relationship Building SEL Connections: Self-Awareness, Social Awareness, and Relationship Skills	29 NO SCHOOL
1 NO SCHOOL	2 A *Opening week packet Topics: Inclusion, Community and Relationship Building SEL Connections: Self-Awareness, Social Awareness, and Relationship Skills	3 B *Opening Week Packet Topics: Inclusion, Community and Relationship Building SEL Connections: Self-Awareness, Social Awareness, and Relationship Skills	4 A *Opening Week Packet Topics: Inclusion, Community and Relationship Building SEL Connections: Self-Awareness, Social Awareness, and Relationship Skills	5 B *Opening Week Packet Topics: Inclusion, Community and Relationship Building SEL Connections: Self-Awareness, Social Awareness, and Relationship Skills
8 A Executive Functioning 101 <input type="checkbox"/> EF Skills_Lessons_6th_Grade <input type="checkbox"/> EF Skills_Lessons_7th_Grade <input type="checkbox"/> EF Skills_Lessons_8th_Grade Topics: Organizational Skills and Planning SEL Connections: Self-Management, Decision-Making Relationship Skills	9 B *WolfTime SEL Lessons <input type="checkbox"/> SEL WolfTime Lessons_6th_September Day 1 <input type="checkbox"/> SEL WolfTime Lessons_7th_September Day 1 <input type="checkbox"/> SEL WolfTime Lessons_8th_September Day 1 Topics: "What is SEL?" and Developing SEL Skills in the Real World SEL Connections: SeA2: 5-6b, I can identify actions I can take to overcome personal challenges; ReS1: 5-6b, I can use active listening to successfully understand multiple perspectives; DeM1: 7-8a, I can reflect on lessons learned from actual experiences to inform future practices. Self-Awareness, Social Awareness, Self-Management, Relationship Skills, and Decision Making Skills	10 C	11 A *WolfTime SEL Lessons <input type="checkbox"/> SEL WolfTime Lessons_6th_September Day 2 <input type="checkbox"/> SEL WolfTime Lessons_7th_September Day 2 <input type="checkbox"/> SEL WolfTime Lessons_8th_September Day 2 Topics: Practicing SEL in Real Life and "SEL in Action" SEL Connections: SeA2: 5-6b, I can identify actions I can take to overcome personal challenges; ReS1: 5-6b, I can use active listening to successfully understand multiple perspectives; DeM1: 7-8a, I can reflect on lessons learned from actual experiences to inform future practices. Self-Awareness, Social Awareness, Self-Management, Relationship Skills, and Decision Making Skills	12 B Executive Functioning Skill Building Activities <input type="checkbox"/> EF Skills_Lessons_6th_Grade <input type="checkbox"/> EF Skills_Lessons_7th_Grade <input type="checkbox"/> EF Skills_Lessons_8th_Grade Topics: Organizational Skills and Planning SEL Connections: Self-Management, Decision-Making, Relationship Skills
15 A <input type="checkbox"/> EF Skills_Lessons_6th_Grade <input type="checkbox"/> EF Skills_Lessons_7th_Grade <input type="checkbox"/> EF Skills_Lessons_8th_Grade Topics: Organizational Skills and Planning SEL Connections: Self-Management, Decision-Making Skills, Relationship Skills	16 B *WolfTime SEL Lessons <input type="checkbox"/> SEL WolfTime Lessons_6th_September Day 3 <input type="checkbox"/> SEL WolfTime Lessons_7th_September Day 3 <input type="checkbox"/> SEL WolfTime Lessons_8th_September Day 3 Topics: Kindness, Speaking Up, and Reaching Out SEL Connections: SeA2: 5-6b, I can identify actions I can take to overcome personal challenges; ReS1: 5-6b, I can use active listening to successfully understand multiple perspectives; DeM1: 7-8a, I can reflect on lessons learned from actual experiences to inform future practices. Self-Awareness, Social Awareness, Self-Management, Relationship Skills, Decision Making Skills	17 C	18 A NWEA Testing - No WolfTime SEL Lessons	19 B NWEA Testing - No WolfTime EF Lessons
22 A **Please take this time to work on your TA Murals for Suicide Prevention Awareness Month. Topics: Kindness, Speaking Up, and Reaching Out SEL Connections: Self-Awareness, Social Awareness, Self-Management, Relationship Skills, Decision Making Skills	23 NO SCHOOL	24 B	25 A *WolfTime SEL Lessons on Hispanic Heritage Month **All Grades. SEL Connections: SoA1: 5-6b, I can gain a broader understanding by asking questions and listening to those with different perspectives, backgrounds, and cultures. SoA1: 7-8b, I can develop an understanding and appreciation of different abilities, backgrounds, cultures and social groups. Social Awareness and Relationship Skills	26 B **Please take this time to work on your TA murals for Suicide Prevention Awareness Month Topics: Kindness, Speaking Up, and Reaching Out SEL Connections: Self-Awareness, Social Awareness, Self-Management, Relationship Skills, Decision Making Skills

October				
M	T	W	Th	F
8/29 A Executive Functioning 101 <input type="checkbox"/> EF Skills_ Lessons_ 6th_Grade <input type="checkbox"/> EF Skills_ Lessons_ 7th_Grade <input type="checkbox"/> EF Skills_ Lessons_ 8th_Grade Topics: Organizational Skills, Planning, and Time Management SEL Connections: Self-Management, Decision-Making Relationship Skills	9/30 B *WolfTime SEL Lessons on Hispanic Heritage Month **All Grades. SEL Connections: SoA1: 5-6b, I can gain a broader understanding by asking questions and listening to those with different perspectives, backgrounds, and cultures. SoA1: 7-8b, I can develop an understanding and appreciation of different abilities, backgrounds, cultures and social groups. Social Awareness and Relationship Skills	1 A	2	3 B Please take this time to finish your murals. "ALL MURALS ARE DUE TO MS. BATTLE BY EOD" Topics: Kindness, Speaking Up, and Reaching Out SEL Connections: Self-Awareness, Social Awareness, Self-Management, Relationship Skills, Decision Making Skills
6 A Wolf Time Rotation Choices 6th Slide Show 7th Slide Show 8th Slide Show	7 B *WolfTime SEL Lessons <input type="checkbox"/> SEL WolfTime Lessons_ 6th_September Day 4 <input type="checkbox"/> SEL WolfTime Lessons_ 7th_September Day 4 <input type="checkbox"/> SEL WolfTime Lessons_ 8th_September Day 4 Topics: "What is Bullying?", Reporting, and Identifying Trusted Adults SEL Connections: ReS1: 5-6a, I can explain and demonstrate how positive communication skills help build and maintain healthy relationships. ReS2: 7-8a, I can advocate for my role within a group as well as for the inclusion of others. Relationship Skills, Social Awareness, Responsible Decision-Making	8 A	9 B *WolfTime SEL Lessons Topics: Personal Responsibility: Choosing Actions That Show Integrity, Upstander Skills: Choosing to Act Against Bullying, Leading by Example: Showing Respect in Everyday Choices. SEL Connections: ReS1: 5-6a, I can explain and demonstrate how positive communication skills help build and maintain healthy relationships. ReS2: 7-8a, I can advocate for my role within a group as well as for the inclusion of others. Responsible Decision-Making, Relationship Skills, Social Awareness	10 PTC / Early Release
13 Teacher Work Day	14 A *WolfTime SEL Lessons Topics: Respect Yourself: Recognizing Strengths; Respect Others: Empathy, Communication & Conflict Resolution; Respect the Environment: Caring for Our Space. SEL Connections: SeA2: 5-6a, I can analyze how my personal strengths give me confidence in multiple settings. ReS1: 7-8c, I can outline and practice the use of conflict resolution skills to solve problems peacefully. Self-Awareness, Relationship Skills	15 B	16 A *WolfTime SEL Lessons Topics: "Words Matter", "Respect in Action", "Disagree Without Disrespect" SEL Connections: SeA2: 5-6a, I can analyze how my personal strengths give me confidence in multiple settings. ReS1: 7-8c, I can outline and practice the use of conflict resolution skills to solve problems peacefully. Self-Awareness, Relationship Skills	17 B

Academic and Career Planning

[SchoolLinks](#) is the new college and career planning tool APS is rolling out. Students will go through "onboarding" before the end of October, which entails logging onto SchoolLinks and taking a quick career interest survey. Look for more information to come soon!

What is SchoolLinks?

SchoolLinks is a modern college and career readiness platform designed to help students prepare for life after graduation. It supports students in discovering their strengths and interests, exploring college and career options, and building personalized academic and career plans. All APS students and families in grades K–12 will have access to SchoolLinks. We're excited that APS is transitioning to SchoolLinks as our official college, career, and work-based learning planning platform!

Other Resources

Hazel Telehealth is a free service to all APS students in grades 6 through 12. Learn more here: [Virtual Therapy with Hazel Health - Arlington Public Schools](#)

Find more resources here: [Mental Health Resources - Arlington Public Schools](#)

Featured article from Association for Middle Level Education (AMLE): [Digital Wellness in the Classroom: 5 Technology Habits to Support Mental Health - AMLE](#)