



WMS Student Services Newsletter

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From The Director

WMS Families:

We hope each and every one of you is staying safe and healthy during this difficult time and want you to know we are still here for you!

School counselors continue to be available to answer questions and address concerns regarding your student's academics. Counselors are collaborating with teachers and admin in supporting all students as we are all navigating the challenges presented to us during this challenging time. Once a week, counselors will write students and update them about the week ahead and continue keeping the lines of communication open. These conversations help students know they have support even if counselors are unable meet with them in-person.

Counselors will provide psychoeducation, learning and acquiring new coping skills, to students weekly through their School Counseling Canvas pages. Beginning on the week of

April 20th, school counselors will be publishing new lessons for students to complete weekly with topics ranging from reducing stress to emotional regulation. We hope students take advantage of these lessons.

Last, the best way to communicate with your student's school counselor is through email during normal school hours.

We miss our Williamsburg family very much and do not forget we are here to support you all!

E.J. Stapler
Director of Counseling Services
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Social Emotional Learning Lessons

Greetings Williamsburg Wolves,



Recognizing that these challenging times can take a toll on our mental health, starting the week of April 20th Arlington Public Schools will present students with a 6 week Social-Emotional Learning Unit. An APS Middle School Counselor will bring you a new Second Step lesson each Monday. Students should look for an announcement from the grade-level School Counseling page in Canvas alerting them to the lesson each week. These lessons are for enrichment and are optional. We hope you will find time to complete them and learn ways to positively cope with the stress that can come with sudden changes in routine. Each lesson should take about 20 minutes and it can be completed from 11am-12pm during the SEL period of the day. The following topics will be covered:

- The Role of Emotions

- Setting Goals
- Frustration
- Anxiety
- Unhelpful Thoughts/Positive Thoughts
- Be Calm/Slow Breathing

We hope this is helpful. We miss you and send our best to you and your families!

Your Williamsburg School Counselors

Help with Organizing Your Day with the WMS Daily Schedule

Follow us on Twitter:
[@williamsburgCSD](#)
[@WMS_Wolf_Doc](#)

If you are having a hard time organizing your days and prioritizing work, like when and what to do, I have made a [quick video](#) with some tips on using the WMS Daily Schedule. I have created a template to fill in assignments and activities for the week to help keep students organized and meet goals. [Here is the link to the WMS Daily Schedule Template](#). If you are having a hard time opening it, please email me at elise.kenney@apsva.us and I can send it to you as a word document.

We are here to help in any way we can!

Ms. Kenney

Rising 6th and rising 9th graders

Hello Wolves!

As the end of the “school year” approaches, we want to let the rising 6th graders and rising 9th graders know that we are brainstorming ideas for orientations, tours and a virtual promotion for our 8th graders.

Please feel free to contact me with any questions regarding the transitions. Gretchen.brenckle@apsva.us

Stay healthy and strong!

Ms. Brenckle

Why Have An Attitude Of Gratitude?

BENEFITS of GRATITUDE

- GRATITUDE** Improves WELL-BEING by **10%**
Which is the same impact as doubling your income!
- GRATITUDE improves **RELATIONSHIPS**
Gratitude makes you **FRIENDLIER**, more **SOCIAL** and more **HELPFUL** to others
- Improved Immune Function**
GRATITUDE increases optimism, which studies show enhances the **CELL-MEDIATED** immune system - the way our body fights viruses and bacteria.
- GRATITUDE increases **Sleep QUALITY** and **Sleep DURATION**
GRATITUDE decreases **Time to fall ASLEEP**
- Writing in a **Gratitude Journal** Can induce the **Relaxation Response**
Resulting in improved mood, relaxed muscles, lower blood pressure and heart rate.
- People who practice GRATITUDE **EXERCISE** **40 MINUTES** On average for More per week
- GRATITUDE** Improves resiliency to **STRESS** And makes you more likely to offer support to others
- GRATITUDE IS HAPPINESS**
Recognized after-the fact to be caused by the **KINDNESS of OTHERS**
Robert Emmons, gratitude researcher

www.integrativehealthinstitute.ca

Operation Gratitude:

Websites to practice gratitude:

[The Chopra Center](#)

[Psychology Today](#)

[Prevention \(which also goes a little into the link as well\)](#)

We have an urgent need for letters specifically written to Deployed Troops, First Responders, and Emergency Medical Personnel on the frontlines of the COVID-19 pandemic. Please follow [this link](#) on instructions on mailing letters.

[Here is a PDF](#) on tips for letter writing.

WMS Wolves, What's Your Why?!

As we settle into our “new normal” of working and learning from home, you may find yourself wondering if it’s really *that* important to complete school work that is being posted by your teachers.

The below visual highlights some of the *many* benefits that continuing to put your best foot forward with school work can have for you as both a current student and a professional one day!

Take a look and see if there is a particular Why that sticks out to you & use that Why as motivation to learn and perform at high levels, even while at home.



Substance Use Disorder and the COVID-19 Pandemic

As the United States and the rest of the world cope with the COVID-19 pandemic, there are many populations that will notably be impacted. Specifically, individuals who struggle with Substance Use Disorders are a population that have been found to be more vulnerable. Due to the impact on the lungs by the virus, individuals who smoke marijuana, use electronic cigarettes, and/or engage in tobacco use in a more traditional method, could be at a higher risk for contracting the illness and fully recovering, due to the impact these substances have on the respiratory system. Other individuals who are dependent upon opiates/opioids may also be challenged to avoid contracting the virus and/or recovering due to the impact that these substances

Drug and Nicotine Free Youth

[Mission and Vision Statement](#)

Vaping Task Force Blog

[Summer Safety Blog](#)

[Parents, Let's Talk About Vaping](#)

[Substance Use and the Impact on Academics](#)

have on an individual's respiratory system. With the threat of COVID-19, there are also increased worries about the use of alcohol increasing during this time due to anxiety, loneliness, isolation from one's support system, and home confinements as a result of regulations imposed by their state. These issues often lead to increased alcohol purchases due to idle time, decreased workloads, and unemployment. Consuming any alcohol, regardless of the quantity, can lead to unhealthy outcomes, such as the suppression of the body's immune system. If you're feeling anxious, overwhelmed, and worried about the pandemic, you are not alone. Help is available. To find helpful resources, please click here: <https://www.apsva.us/student-services/substance-abuse-counselors/substance-abuse-resources/>

Ms. Sexton

jennifer.sexton@apsva.us

LET'S END ON A POSITIVE NOTE!

We asked the students if they've had any unexpected positives come out of being quarantined, and here are some of their answers:

- I am learning how to train my dogs to do tricks
- I have gotten to learn how to make a routine for myself
- I get to spend more time with family and we've been playing board games
- I've read about how the pollution has decreased during this time
- I can sleep more so I have more energy and time to grow
- My sisters and I have actually been getting along and playing games together

Student Services Staff

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- My friend and I have been writing letters and delivering them on bikes
- I redid my room and have been able to help my parents clean and organize things around the house that have been put off for a long time
- My family and I wrote letters to people in nursing homes
- I've been able to bake more, learn more skills for dance and soccer, get to know my friends more over FaceTime, and start to learn more of who I am
- I have time to pull pranks on my parents (all in good fun), catch up on knitting, and spend time with family
- I've been able to sleep more which helps me focus more on my work -I've been baking a lot with my family
- I've been reading more and I cleaned my room, and I've been happier and more productive as a result. I found it puts me in a relaxing state and gives me time to figure out things I love
- I learned to play canasta with my grandma
- I have more time with family and it's been fun helping my younger siblings with their homework and watching them progress with their schoolwork