

# Counselor Newsletter

## Greetings from your school counselors!

Hello Students and Parents!

**Welcome to the 2020-2021 school year!** We hope you all had a relaxing and safe summer break. While this school year will be much different than previous ones, due to the distance learning, the Counseling team is still committed to providing every student with the care, support, and encouragement that you need to be successful in middle school. We also want to support you parents as you embark on this journey with your child. Middle school is an exciting period because students get to have more *independence*, *pick their own electives*, *learn lots of new things*, and *meet new friends*.

We are thrilled to be part of this exciting voyage and help you students navigate through your middle school years. We believe all students have something special about them, and it is our goal to help them identify those positive strengths in themselves. We look forward to meeting all our new students this school year, along with seeing our returning 8<sup>th</sup> graders. We also look forward to meeting you parents through parent coffees and other virtual meetings and forming collaborative relationships with all of you.

### Social and Emotional Learning

As we move forward into the school year, we will be conducting lessons on the topic of **Social Emotional Learning** (SEL), a process through which children and adults do the following:

- ◆ Understand and manage emotions
- ◆ Establish and maintain positive relationships
- ◆ Set and achieve positive goals
- ◆ Make responsible decisions
- ◆ Feel and show empathy.

This is a crucial topic that FCPS is committed to teaching our children and youth, especially during these challenging times.

### Tips for a great school year

Below are some tips to help students get started on the right track this school year:

- ◆ Attend every class session. (Attendance is important, even in the "virtual" world.)
- ◆ Participate in class by volunteering an answer or asking a question if you don't understand something.
- ◆ Write your assignments down in your agenda or add it on your computer calendar.
- ◆ Do all your assigned homework, and edit it before turning it in.
- ◆ Check your Student SIS account so you are aware of your progress in each class.
- ◆ Be Nice and Respectful towards classmates and teachers during synchronous learning. Remember: Good Behavior is still required during online learning and on group chats.
- ◆ Make sure to take some stretching breaks if you need to during class time, and also find some relaxing and fun activities to do at the end of each school day.

If you have any questions or concerns throughout the school year, please do not hesitate to reach out to us. Email is the best way to reach out, but if you would like to schedule a virtual meeting with us, please let us know and we will try our best to accommodate your needs during school hours (7 a.m.-2:30 p.m.). Please allow 24-48 hours for a response to your email.

Have a great start to the school year, and we look forward to working with you.



### RCMS Counselors

Look below for your counselor's name and email address.

Student's Last Name	Counselor
A-DAR:	Gina Fajardo <i>GPFajardo@fcps.edu</i>
DAS-JZ:	Esther Ferrell <i>elferrell@fcps.edu</i>
K-MN :	Brenda Humphrey <i>bahumphrey@fcps.edu</i>
MO-SG :	Rebecca Little <i>RRLittle@fcps.edu</i>
SH-Z:	Beth Schires <i>epschires@fcps.edu</i>

### We love our students!

Each and every RCMS student has something special about them. It is our goal to help them identify those positive strengths in themselves.

### We're here for you!

The Counseling team is committed to providing every student with care, support and encouragement. We are also here to support parents as well. Feel free to reach out to your counselor!

