

School Counseling Monthly Newsletter  
October 2023



# Twin Ridge Elementary

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## Meet the Counselors

Hello TRES families! We are Mrs. Engler, Mrs. Esworthy and Mrs. Little - your school counseling team! Mrs. Engler has been a school counselor at TRES for over 18 years. This is Mrs. Esworthy's 3<sup>rd</sup> year at TRES and her 5<sup>th</sup> year in FCPS. Mrs. Little has been a school counselor for over 13 years, and we are so excited to have her join us from Howard County Public Schools. As your school counseling department, we take a team approach in working with our students. We will be teaching monthly classroom lessons, and will rotate which one of us visits your child's class, so that all students know who we are.

## Classroom Lessons

Each month, one of the school counselors will visit your child's class for a half hour lesson. The counseling team wrapped up our September lessons, which focused on Meeting the Counselors. Students learned who their school counselors are and what they do around the building. Students learned that school counselors wear many "hats" in our building, including being helpers, teachers, lunch and car/bus helpers, listeners and problem solvers. They learned when and how to seek help from a school counselor.

October lessons will focus on problem solving, bullying prevention and conflict resolution. Primary students will be introduced to Big Elephant and Small Mouse problems. More information about these lessons will be shared in our November newsletter.

### Small Groups

Our team is beginning the process of organizing small groups for students. We are building groups focusing on social skills, specifically building and maintaining positive relationships. We will send home permission forms to families at least 1-2 weeks prior to the start of a group. Students who could benefit from skill building or building connections with peers, as well as role model peers may be invited to join. Since our groups meet weekly for about 8 weeks (usually during lunch), we ask for families to give us permission for their children to participate in a small group.

### Panda Pride Assemblies:

Your child will participate in monthly Panda Pride assemblies where students are recognized for exemplary behavior and hard work. As students earn Panda Paws for their choices and hard work in school throughout the month, they drop the Panda Paws in a box in the cafeteria. Then, 15 students/grade are chosen each month to receive a Panda Pride award. They will receive a prize, such as a panda keychain. From those 15 students per grade level, 2 students are then chosen to be Students of the Month. They are selected based on character, choices, attendance and effort in school. These students then will visit the counseling office the following week, to play a game of Bingo for more prizes! The dates for each are below. Dates are subject to change, if needed.

Panda Pride Dates	Bingo Game Dates	J&P Nights
Friday 10/6	Tuesday 10/10	Thursday 10/5
Friday 11/3	Thursday 11/9	Thursday 11/2
Friday 12/1	Thursday 12/7	Thursday 11/30
Friday 1/12	Thursday 1/18	Thursday 1/11
Friday 2/2	Thursday 2/8	Thursday 2/1
Friday 3/8	Thursday 3/14	Thursday 3/7
Friday 4/12	Thursday 4/18	Thursday 4/11
Friday 5/3	Thursday 5/9	Thursday 5/2

- **Duties:** Students see us around the building at Car Riders, the Bus Doors and in the cafeteria. Although it is a small part of our jobs, because we are consistently in those places, it is often where we build relationships with students.

This is just a snapshot of the many things that we do at Twin Ridge. We are both looking forward to supporting your child in his/her learning this year!

### Go Team Therapy Dogs

We are excited for the opportunity to invite Go Team Therapy Dogs to Twin Ridge. The dogs will be in our school a few times this school year, for about an hour. Students in Learning for Life and other individual and small groups of students will be offered the opportunity to meet with the therapy dogs. However, we understand that some families may not want their child to participate. Please complete the following form if you would NOT like your child to participate in our Therapy Dogs experience: [Go Team Therapy Dogs Opt-Out Form](#).

### We want to hear from you!

Communication from parents and guardians about concerns or struggles that the student or family may be experiencing allows us to best tend to individual student needs and provide support at school. **#Together**