

School Counseling Monthly Newsletter
November 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 3rd year at TRES and her 5th 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's fall lessons included:

- **October lessons** - focused on bullying prevention (small mouse problems versus big elephant problems in primary; bullying, conflicts and mean moments, combined with problem solving in intermediate).
- **November lessons**- will focus on gratitude and students will create a leaf for our gratitude tree that will be on display in the cafeteria for all to enjoy. More information about these lessons will be shared in our November newsletter.

Small Groups

Our team runs small groups throughout the school year. We run groups focusing on emotions, social skills and problem solving. Please reach out if you are interested in having your child participate in a group and we will let you know about group availability for your child's grade level.

Panda Pride Assemblies

Dates for assemblies, Bingo games and J&P Nights are below:

Panda Pride Dates	Bingo Game Dates	J&P Nights
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

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](#).

Getting into those Routines!

It's hard to believe that we're wrapping up the first quarter of school! As we're settling into our daily routines at school, here are some tips to help you make your mornings run smoother:

- **Stick to a Schedule:** Try to organize your time so that your family does the same thing in the same order every morning. For example: Get up, get dressed, then eat breakfast and brush teeth. Your child(ren) will know what to expect and build independence in their routine.
 - As your child(ren) becomes more independent in his/her routine, you can minimize the frequency of your reminders.
- **Plan Ahead:** Think about what you can do the night before. Can clothes be picked out? Water bottles filled? Backpacks packed and placed near the door? These small acts can be significant timesavers in the morning.
- **Sticker Charts:** Is there an area of your morning where you're really struggling? Try a sticker chart. Once your child has accomplished the task, he/she gets to put a sticker on their chart.
- **Feeling Frustrated?** Is your child(ren) taking way too long to get something done? Turn your frustration into a game of "How quickly can you..." (i.e. How quickly can you clean up your breakfast dishes? How quickly can you get your shoes on?) See if they can accomplish the task by the time you get to 10. Start counting and watch them start rushing! Bonus - encourage them to beat yesterday's time.
- **Praise:** It may seem trivial to praise your child for getting his/her socks on quickly, but it makes a difference. Praise for those little things and you'll start to see your child growing in his/her independence.

Holiday Help? If you need help this holiday season, please reach out to the counseling department. Non-profit organizations regularly reach out to us this time of year and we can help direct you to resources or support.

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**