

School Counseling & Behavior Support Newsletter  
January 2023



# Twin Ridge Elementary

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School Counseling Department: 240-236-2393

## Meet the Team

Hello TRES families! We are your school counseling and behavior support team!

We are excited to welcome Ms. Sirmalis, our new Behavior Support Specialist (picture to come)! She comes to Twin Ridge with a masters degree in Applied Behavior Analysis and has experience at Rock Creek School. We are excited to have her at TRES!

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 year. As your school counseling and behavior support department, we take a team approach in working with our students. School counselors teach monthly classroom lessons, and 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:

- **December Lessons** - Lessons focused on culture and diversity and emphasized the importance of kindness and acceptance. Students identified characteristics that make them unique individuals, and also found connections of things they have in common with their peers.
- **January Lessons** - Lessons in 4th and 5th grade will continue expanding on December's lesson, while focusing on how to see situations from different perspectives and how to effectively problem solve when considering different viewpoints. Grades K-3 will review small mouse and big elephant problems. Students will have the opportunity to practice their

problem-solving skills, based on the size of the problem. More information about these lessons will be shared in our February 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:

<b>Panda Pride Dates</b>	<b>Bingo Game Dates</b>	<b>J&amp;P Nights</b>
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

### **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**