

School Counseling & Behavior Support Newsletter  
February 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 years. 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. Ms. Sirmalis has been taking an active role in visiting classrooms and getting to know students around the building.



## 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:

- **January Lessons** - Lessons in 3rd-5th grade focused on differentiating between different types of problems, such as mean moments, conflicts and bullying. In 4th and 5th grade, students considered different perspectives and reasons for why a character acted the way they did in a story. Students identified problem solving strategies. 3rd graders practiced identifying and naming types of problems and identifying appropriate strategies for that problem.

- In Kindergarten - 2nd grade, students continued to discuss Small Mouse and Big Elephant problems. Students identified which types of problems they can handle on their own by using strategies such as saying, “stop” or walking away. They also identified problems that require adult help. Students practiced matching appropriate strategies to problems.
- February Lessons - Topic TBD

### 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 2/2	Thursday 2/8	Thursday 2/1
Friday 3/1	Thursday 3/7	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**