



Counselor's Corner



Message from the School Counselors



We know it's been awhile since we put out a newsletter! We've been busy between all the snow days we had as well as planning for National School Counseling Week which was February 3-7 and VA Kindness Week which was February 10-14. We prepared special morning announcements and slides for both weeks. We were also getting ready to register students for the elective classes as well.

Elective Classes Registration/Inscripción a Clases Optativas

We can't believe its already time to register for classes for next year! Below is a link to webpages that describe the process for choosing classes as well as class descriptions.

¡No podemos creer que ya sea momento de inscribirse en las clases del año que viene! A continuación, encontrará un enlace a páginas web que describen el proceso de selección de clases, así como las descripciones de las clases.



Rising 6th Grade Electives

Rising 7th Grade Electives

School Counseling Intern

Amanda Sejas is our school counseling intern for the Spring semester! She is a student at George Mason University and is set to graduate in May.



Resource for the Month: Anxiety/Ansiedad

Anxiety

Ansiedad

Our resource for the month is a video that talks about ways you can help your child deal with anxiety.

Nuestro recurso para el mes es un video que habla sobre las formas en que puede ayudar a su hijo a lidiar con la ansiedad.

Student Request to talk to a School Counselor

School Counselor Request Form



Students may use this form to request to talk to a school counselor. We will try our best to respond to request within two school days.

Important Information

Josh Oxley

Email: oxleyj@wps.k12.va.us

Phone Number: (540) 667-7171 ext. 73002

Ruth Dalrymple

Email: dalrympler@wps.k12.va.us

Phone number: (540) 667-7171 ext. 73004

988 is the suicide/crisis phone line. You can call or text this number. You can also call the local concern hotline: **540-667-0145**. **In an emergency**, always call 911.



Ruth Dalrymple

Ruth is using Smore to create beautiful newsletters

