



Abingdon Elementary School Counselors

Meet the Counselors



Vasthy Delgado

Supporting Grades K, 1, & 2

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Renee Edwards

Supporting Grades 3, 4, & 5

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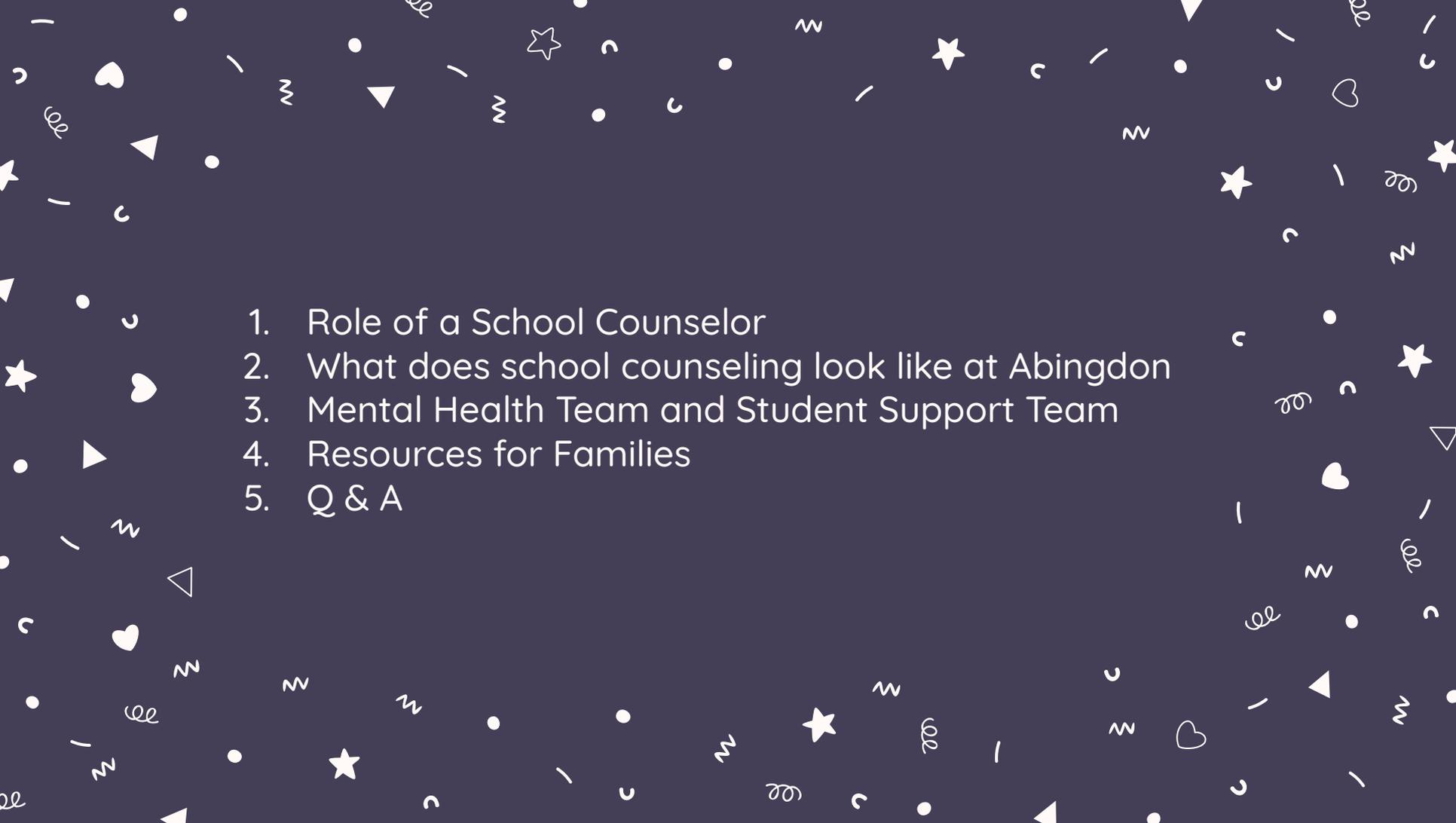


Sarah Mullinax

Part Time (1 Day a Week)

Supporting All Grades

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1. Role of a School Counselor
 2. What does school counseling look like at Abingdon
 3. Mental Health Team and Student Support Team
 4. Resources for Families
 5. Q & A



Who is the school counselor?

School counselors are certified/licensed educators who improve student success for ALL students by implementing a comprehensive school counseling program.

SCHOOL COUNSELOR'S ROLE

School counselors are vital members of the education team and maximize student success

APS School Counseling Vision & Mission

Mission: School counselors of Arlington Public Schools encourage equitable learning and access through advocacy and support for all students. The School counselor addresses the academic success, career self-awareness and social/emotional resiliency of all students. All students have access to a Comprehensive School Counseling Program.

Vision: All individuals who learned in the Arlington Public School system embrace the concept of the whole adult and are practiced in the skills of self-awareness, self-management, responsible decision-making, relationship building and social awareness and are fulfilled in life.

What do school counselors do?

► **Appropriate duties include providing:**

- individual student academic planning and goal setting
- school counseling classroom lessons based on student success standards
- short-term counseling to students
- referrals for long-term support
- collaboration with families/teachers/administrators/community for student success
- advocacy for students at individual education plan meetings and other student-focused meetings
- data analysis to identify student issues, needs and challenges

► **Help all students:**

- apply academic achievement strategies
- manage emotions and apply interpersonal skills
- plan for postsecondary options (higher education, military, work force)

What we do NOT do...

- ▶ Provide long-term mental health therapy to address psychological disorders
- ▶ Notify parents of every check-in
 - ▶ But if we are concerned or worried, we will always contact you
- ▶ Conduct disciplinary actions or assign disciplinary consequences
- ▶ Manage teacher placement and/or changes



Our Main Role

Reduce emotional impact on your
student's ability to access their education

Help your student return to learning

What does counseling look like at Abingdon?

- ▶ Bi-Weekly classroom lessons
- ▶ Additional lessons when needed
- ▶ Small Group counseling by referral
 - ▶ teacher, parent, or counselor
- ▶ Short-term individual counseling by referral
 - ▶ Usually about 6 sessions
 - ▶ Based on need & educational impact with parent collaboration to look for long-term outside care if needed
- ▶ School-wide initiatives
 - ▶ Bullying Prevention Month, The Great Kindness Challenge, Mental Health Awareness Month, etc.

What does that look like at Abingdon?

The ZONES of Regulation



Blue Zone

Sad
Bored
Tired
Sick

Green Zone

Happy
Focused
Calm
Proud

Yellow Zone

Worried
Frustrated
Silly
Excited

Red Zone

overjoyed/Elated
Panicked
Angry
Terrified

SECOND STEP[®]

Classroom Lessons - Overall

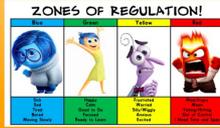
- Meet the Counselor
- Skills for Learning
- Empathy
- Bullying Prevention
- Personal Safety
- Emotional Regulation
- Problem Solving
- Career Exploration
- Middle School Transition (5th Grade only)



School Counselors are helpers at school.



School Counselors can help me take a break when I need one!



School Counselors can help me feel more comfortable.



School Counselors can help me make new friends!



School Counselors can help with problems at school OR at home!



School Counselors care about all kids.



❤️ School Counselors care about my feelings.

School Counselors care about my learning and helping me solve problems.



School Counselors care about my future and my dreams. ✨

🔊 School Counselors listen when I want to talk.



School Counselors care about me!



Classroom Lessons

Counseling Curriculum Map: Schoolwide

	KINDERGARTEN	1ST GRADE	2ND GRADE	3RD GRADE	4TH GRADE	5TH GRADE
SEPTEMBER	MEET THE COUNSELOR	MEET THE COUNSELOR	MEET THE COUNSELOR	MEET THE COUNSELOR	MEET THE COUNSELOR	MEET THE COUNSELOR
SEPTEMBER	NAME MY FEELINGS/ INTRO TO ZONES	Zones/Calm Down Routine	Zones/Calm Down Routine	Zones/Calm Down Routine	Zones/Calm Down Routine	Zones/Calm Down Routine
OCTOBER	CALM DOWN ROUTINE	RECOGNIZING BULLYING	REPORTING BULLYING	BYSTANDER POWER	BYSTANDER POWER	BYSTANDER POWER
OCTOBER	RECOGNIZING BULLYING	REFUSING BULLYING	REFUSING BULLYING	BYSTANDER OF CYBERBULLYING	BYSTANDER RESPONSIBILITY	BYSTANDER OF CYBERBULLYING
NOVEMBER	REPORTING BULLYING	PERSONAL SAFETY	PERSONAL SAFETY	PERSONAL SAFETY	PERSONAL SAFETY	PERSONAL SAFETY
NOVEMBER	PERSONAL SAFETY	TOUCHING RULE	TOUCHING RULE	TOUCHING RULE	TOUCHING RULE	TOUCHING RULE
DECEMBER	TOUCHING RULE	ACCIDENTS (EMPATHY)	RESPECTING DIFFERENT PREFERENCES	SHOWING COMPASSION	BEING ASSERTIVE	ACCEPTING DIFFERENCES
JANUARY	FEELINGS (EMPATHY)	SELF-TALK FOR CALMING DOWN	HANDLING MAKING MISTAKES	MAKING FRIENDS	PERSPECTIVE TAKING	MANAGING ANXIETY
JANUARY	SAME OR DIFFERENT (EMPATHY)	PROBLEM-SOLVING PART 1	MANAGING ANGER	MANAGING ANXIETY	MANAGING STRONG FEELINGS	HANDLING PUT DOWNS
FEBRUARY	MANAGING FRUSTRATION	PROBLEM-SOLVING PART 2	PLAYING FAIRLY ON THE PLAYGROUND	DEALING WITH PEER PRESSURE	PROBLEM-SOLVING PART 1 & 2	DEALING WITH GOSSIP
FEBRUARY	KINDNESS	KINDNESS	KINDNESS	CAREER PART 1	SOLVING PLAYGROUND PROBLEMS	CAREER 1
MARCH	CALMING DOWN STRONG FEELINGS	CAREER	CAREER	CAREER PART 2	CAREER PART 1	CAREER 2
MARCH					CAREER PART 2	MENTAL HEALTH LESSON

Abingdon Mental Health Team

School Counselors

Vasthy Delgado

Renee Edwards

Sarah Mullinax

School Social Worker

Margarita Zwisler

School Psychologist

Paulette Rigali



VASTHY
DELGADO

School Counselor



SARAH
MULLINAX

School Counselor



MARGARITA
ZWISLER

School Social
Worker



RENEE
EDWARDS

School Counselor



PAULETTE
RIGALI

School
Psychologist

School Counselors

- ▶ Support ALL students
- ▶ Individual Student Plan (advising; reviewing transcripts; middle school transition)
- ▶ Classroom Lessons/School Counseling Core Curriculum
- ▶ Peer Mediation
- ▶ Plan school wide events to promote social-emotional learning

School Psychologists

- ▶ Student Study Role: Psychological Testing/Scoring (includes cognitive, achievement, adaptive, behavior, etc.)
- ▶ (IEP) One-on-One Counseling (CARS)
- ▶ Small group counseling
- ▶ Required to attend Student support team meetings

School Social Worker

- ▶ Student Study Role: Socio-cultural assessment/background research/observations (parent interview, record review)
- ▶ (IEP) One-on-One Counseling (CARS)
- ▶ Clothing, medical, food or housing assistance...connecting parents to community resources when needed
- ▶ McKinney-Vento services of any kind
- ▶ Attendance Support
- ▶ Required to attend student support team meetings

- ❖ Responsive Services - One-to-one counseling; includes scheduled and unscheduled, drop in, upset student, de-escalation, etc.
- ❖ Short-Term Individual and Group Counseling - includes academic and behavioral small group intervention
- ❖ Finding outside providers for mental health referrals

Abingdon Student Support Team



**MARGARITA
ZWISLER**

School Social
Worker



**KATE
MCGINN**

Behavior
Specialist



**SHIRTONA
HORTON**

Student Support
Coordinator



**PAULETTE
RIGALI**

School
Psychologist



**SARAH
MULLINAX**

School Counselor



**RENEE
EDWARDS**

School Counselor



**VASTHY
DELGADO**

School Counselor

Resources

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Abingdon
ELEMENTARY SCHOOL

Arlington, VA

FAMILIES

STUDENTS

STAFF



Quicklinks

Welcome



- Counseling
- Parent Resources
- Equity, Race, and Diversity Resources
- Mental Health Resources
- Middle School Transition
- Social Emotional Learning & Support
- Student Services Team

's New in 2022

Welcome back to school!

[Read More](#)

Welcome to Abingdon

@AbingdonGift

Upcoming...

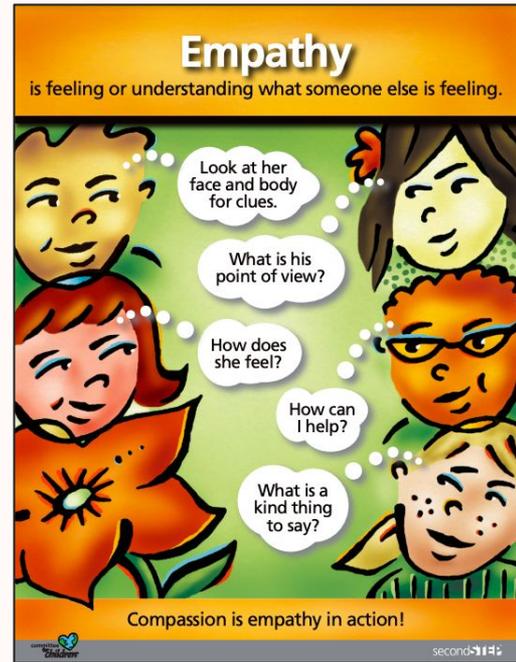
Currently in our Empathy Unit

The Great Kindness Challenge (Feb. 13-17)

Middle School Lessons for 5th Graders

Middle School Options Transfer Application - due Jan. 13 by 4PM

Upcoming Middle School Information Nights:



Jefferson 125 S Old Glebe Rd, 22204	Jan. 11, 7 p.m.	Virtual
Gunston 2700 S Lang St, 22206	Jan. 18, 7 p.m. (Spanish)	In-person
	Jan. 19, 7 p.m. (English)	In-person

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Connect to SeeSaw to see more
from the counseling team!





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HELPING HAND



Questions?