

Highlights

We Are Rappahannock!

Division Newsletter- February 2021

National School Counseling Week

RCPS recently celebrated National School Counseling Week, by recognizing our amazing counselors and mental health innovators. RCPS is fortunate to have an incredible team that provides a multitude of services such as career/college counseling, guidance & scheduling, character development, and mental health services.



Kathy Sickler
RCPS School Social Worker



Kathy Zehr Rhodes
RCPS School Psychologist



Carly Moore
RCPS Behavioral Specialist



Dani Pond (right, shown with student)
RCHS Guidance Counselor

Learn more about our counseling and mental health services on page 2 of this newsletter.



Candy Lamma (left, shown with student)
RCES Guidance Counselor



Jenny Kapsa
Profile of a Graduate Coordinator & Family Financial Coordinator



Lee Bernstein
Virginia College Advising Corps, College Advisor



Lisa Heiser
Lord Fairfax Career Coach

Mental Health & Wellness Resource

The RCPS Mental Health Innovators Team has created a thorough, multi-page Mental Health and Wellness Resource document that includes contact information for many helpful services. To view this document, visit our district website homepage at www.rappahannockschools.us

Emotional Support Hotline

If you or your student is feeling anxious or depressed, we are here to help!

Call or text our
**EMOTIONAL SUPPORT
HOTLINE:**
540-683-0437

Technical Support

For TECHNICAL support videos or for the technology help desk contact info, visit the homepage on our district website at www.rappahannockschools.us.

Need additional assistance? Call the **TECHNICAL SUPPORT HOTLINE** at **540-227-0023 x 3003**.

Plus, be sure to check out the Technology tab, on the district website, to view helpful tips for Chromebooks, iPads, and Canvas.

Free Meal Reminder

FREE five day meal distribution is available every Wednesday at 10:30am at both RCES and RCHS. Please sign up by calling/texting our Meal Access Hotline at 540-671-0153 or by filling out this google form:

<https://forms.gle/dXRUrzyZfgF1KXL8>

As a friendly reminder, families are strongly encouraged to continue filling out the free and reduced application (<https://www.lunchapplication.com/>) to receive additional benefits and support school funding.

Please contact Ms. Julie Banks with any questions at:

jbanks@rappahannockschools.us

We Need Your Help

Please help us reduce the chances of a short-term school closure or classroom quarantines by keeping your child at home if you think they may have been exposed to the virus or if they have any symptoms.

*Temperature of 100.4 degrees or higher

*Sore throat

*Cough (for students with chronic cough due to allergies or asthma, a change in their cough from baseline)

*Difficulty breathing (for students with asthma, a change from baseline breathing)

*Diarrhea or vomiting

*New onset of severe headache, especially with a fever

If you have any questions regarding a possible exposure, please call your child's school nurse. They are here to assist you while keeping our students and staff safe.

RCES- Robyn Murray 540-227-0200 ext. 3012

RCHS- Courtney Atkins 540-227-0745 ext. 3471

Thank you for your continued support in keeping all of our students and staff safe.

Counseling Roles & Services

Being a trauma-informed division with a special emphasis on social emotional learning has been a priority of the district. In fact, RCPS was the first Virginia school division to certify all teachers in Youth Mental Health First Aid. With the financial assistance of grants in conjunction with the support of the community, RCPS has been able to offer an extensive amount of counseling opportunities to our students and school families. Also, our team of mental health innovators have worked to facilitate the creation of a K-12 parallel curriculum that outlines social/ emotional supports at every level.

School Social Worker- Our school social worker, Kathy Sickler, MSW, LCSW, provides on-site, immediate assistance, interventions, and treatments for students in crisis situations. Additionally, she has developed and manages an anonymous hotline to report incidences of bullying, threats, suicide-risk, and request for family services. Ms. Sickler joined the RCPS staff in 2019 after working collaboratively with the division for nearly five years.

School Guidance Counselors- Our school guidance counselors, Ms. Candy Lamma and Ms. Dani Pond, are on-site to assist students with social/emotional needs. At the high school level, our school counselor assists with post-grad planning to ensure students are on track to graduate by assisting with scheduling and class registration.

Behavioral Specialist- Our behavioral specialist, Carly Moore, works with teachers, parents, and the mental health team to formulate goals geared towards student behavioral and emotional wellness. Additionally, she works with students (individually, groups, and classes) to increase safety, positive social interactions, coping skills, and classroom success.

School Psychologist- Our school psychologist, Kathy Zehr Rhodes, completes comprehensive psychological evaluations of children with learning challenges, delays, or emotional needs. Additionally she consults with teachers and parents who are in need of additional strategies to support their students' success and well being. Our school psychologist is vital in leading bullying prevention efforts and promoting a positive school climate where all are respected.



Profile of a Graduate (POG) Team- (Pictured L-R: Lee Bernstein, Dani Pond, Lisa Heiser, and Jenny Kapsa) The POG team helps student prepare for life after high school. This includes advising and assisting with dual enrollment, college applications, standardized test registration & prep, financial aid for higher education, scholarships, and more!

Coming Soon- RCPS will soon be able to offer outpatient mental and behavioral health services via in-person and telehealth communications. For the past several months, RCPS has been conducting a grant-funded feasibility study for a school-based wellness clinic. It was announced in the January 2021 School Board Meeting that both Valley Health and Health Connect America will be partnering with the school division to provide services. These valuable community services could be available as soon as the next few months.