

School Counselor/Behavior Support NEWSLETTER

September 18, 2025



OUR VISION

"All staff, students, parents and community of New Midway/Woodsboro Elementary School collaborate to foster lifelong learning and honorable character in the 21st century. We nurture diverse learners in a safe, happy and engaging environment which promotes academic excellence and encourages students to be their best and nothing less."

Dear Families,

Each month the Counselors Newsletter will provide information about the PATHS (**P**romoting **A**lternative **T**hinking **S**trategies) Curriculum, community agencies, important school related news, and other community events.



Hello!

My name is Aleyna Fitz, and I am so excited to be part of the New Midway Woodsboro community as the counselor at Woodsboro Elementary! I am looking forward to continuing getting to know your students as well as your families and community.

PATHS

The goal of the PATHS (Promoting Alternative THinking Strategies) program is to lay the foundation for lifelong social-emotional understanding. The PATHS curriculum is a comprehensive, developmentally based curriculum intended to promote social and emotional competence, and prevent or reduce behavior and emotional problems in children.

Frederick County Public Schools began implementing this curriculum to support social emotional learning in all elementary classes, grades PreK-5, in the 2020-2021 school year. Social emotional learning (SEL) is an important part of each student's healthy development. Instruction in the PATHS curriculum supports SEL skills to help students succeed in school and life. SEL skills include handling emotions constructively, behaving responsibly, making good decisions, and developing caring, positive relationships. SEL contributes to a positive school climate, improvements in academic achievement, and reductions in bullying behavior.

The PATHS program teaches and reinforces many key aspects of SEL, shown through research to improve behavior, reduce conflict and improve academics. SEL time occurs

weekly in our classrooms with a combination of PATHS instruction by classroom teachers and school counselors, classroom meetings, and SEL skills.

Our definition of SEL: SEL teaches life skills by providing students with the tools and strategies to manage their emotions effectively, communicate with others, solve problems, and make responsible decisions—which empowers them to reach their goals. Here are a few reasons why we teach SEL and why we believe parental involvement is crucial:

Why Teach SEL?

Improving focus and learning: When we feel emotionally balanced, we can concentrate better on our studies, which leads to improved academic performance.

Building relationships: SEL teaches us how to make friends, communicate better, and resolve conflicts peacefully, which helps us create positive and healthy relationships with others.

Boosting self-confidence: SEL helps us develop a strong sense of self-worth and confidence, so we can believe in ourselves and overcome challenges.

Helping with emotions: SEL teaches us how to understand and manage our emotions, so we can feel happier and more in control of how we react in different situations.

Partnering with Parents

Home and school connection: By partnering with parents, we create a strong bond between home and school, ensuring that our students receive consistent support and guidance.

Understanding your child: As parents, you have valuable insights into your child's strengths, weaknesses, and unique qualities. Your input helps us tailor our programs to meet your child's specific needs.

Reinforcing skills: When parents practice and reinforce these skills at home, it enhances the effectiveness of our teaching in school, allowing your child to develop these skills more fully.

Providing resources: We strive to keep you informed and equipped with resources to support your child's growth at home. Together, we can create a nurturing environment that fosters emotional well-being and personal growth.

We believe that by integrating SEL into our curriculum and working hand-in-hand with parents, we can empower our students to become compassionate, resilient, and well-rounded students.

We encourage you to engage in open dialogue, share your thoughts, and ask questions. Together, we can create a positive and supportive community that nurtures our students' social and emotional development. Thank you for your continued support and trust in our educational mission.

Agency Spotlight:**FCPS Community Agency School Services (CASS)**

CASS Coordinators are certified clinical social workers who partner with families, schools and communities to support student success. CASS Coordinators value the opinions of parents/caregivers and respectfully join with them to address concerns. There is a CASS Coordinator serving each feeder pattern in Frederick County Public Schools. Our CASS Coordinator who consults with our school counselors and behavior support specialist is Amy Nelson Walkersville Middle School 227-203-2650 x46580.

CASS offers assistance connecting students and families to behavioral health services. CASS also manages the partnership that allows community behavioral health agencies to provide services to students in schools during the school day. CASS also offers direct support of identified middle and high school students who require regular connections or crisis intervention while waiting for behavioral health services to begin and connection with community services that provide help for families to meet basic needs, like housing, food, and utilities. In our school CASS provides consultation with school teams and families, including attending student support team meetings or Individualized Educational Plan (IEP) meetings as requested and available.

School Based Information For Families

FCPSVolunteers@fcps.org

*Para más información,
por favor contáctenos,
hablamos Español.*

FCPS is fortunate to have family and community members join efforts in supporting our students and schools with their time and talents. There are many ways to get involved and volunteer in and out of our schools.

For more information on the volunteer program and process, please see our **[FCPS Volunteer Handbook](#)**.

Because safety is of utmost importance, extracurricular club sponsors, coaches, and all volunteers, regardless of their role, are required to complete mandatory volunteer training annually. Please keep in mind that this is an annual process (July-June) that takes place and must be completed every school year.

Want to Be a FCPS Volunteer?

- Step 1: Complete the Registration Form - Use the following link: https://fcps-md.formstack.com/forms/fcps_volunteer_center_registration to complete your registration form first. This can be completed in either English or Spanish. Please be sure to complete the information accurately and before moving forward with the next step.
- Step 2: Complete the Required Training - Follow [detailed directions](#) provided also at the end of the registration form to create a guest account in Unified Talent. Then complete the required training in either English or Spanish.
- Step 3: Await for Approval - You will receive an automated email that you have completed the volunteer training. Please keep this for your records as confirmation of training completion. An approval notice of your completed application will be sent from Raptor and confirms your approved status for volunteer opportunities.

Please be aware that the process may take 48-72 hours to complete and **MUST BE COMPLETED PRIOR** to you volunteering for FCPS. If you need technical support with the training, please contact unifiedtalent@fcps.org. If you have questions about the volunteer approval process or your status email FCPSVolunteers@fcps.org. If you will be volunteering for multiple schools, an email request for additional schools will need to be sent to FCPSVolunteers@fcps.org to be added manually AFTER your application has been approved at your initiating location.

If you are a current FCPS employee who is interested in volunteering, you must complete the registration form first, and then complete the Volunteer training listed under your “Recommended Courses” on your [Unified Talent Home Page](#).

*For technical issues with taking Unified Talent training email: unifiedtalent@fcps.org

FCPS is proud to offer a variety of volunteer opportunities including: classroom support, office support, library support, chaperone, after-school event support, cafeteria support, guest speaker, PTA/PTSA, transportation support and more. Please be advised decisions regarding selection, placement and replacement of volunteers are at the discretion of the individual school administration. Opportunities are facilitated and managed at every school. For more information on specific volunteer opportunities, please contact the individual school.

Community Events To Share

The Woodsboro Evangelical Lutheran Church, 101 South Main Street, Woodsboro, MD will be having a community dinner on the 1st Tuesday of each month from 5:00 to 7:00. Join us for food and fellowship and invite your family and friends. Please enter in the side entrance and the dinner will be held in our fellowship hall. There is plenty of parking behind the church and some street parking. Hope to see you there!

GLADE VALLEY COMMUNITY SERVICES

Holiday Toy Shoppe

SIGN UP ONLINE

Application requests open:

OCT 1 - OCT 31

[HTTPS://GLADEVALLEY.ORG/HOLIDAY-TOY-SHOPPE](https://gladevalley.org/holiday-toy-shoppe)



SIGN UP IN PERSON

INTERPRETERS WILL **ONLY** BE AVAILABLE AT IN PERSON SIGN UPS.

MONDAY OCT 6 - 6:30-7:30 PM

WALKERSVILLE FOOD BANK

TUESDAY OCT 14 - 4:00- 6:30PM

WALKERSVILLE LIBRARY

MONDAY OCT 20 - 6:30-8:00 PM

DISCOVERY RECREATION CENTER

8740 STAUFFER ROAD

ELIGIBILITY

Must Live in Walkersville Feeder School Area and have proof of both financial need and address.
Ages 0-18 (HS Senior) only.

REQUIRED FOR SIGN UP

- Proof of Financial Need
- Parent / Guardian Picture ID and Proof of Address
- Grandparents need legal proof of guardianship
- Birth Certificates or legal paperwork for children
- Clothing sizes for children 0-10 years of age

* Financial proof can include any of the following: Child's Maryland Health Card, SNAP card renewal paperwork (not the card), Free Meal program school paperwork (FARM), Proof of Income (pay stubs)

gladevalley.org@gmail.com | (301) 845-0213 | gladevalley.org

GLADE VALLEY COMMUNITY SERVICES

Holiday Toy Shoppe

REGISTRESE EN LINEA

SOLICITUDES DE SOLICITUD ABIERTAS

OCT 1 - OCT 31

[HTTPS://GLADEVALLEY.ORG/HOLIDAY-TOY-SHOPPE](https://gladevalley.org/holiday-toy-shoppe)



REGISTRESE EN PERSONA

LOS INTÉRPRETES SOLO ESTARÁN DISPONIBLES EN LAS INSCRIPCIONES EN PERSONA.

LUNES OCT 6 - 6:30PM-7:30 PM

BANCO DE ALIMENTOS DE WALKERSVILLE

MARTES OCT 14 - 4:00PM - 6:30PM

BIBLIOTECA DE WALKERSVILLE

LUNES OCT 20 - 6:30PM - 8:00 PM

CENTRO RECREATIVO DISCOVERY

8740 STAUFFER ROAD

ELIGIBILIDAD

Debe vivir en el área escolar de Walkersville y tener prueba de necesidad financiera y dirección. De 0 a 18 años (solo estudiantes del último año de secundaria).

REQUERIDO PARA REGISTRARSE

*Prueba de Necesidad Financiera

* Identificación con foto y comprobante de domicilio del padre/tutor

* Los abuelos necesitan comprobante legal de tutela

*Certificados de nacimiento para trámites legales de los niños

*Tallas de ropa para niños de 0 a 10 años

*La prueba financiera puede incluir cualquiera de los siguientes: Tarjeta de salud de Maryland del niño, documentación de renovación de la tarjeta SNAP (no la tarjeta), documentación escolar del programa de comidas gratuitas (FARM), comprobante de ingresos (talones de pago).

gladevalley.org@gmail.com | (301) 845-0213 | gladevalley.org

Do you have any questions about the contents of this newsletter? Please feel free to reach out to our School Counselors for assistance! Aleyna Fitz, Counselor at Woodsboro Elementary School at Aleyna.Fitz@fcps.org or 227-203-8815 or Susan Cox, Counselor at New Midway Elementary School at Susan.Cox@fcps.org or 227-203-1443