

# HIGH SCHOOL STUDENT SERVICES NEWSLETTER

*Quarterly Newsletter from LBHS Student Services*

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*Dear Parents/Guardians,*

*The 2021-2022 school year is off to a great start with a successful Freshman Kickoff, Bruin Blast, Military Family Potluck, and Back to School Night! The Student Services team has really enjoyed getting to know our new families and connecting with our students.*

*This newsletter will provide you with a recap of some of our programming so far this year, discuss upcoming events, and introduce you to some of our staff. Please take a minute to review these items so you can follow up with your students!*

*HS Student Services Team*



## Lake Braddock Food Pantry

The Lake Braddock PTSA has established a Food Pantry where staff can access food, water, and school supplies for students in need during the school day. In addition, throughout the year they provide groceries, paper products, and other supplies for families in need. If you are interested in supporting the Food Pantry, or could benefit from the support they can provide, please use the QR Code to view and complete this google form.



# Counselor Programs (Fall)

## Freshman Unit

This fall counselors were able to meet with their freshman during Advisory. They highlighted some tips for success in high school, the role of the school counselor, and the best way to contact them, but most of the time was spent getting to know one another! Students participated in a variety of activities designed to promote collaboration. Students were also asked to write a letter to their senior selves! Counselors will hold on to these sealed letters and students will get them back with their diploma when they graduate.

## Senior Unit

In September all seniors were invited to hear about a variety of postsecondary options. Students could choose between four year college, NOVA, apprenticeship & trade school/military, and career research & resume prep. Students were able to select up to two sessions to attend and additional materials from the sessions were shared in Schoology>All Students>High School Student Services>Class of 2022 (12th grade)>Postsecondary Planning.

Parents were also able to choose between a two year and four year college planning program. Slides and the recordings from those sessions can be found in Schoology>All Parents>High School Student Services>Class of 2022 (12th Grade Parents)>Postsecondary Planning. You can also view the four year college planning presentation [HERE](#) and the NOVA presentation [HERE](#).

Counselors are also scheduling individual meetings with all seniors to talk about the college application process. Seniors were asked to sign up using signup genius to meet with their counselor. Don't forget to complete the following forms to help counselors complete college recommendations:

- [Student Self Evaluation for Senior Packet](#)
- [Lake Braddock Secondary School High School Counseling Parent/Guardian Questionnaire](#)
- [Comment Form \(Teacher, Coach, Employer, Community Member\) Lake Braddock Secondary School, Class of 2022](#)

## Back to School Night Parent Program

Thanks to everyone who was able to join us for The High School Transition: How to Survive and Help Your Child Thrive program before Back to School Night. The slides for that presentation have been posted

[All Parents: Lake Braddock Secondary School>High School Student Services>All Parents](#)



## Mental Health? Let's talk about it!

Just like physical health, mental health is key to a student's success. We do not expect students to perform at their very best when they are suffering from a physical ailment. So shouldn't that be the case when it comes to mental wellness as well? Right! You may be wondering where to start. Here are a few tips:

1. Have a conversation with youth about how they are feeling emotionally
2. Look for different signs when it comes to anxiety and depression: <https://www.fairfaxcounty.gov/healthymindsfairfax/common-diagnoses>
3. Look into outside resources for your youth: <https://www.fairfaxcounty.gov/healthymindsfairfax/>
4. If you are concerned about your youth, reach out to their school counselor or clinical staff (social workers & psychologists)

It may not always be easy to talk about mental health but it is important to start normalizing these conversations with youth. Mental health is very much in their vocabulary and acknowledging concerns with your youth will make them feel seen and heard more than you could ever imagine.

# Social Emotional Learning (SEL) Screener

Fairfax County Public Schools (FCPS) commits to supporting all students' mental wellness and social and emotional learning (SEL). The School Board has approved a screener to review students' skills and experiences in these areas. FCPS staff will use the screener to identify strengths and needs for students in grades K-12. The screener provides information regarding students' experiences and how staff can support their needs.

SEL skills include self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. The screener will review these skills, as well as students' relationships, feelings of belonging, feelings about their school environment, and mood. These factors are critical to positive academic, social, and emotional success.

Students in grades 3-12 will be screened in the fall, winter, and spring. Students will reflect and report on their own skills and experiences. Screener data will only be accessible to teachers, administrators, and staff with legitimate educational interests. Results will be maintained in secure files and databases accessible only to these individuals. Screener results will be used with other data to inform practices for SEL skill development and mental wellness. Screener data will also help staff plan interventions for students with identified needs. Parents and guardians will receive an individualized report regarding their student's screener results following each assessment window. School staff will be available to discuss results with families on planned support.

More information, including a short video about the SEL screener in FCPS and the screener questions, can be found on the [SEL Screener webpage](#).

Schools will set specific dates for testing in each class. At Lake Braddock, the SEL Screener will be given during Advisory on Thursday, October 14th (grade 7-9) and Monday, October 18th (grades 10-12). If you do not want your student to take part in the SEL screener, please complete this [Google Form](#) by October 11th to indicate your intent to opt-out. Your child will bring a paper form home to complete your opt-out process. You may also print this form from the main SEL information page. Paper forms should be returned to your student's Advisory teacher. Please contact your student's school counselor or subschool assistant principal with questions.

## Signs Of Suicide (SOS) Lesson and Wellness Screener

This school year, school staff are working to teach students about mental health and how to seek help if they are worried about themselves or a friend. We are using a program called SOS Signs of Suicide. The program teaches students about this difficult topic and encourages them to seek help.

SOS has been used by thousands of schools over the past few decades. Studies have shown that it effectively teaches students about depression and suicide while reducing the number of students' self-reported suicide attempts. At Lake Braddock we will be delivering the SOS

Through the program, students learn:

- that depression is treatable, so they are encouraged to seek help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend
- who they can turn to at school for help, if they need it



Students will watch age-appropriate video clips and participate in a guided discussion about depression, suicide, and what to do if they are concerned about a friend. Following the video, students will complete a response slip which asks whether they would like to talk to an adult about any concerns. School staff will conduct brief meetings with any student asking to talk.

Following the video, students will complete a brief depression screening tool. This tool cannot provide a diagnosis of depression but does indicate whether a young person should be referred for evaluation by a mental health professional.

We encourage you to visit [www.sosignsofsuicide.org/parent](http://www.sosignsofsuicide.org/parent) for information on warning signs for youth suicide, useful resources, and some of the key messages students will learn.

You can also view the SOS Parent Video [HERE](#). Official notification will be sent home with students the week of October 18th and will include information on how to opt out of the lesson and screener.

# Welcome to the College & Career Center

The College and Career Center Specialist assists students with their college, career and employment searches. Students can find a wide variety of resources on colleges, careers, scholarships, financial aid, part-time and full-time employment opportunities, and SAT, ACT, and TOEFL registration. The goal of the Career Center is to help students make informed career decisions about their post-secondary plans, which may include four-year colleges, two-year colleges, technical schools, apprenticeships, military, full-time employment, or gap year opportunities.

Make sure you check out Ms. Hunter's weekly newsletter ***What's Bruin in the Career Center*** to learn about college visits, scholarships, workshops, events, opportunities to volunteer and job opportunities! The newsletter is emailed to parents and students each week and is posted on our website [HERE](#).

## Application Workshops

Student Services is hosting an application workshop in the Career Center on **Friday, October 15th during all HS lunches**. It will give students a chance to work on their applications and have counselors available to answer any questions. If you are interested, please sign up in Naviance under college visits or just stop by during lunch.



## Sophomore Parent Program: College 101

LBSS Student Services is proud to present College Night 101 on **Tuesday, November 9th** for parents/guardians and students in tenth grade. The program will run from 7:00pm - 8:00pm in the Little Theatre. Erin Slater, Assistant Director of Admissions at Randolph-Macon College, will be presenting an overview of the college admissions process. Her presentation includes what colleges look for in applicants and how admissions offices make decisions.

If this date doesn't work for you, there will be a **virtual option Wednesday November 10th** in conjunction with Robinson Secondary School.

## MEET OUR NEWEST COUNSELOR: MS. TRACY BURKEY (DEM-GRA)

Ms. Burkey began her work in Fairfax County in 2016 as an elementary school counselor.

Although she enjoyed her time working with younger students, she wanted to expand her experiences and work with older students. In 2019 she joined the Lake Braddock team as a high school special education instructional assistant.

This allowed her an opportunity to begin to connect with many of our students, parents and staff.

Ms. Burkey grew up in the City of Alexandria, yet went to high school in Va. Beach. After high school she moved back to the City of Alexandria, in the Del Ray neighborhood for 13 years until she moved to Fairfax with her family 11 years ago. She attended Northern VA Community College, before transferring to GMU for her undergrad and grad school. She has been happily married for 11 years, and has a 9 year old daughter and a 5 year old son, both who attend a FCPS school. However, her first born is her 11 year old dog named Blu. Ms. Burkey loves cooking, traveling, surfing, doing anything outside, and spending as much time as possible with her family.

We are excited to welcome her to our Student Services team!



# Meet Our Military Family Life Counselor (MFLC)

We are excited to welcome back Faith James as our MFLC! Dr. James provides nonmedical counseling to enhance social, academic, and emotional skills to support the wellbeing of military students and their families. Sessions can be in-person, virtual, or telephonic, and all services are free and confidential. She is available to all military families and school staff members Monday-Friday. Hours are flexible to fit your schedule. Please feel free to contact Dr. James and request a session at [fjames@fcps.edu](mailto:fjames@fcps.edu).

Dr. James can address the following concerns:

- School Adjustment
- Deployment and separation
- Reunion adjustment
- Sibling and parent-child communication
- Behavioral concerns
- Fear, grief, and loss



Scan the QR Code to complete the consent form so that Dr. James can meet with your student!



## HAVING A HARD TIME NAVIGATING SCHOOLGY? TAKE A MINUTE TO REVIEW SOME VIDEO TUTORIALS, OR SIGN UP FOR A HELP SESSION!

### Needs Assessment

This fall all students will be asked to complete a Needs Assessment. This brief survey is given to all students and lets the counselors know what types of programs we should focus on. It also allows students to note any counseling groups they may be interested in participating in. Parents have the right to opt their student out of the Needs Assessment. If you would like to view the Needs Assessment, please contact your child's counselor.

Counselors will connect with students individually based on any concerns they note on their needs assessment.

	<h3>PARENT SCHOOLGY HELP SESSIONS</h3>		<h3>SESIONES DE SCHOOLGY PARA PADRES</h3>
<p>Scan the QR for FAQ video tutorials</p>		<p>Escanee el QR para ver los tutoriales en video</p>	
<p><b>ZOOM</b> MONDAY, NOV. 1 7:30 - 8:30 PM</p>	<p><b>IN-PERSON</b> TUESDAY, NOV. 2 11:00 AM - 1:00 PM LBSS LECTURE HALL</p>	<p><b>ZOOM</b> NOV. 8 7:30 - 8:30 PM</p>	<p><b>EN PERSONA</b> MARTES, NOV. 2 DE 11:00 AM - 1:00 PM LAKE BRADDOCK LECTURE HALL ENTRADA NO. 1</p>
<p>Register for the Zoom session : <a href="https://bit.ly/LBSSZoom">https://bit.ly/LBSSZoom</a></p>		<p>Regístrese para la sesión ZOOM: <a href="https://bit.ly/LBSSZoom">https://bit.ly/LBSSZoom</a></p>	

To learn more about Parent Schoology go to [support.schoology.com](https://support.schoology.com) then choose Student.

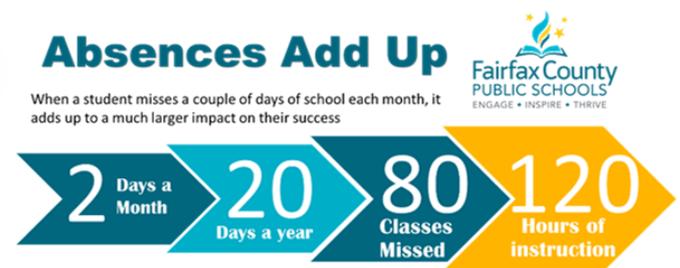
Pare aprender más sobre Schoology par padres entre en: [support.schoology.com](https://support.schoology.com) después seleccione estudiante.

# How Can Our Substance Abuse Prevention Specialist (SAPS) Support You and Your Student?

Did you know that Lake Braddock has a Substance Abuse Prevention Specialist (SAPS) to address substance use concerns among students? Ms. Giffin provides substance abuse prevention, education, intervention services, and brief counseling to students upon violation of the Student Rights and Responsibilities or suspected substance abuse involvement. Ms. Giffin provides support, guidance, and education to parents, guardians, staff, and the community, regardless of student referral status. This is about prevention! She can also make referrals to community resources if needed. Please contact Ms. Giffin at [jlgiffin@fcps.edu](mailto:jlgiffin@fcps.edu) if you need support for a student or have concerns you'd like to discuss.

*Check out additional parent program offered by the FCPS Parent Resource Center **HERE!***

## Attendance Matters!



At Lake Braddock we work to support every student to be successful. One of the biggest indicators of student success is their attendance. When students miss a couple of days of school each month they miss important instructional time that is hard to replace. Missing two days a month does not seem like a lot, but it adds up to 20 or more days a year.

Missing more than 10% of the school year is the leading warning sign that a student will face academic challenges. For most students who attend the same school for the entire school year, this would mean missing 18 days for any reason, to include family trips, illness, suspension, or truancy.

All students will likely be sick at some time during the year, and it is important to keep your child home at these times, but to have children attend at all other times. How can you help? Avoid vacations that require your child to miss school, set a regular bedtime, establish a morning routine, and set limits on screen time before bedtime. Be a model of these habits in your family. The benefits of a good night's sleep and regular attendance are gifts that will help your child throughout their lifetime.

Our biggest priority is supporting our students and we have numerous resources and supports for students and families who need help with attendance. Please feel free to reach out to our Systems of Support Advisor, Amy Soos, for all attendance questions or support.

