

### Hello Lake Braddock Families,

10/25/2024

Please find all the information and resources for this week in our Newsletter below:

### **COMMUNITY EVENTS AND ENGAGEMENT OPPORTUNITIES**

• Robinson Pyramid Family Resource Fair, on Tuesday October 29th from 6:00-8:00pm at Robinson Secondary – Gold Cafeteria, this event is open for all families to explore the different resources within Fairfax County, 25 organizations will be participating.



Community Conversations with FCPS Superintendent Dr. Reid: Your voice matters, and Superintendent Dr. Michelle Reid wants to hear from you! This fall, a series of Community Conversations will be held across the school division. These events are an opportunity for you to share your thoughts and ask questions regarding FCPS. Events are planned for the following dates from 6:30 to 7:30 p.m.:

Wednesday, October 30, 2024 6:30 - 7:30 p.m. at Herndon Middle School - Register here.

Registration is not required but helps with planning. Childcare and interpretation services will be provided. Additional registration links will be available soon. Events are open to all. Find out about other opportunities to connect with Dr. Reid.

Volunteer Fairfax VolunteerFest 2024

Volunteer Fairfax will be facilitating VolunteerFest on Friday, November 1<sup>st</sup> at the PARC at Tysons from 9:00am – 2:00pm. Families who plan to participate are encouraged to register. It should be a great day of service for our local community! https://www.volunteerfairfax.org/events/volunteerfest-2024/

• Where to Get Immunization - Fairfax County Health Department - Immunization Clinics call 703-246-7100 for appointments.

https://www.fairfaxcounty.gov/health/immunization/locations

https://www.fcps.edu/immunization-resources

#### Free Immunizations for All FCPS Students

Safeway Pharmacy will be providing immunizations for all FCPS students at no cost! Parents or guardians may schedule an appointment and provide consent for their student(s). The immunization clinics are being held at **Frost Middle School,** 4101 Pickett Rd. Fairfax, VA 22032, on:

- Monday, October 28, 3-7 p.m.
- Tuesday, October 29, 3-7pm

Walk-ins are welcome, but appointments are highly encouraged to avoid wait times.

• The Fairfax County Health Department has shared a comprehensive document that provides several health care options for families. Click on the link below to review the Health Safety Net Services list:

https://www.fairfaxcounty.gov/health/sites/health/files/assets/documents/pdf/nova-safety-net-providers.pdf

 Fairfax Connector's Transit Ridership Incentive Program (TRIP) provides 50% off fares for low-income residents ages 18-65. Learn more about the <u>TRIP program and how to</u> <u>apply</u>. The application period for Fuel Assistance 2025 will end on November 8<sup>th</sup>. The
 Virginia Energy Assistance Program (EAP) assist low-income households in meeting their
 immediate home energy needs. The EAP consists of four components: Fuel Assistance, Crisis
 Assistance, Cooling Assistance and Weatherization Assistance.
 To be eligible for Fuel, Crisis or Cooling Assistance, households must have a heating or

cooling expense and gross income may not exceed 150 percent of the <u>federal poverty level</u>. Applications for fuel, crisis, and cooling assistance are accepted at the <u>local departments of social services</u> and can be submitted in-person, by mail (USPS), or by fax.

#### Applications for Energy Assistance are accepted in the following ways:

- 1. *Online:* www.commonhelp.virginia.gov
- 2. By phone: Enterprise Customer Service Center (833) 522-5582
- 3. Paper applications can be requested by calling 703-324-7500.
  - By mail: Completed applications can be mailed to: DFS Energy Assistance,
     12011 Government Center Parkway, Suite 232, Fairfax, VA 22035
  - **By Dropbox:** Completed application can be placed in a dropbox at one of the DFS human service building locations
  - By fax: Completed applications can be faxed to (703) 653-1355
  - By email: Completed applications can be sent to DFSMycase@fairfaxcounty.gov
- <u>Women Giving Back</u> is a non-profit organization that provides clothing and shoes to women and children in crisis. Please check the shopping guideline <u>video here</u>.
  - Clients can shop at the boutique 4 times a year. Women Giving Back operates in 2 seasons Spring/Summer (April-September) and Fall/Winter (October-March).
- Fairfax County's Farmers Markets have raised the amount of matching dollars for fruits and vegetables up to \$40 per week this season. Families who qualify can get these double SNAP funds when they shop with their EBT card at the markets. See locations and details on this link: <a href="https://www.fairfaxcounty.gov/parks/farmersmarkets">https://www.fairfaxcounty.gov/parks/farmersmarkets</a>
- JA Finance Park® (JAFP) is an innovation in experiential education designed to prepare our region's youth for life and work in the real world. Eighth grade student in FCPS visit this facility and learn about financial responsibility and accountability. JAFP is looking for multilingual volunteers to better accommodate our diverse population. Please review this link for more information: <a href="https://www.myja.org/volunteer">https://www.myja.org/volunteer</a>

 October Is Domestic Violence Awareness Month - Domestic violence is a family, community and public health issue with widespread ripple effects that impact all parts of the Fairfax County community. It will take everyone to build a peaceful and safe Fairfax County. Click the link above to learn how you can get involved and upcoming events being held in Fairfax County to bring awareness.

https://www.fairfaxcounty.gov/familyservices/domestic-sexual-violence/domestic-violence-awareness-month

NEW <u>Healthy Homes Fairfax</u> By maintaining a healthy home, you can reduce your exposure to health hazards. Healthy homes help us make our neighborhoods and communities stronger. Click the link above for more information.

### **FAMILY RESOURCES:**

- NEW FCPS <u>Digital Resources Information for Families and Educators</u> follow the link and you will find resources from FCPS and the community on a wide variety of topics to help families and educators support student success. Email <u>frc@fcps.edu</u> or call <u>703-204-3941</u> the <u>Family Resource Center</u> for more information.
- The Getting to Know FCPS interactive orientation seminar provides information about the school system, the links between family engagement and student achievement, school staff you should know, and programs and technology considerations for families. The orientation includes a discussion that is helpful for families new to the United States. Sessions in English will be held online on Tuesday, October 22nd, at 6:30 p.m.; Tuesday, November 12th, at 6:30 p.m.; Tuesday, December 10th, at 6 p.m.; and Thursday, December 19th, at 6 p.m. The Family Academy Catalog page has registration information and dates this orientation will be offered in Arabic, Korean, and Spanish.
- Upcoming Parent Educational Advocacy Training Center (PEATC)Workshops

Fall Special Education Workshop Series

PEATC presents this virtual workshop series for parents and professionals who want to learn more about special education in Virginia. Register once to attend some or all of the informative workshops!

**November 6** - Ins and Outs of IEP Meetings **November 20** - Dispute Resolution

Each session starts at **6:30 p.m.** Please see <u>our website</u> for descriptions of each topic. *These sessions will be presented on Zoom. They will not be recorded.* 

- NEW Youth Behavioral Health Services Extend to Local Community
  Centers Mental health support for children and youth is a priority for Fairfax County.
  Community-based behavioral health services for youth and families are now available at three community centers. These centers will provide evidence-based treatment to individuals ages 5 to 18 in need of behavioral health services.
  Mental health support for children and youth is a priority for Fairfax County, and our Fairfax-Falls Church Community Services Board (CSB) is now offering new community-based behavioral health services for youth and families at three community centers.
- **JSSA/ Healthy Minds Fairfax JSSA** Transitions Program provides care coordination, linkages to community resources and supports, and peer-to-peer support for transitionage youth (16 25 years of age) who are:
  - Experiencing intensive needs across multiple life domains
  - Not currently being served by other care coordination or case management programs.

The program is provided free of charge to any eligible residents of Fairfax County.

For more information contact: Andrea Carpenter, JSSA- 240-673-1042 and acarpenter@jssa.org

- The Children's Safety Network (CSN) is addressing suicide prevention and bullying awareness in the upcoming webinar on youth data for lesbian, gay, bisexual, transgender, questioning, or another non-heterosexual identity (LGBTQ+). LGBTQ+ youth experience persistent disparities. Please join the Children's Safety Network on Wednesday, November 20th from 1:00 PM to 2:00 PM ET to learn more about LGBTQ+ Youth Data from YRBS and the Trevor Project's 2024 U.S. National Survey on the Mental Health of LGBTQ Young People, specifically focusing on suicide and self-harm prevention and bullying prevention. Register here.
- AFFIRM supports mental and sexual health, enhances coping skills, and validates strengths of its participants. This 8-week group was designed to help LGBTQ+ youth manage stress. It will be Led by Patricia Mejia (She/Her/Ella) & Leo Augustus Miller (He/Ze/Xe) For more information, please contact George Mason University's Center for Community Mental Health CCMH@GMU.EDU (703) 993-1370.
- Moving on to Life in the Community Resource Fair

This event is designed for students with developmental and intellectual disabilities who will need continuing support after they exit FCPS.

- When: Wednesday, November 13th, 2024, from 6:30pm 8:30pm
- Where: Fairfax High School Cafeteria 3501 Lion Run Fairfax, VA 22030 (Enter through Door 1)

- What: Exhibitor Fair Learn about: supported employment options, day support programs, recreation/leisure activities, residential living options, travel training supports, advocacy, funding, and more! Interpretation: will be provided using Microsoft Translator on supported devices (a staffed help table will be available for participants)
   Register online
- The NEW <u>FCPS Family Academy</u> promotes connections and collaborations between families, educators, and the community. They have classes, webinars, workshops, and programs offered by Fairfax County Public Schools to help families support their students' needs and learning at home.
- Register for <u>FREE online webinars</u> offered by the Family Resource Center. There is also a library of <u>archived webinars and workshops</u> with great resources to families.
- Varsity Tutors- Online Tutoring Services at no cost to families FCPS is partnering
  with Varsity Tutors to provide students and families with extra resources for learning
  (no longer Tutor.com). Every student can take advantage of Varsity Tutors' services, at
  no cost, including weekly live online classes, on demand 24/7 chat tutoring, essay
  editing, study resources such as recorded content, practice problems, and diagnostic
  tests. Learn more HERE.
- School Attendance at Lake Braddock Secondary School Parents and caregivers can now report up to two consecutive full-day absences using ParentVUE. Click on the link below to learn how to do it. school attendance.

https://lakebraddockss.fcps.edu/attendance-reporting

Need to activate your ParentVUE account?

<u>SIS ParentVue videos</u> are available on the FCPS website. SIS ParentVue is an invaluable tool for families to stay connected to their students' learning, especially in middle and high school.

To obtain a ParentVUE activation code for Lake Braddock SS contact:

Middle Shool: Angela Santizo <u>assantizo@fcps.edu</u>

High School: Sandra Coleman SMColeman@fcps.edu

- Parent Advocacy Handbook, this contains answers to the many questions parents or guardians may have about the school system and how they can best advocate for their student at the various stages of their school experience. <a href="https://www.fcps.edu/parentadvocacyhandbook">https://www.fcps.edu/parentadvocacyhandbook</a>
- Computer CORE offers <u>FREE</u>, <u>online</u>, basic computer skills classes to dults 18 and over in Virginia. Classes are taught online over Zoom for three 10-week terms per year: Winter (Jan-Mar), Spring (Apr-June) and Fall (Sept-Nov). https://www.computercore.org/
- Parent Encouragement

<u>Program</u> "Encouraging Parents, Enriching Families" (webinars, in-person programs, podcasts, videos) <a href="https://pepparent.org/">https://pepparent.org/</a>

• Parenting Education Program through Fairfax County

https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs?utm medium=email&utm source=govdelivery#classes

- Formed Families Together Peer Support groups are led by trained peer leaders with professional and personal experience. A safe space is provided for foster and adoptive parents and kinship caregivers to share resources, express concerns, and share their experiences. The group will meet on Tuesday evenings, Oct 1-November 19, 2024, in Fairfax. Stronger Together Youth Support Group | FFF – Formed Families Forward
- Military Families Resources

https://www.fcps.edu/registration/military-families

• Check out the Library Events:

**Burke Centre** 

 $\frac{\text{https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524\&t=d\&d=0000-00-00-00}}{00\&cal=6524\&cm=3436\&inc=0}$ 

### **Kings Park**

https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524&t=d&d=0000-00-00&cal=6524&cm=3446&inc=0

### **Pohick Library**

6450 Sydenstricker Rd Burke, VA, 22015-4274

https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524&t=d&d=0000-00-00&cal=6524&cm=3452&inc=0

Northern Virginia Family Services offers a prescription assistance program, eyeglasses assistance, and Medicaid support to families. For more information contact Karina Villanueva 571-435-6600

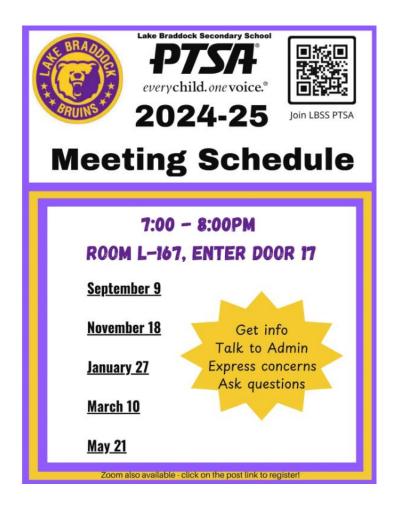


• <u>Early Childhood Registration | Fairfax County Public Schools</u> Information and resources for parents enrolling a child into Early Childhood Special Education, PreK, or the Early Head Start program. Click the link above for further information.

# **LBSS EVENTS**:

• Join the Lake Braddock Parent Teacher Student Association (PTSA)





# **YOUTH OPPORTUNITIES:**

 Scholarship Information, in addition to Naviance being the database for scholarships, there is now an FCPS public webpage that includes scholarships available to all FCPS students.

https://www.fcps.edu/scholarships-fcps-students

### https://fairfaxacademy.fcps.edu/registration-auditions



## Free NASA Opportunities for Virginia High School Students! (HS)

The Virginia Space Grant Consortium provides FREE NASA-related programs for Virginia's high school students in 10th, 11th, and 12th grades. The programs have an interactive online STEM learning experience and are highlighted by a seven-day residential summer academy at NASA.

https://vsgc.odu.edu/spacecoast/

### Now Open! Spring 2025 Children's Science Center Lab Internship

We are excited to announce that the Spring 2025 Children's Science Center Lab Internship application is now open! Our programs would not be possible without the support of our community, so we thank you for passing this opportunity along to anyone who might be interested.

Application Link: https://form.jotform.com/213445454775058

Application Deadline: November 22, 2024, at 5:00 PM.

We recommend not waiting until the last day to submit your application just in case you encounter any technical issues. We do not accept late applications under any circumstance.

Interview Invites: Sent on or before December 18, 2024

**Interview Date:** January 11, 2025, 6:00-8:00. You must be in person for your interview, so please ensure you are available.

The Children's Science Center Lab Internship is available to high school students ages 16+ who have a passion for STEM learning. Interns will develop and practice professional skills at the Children's Science Center Lab while engaging in various handson activities. This internship is intended to provide an opportunity to students from communities who have been historically excluded from STEM professions (see application for more details.)

If you have any questions, please reach out to internships@childsci.org.

#### JOB READINESS AND EMPLOYMENT OPPORTUNITIES

- BritePaths and the Financial Empowerment Center at South County are offering
  free virtual consulting services and workshops to help with your personal finances, job
  search and more.
  - Financial Mentoring: Work with a dedicated trained volunteer virtually for six months or more on your financial goals. The volunteer is there to guide you and teach you skills pertinent to your life! If interested, please email CRogers@Britepaths.org
  - One-on-One, Confidential Coaching: Free and Confidential Coaching and Consulting. To book an appointment call 703.704.6101 or email info@FECSoCo.org, or click here: <a href="https://fecsoco.timetap.com/#/">https://fecsoco.timetap.com/#/</a>
- **BritePaths Workforce Development-** helps Northern Virginia job seekers navigate the job search process and find meaningful employment. It is designed to work with under- or unemployed men and women in an individualized and coordinated way to ensure that their workforce development needs are met. All services are free, and most are offered virtually.

https://britepaths.org/our-services/workforce-development/

### **ENGLISH AS A SECOND LANGUAGE CLASSES**

- FCPS Adult English for Speakers of Other Languages (ESOL) Click on the link below for more information about testing locations for classes. https://www.fcps.edu/academics/adult-education-academics/esol-classes
- English Empowerment Center: Do you know someone who wanted to register for class with the Empowerment Center but missed the registrations? They can fill out the <u>Information Request Form</u> to hear about upcoming spring classes. The Center also encourages students to study on their own with <u>USA Learns</u>.

https://englishempowermentcenter.org/

• Fellowship Baptist Church:

https://www.fellowshipbaptistva.org/english-classes