



10/31/2024

Hello Lake Braddock Families,

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

### COMMUNITY EVENTS AND ENGAGEMENT OPPORTUNITIES

- **November is National Family Engagement Month-** This month reminds us that families are children's first and most important teachers, advocates, and nurturers. Over 40 years of research shows that the most effective way to increase student achievement is for families to be actively involved in the education of their children. The importance of family engagement will be highlighted during the month of November as we celebrate and strengthen family school partnerships together. Check the link below that contains a family activity calendar, ideas and resources for families. <https://www.fcps.edu/november-family-engagement-month>



- **Our Voices, Our Future - Multilingual Learners' Day of Service-** Saturday, November 16, 2024 at 9-11:30 a.m. at Edison High School.

Multilingual Learners' Day of Service is being offered to FCPS secondary students as an opportunity to explore multilingualism as a strength in developing leadership and advocacy skills. Students will plan for future success through their strengths and interests. Attendees will be able to network and learn with other FCPS students and staff. This event will also feature special guest Dr. José Luis Zelaya from the Multilingual Learners' Summit. "Language is an opportunity," says Dr. Zelaya, "believe in the power of education!" Secondary students should register through the link above and bring their FCPS laptop to the workshop.

- Event will also feature a table fair promoting college and career readiness.
- Language interpretation services will be available.
- **To help with planning, please register if you can attend.**

- **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>

- **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 [TRIP program and how to apply](#).

- **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 [federal poverty level](#).** Applications for fuel, crisis, and cooling assistance are accepted at the [local departments of social services](#) 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](http://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](mailto:DFSMyCase@fairfaxcounty.gov)
- **Women Giving Back** is a non-profit organization that provides clothing and shoes to women and children in crisis. Please check the shopping guideline [video here](#).

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: <https://www.fairfaxcounty.gov/parks/farmersmarkets>
- **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: <https://www.myja.org/volunteer>
- **Healthy Homes Fairfax** 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:**

- **FCPS Digital Resources - Information for Families and Educators** - 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 [frc@fcps.edu](mailto:frc@fcps.edu) or call **703-204-3941** the [Family Resource Center](#) 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, **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.

- **The NEW [FCPS Family Academy](#)** 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 [FREE online webinars](#) offered by the Family Resource Center.** There is also a library of [archived webinars and workshops](#) 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](#).

- **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 [our website](#) for descriptions of each topic. *These sessions will be presented on Zoom. They will not be recorded.*

- **[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 transition-age 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](mailto: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](mailto: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](#)

- **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?**

[SIS ParentVue videos](#) 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 School: Angela Santizo [assantizo@fcps.edu](mailto:assantizo@fcps.edu)

High School: Sandra Coleman [SMColeman@fcps.edu](mailto: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.

<https://www.fcps.edu/parentadvocacyhandbook>

- **Computer CORE** offers *FREE, online*, basic computer skills classes to adults 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 Program** "*Encouraging Parents, Enriching Families*" (webinars, in-person programs, podcasts, videos) <https://pepparent.org/>

- **Parenting Education Program through Fairfax County**

[https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs?utm\\_medium=email&utm\\_source=govdelivery#classes](https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs?utm_medium=email&utm_source=govdelivery#classes)

- **Formed Families Forward- Stronger Together Youth Peer Support**, this is a psychoeducational and peer support group for teens and young adults (age 14 - 22) that will introduce tools that can be used to navigate everyday challenges. Professional clinicians facilitate the 8 weekly sessions. Skills include interpersonal effectiveness, conflict resolution, self-determination, and self-efficacy. The group emphasizes positive peer supports as a context for strengths-based growth. A light dinner will be served each evening. Regular weekly attendance is expected. 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 from 6:30-8:00pm, in Fairfax.** [Stronger Together Youth Support Group](#) | [FFF – Formed Families Forward](#)
- **Jill’s House Weeknight Program-** Jill’s House is a Christian nonprofit organization that provides families raising kids with intellectual disabilities, ages 6-22, with short-term overnight respite care in the DC metro area and around the country. Kids enjoy fun activities tailored to their interests and abilities for 24–48-hour stays, meanwhile their parents get a chance to rest and recharge. We offer care for the whole family through regularly scheduled typical sibling nights, parent support groups, and family retreats. Rest is vital for families raising kids with intellectual disabilities, due to the high amount of stress they face every day. Respite care is proven to reduce this stress by 60% within the first night and helps create a healthier environment of balance for the family as a whole.  
For more information visit the website: <https://jillshouse.org/>

- **Military Families Resources**

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

- **Check out the Library Events:**

**Burke Centre**

<https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524&t=d&d=0000-00-00&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

**PHARMACY CENTRAL**  
A Prescription Assistance Program

Can't afford to pay for your medicine?  
No puede pagar por sus medicinas?

We can help you get them!  
Podemos ayudarle a conseguirlos!

**FREE & LOW-COST MEDICINES**  
**MEDICINAS GRATIS & DE BAJO PRECIO**

**FREE EYE GLASSES**  
**LENTES GRATIS**

We can also help you apply for **MEDICAID**  
También podemos ayudarle en aplicar para **MEDICAID**

**KARINA VILLANUEVA**  
TEL (571) 435-6600 / FAX (703) 368-2004  
10056 DEAN DRIVE, MANASSAS, VA 20110

- [Early Childhood Registration | Fairfax County Public Schools](#) 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.
- **Explore Winter Camps and Classes trough the Fairfax County Park Authority:**  
<https://www.fairfaxcounty.gov/parks/camps>  
<https://www.fairfaxcounty.gov/parks/parktakes>



# College 101



*A workshop for 10<sup>th</sup> grade students and families*

**November 12<sup>th</sup>, 13<sup>th</sup> & 20<sup>h</sup>  
7:00 pm**

**Presented by Dante Evans  
Assistant Director of Admissions  
University of North Carolina - Greensboro**

*Learn how college admissions offices make decisions and what colleges look for in an applicant. Mr. Evans' insights will provide a roadmap to college for students and their families and take some of the stress out of the college admissions process.*

**Don't miss out on this informative presentation!**

**3 nights to choose from:**

**Tuesday, November 12 - in person at Lake Braddock SS  
Wednesday, November 13 - in person at Westfield HS  
Wednesday, November 20 - virtual (hosted by Centreville HS)**

Click here to join virtual event:

<https://myfcpsk12.zoom.us/j/92671664789?pwd=a2GP2ci4HgrqD8Z0vbk90jW5kfwABa.1>

Please contact Mrs. Hunter with questions  
[skhunter@fcps.edu](mailto:skhunter@fcps.edu)

**Meeting Link:**

<https://myfcpsk12.zoom.us/j/92671664789?pwd=a2GP2ci4HgrqD8Z0vbk90jW5kfwABa.1>

- **Join the Lake Braddock Parent Teacher Student Association (PTSA) Next Membership and Town Hall Meeting November 18<sup>th</sup> at 7pm, room L167, enter door 17.**

<https://lbspspta.org/>

## YOUTH OPPORTUNITIES:

# Virtual Parent Cafés

You Are Not Alone!



## Help Your Teen Manage Stress related to Sports and Extracurriculars

**Tuesday, November 12 | 6:30–8 p.m.**

Join us for a presentation by Dr. Ginger Jones and Dr. Breanna Chirby, sports psychologists, with extensive experience helping their clients improve their performance mindset. You'll learn how to help your child:

- ▶ Reduce stress and better manage internal and external pressures.
- ▶ Improve their focus, mental strength, mental endurance and flexibility.
- ▶ Engage in an interactive mindfulness activity.

Join online Via Zoom  <https://us06web.zoom.us/j/87116036119>  
Password: Parents12\$

For more information, please contact  
[BuildingStrongerFamilies@FairfaxCounty.gov](mailto:BuildingStrongerFamilies@FairfaxCounty.gov) or call 703-324-7720.

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 Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations provided upon request, call 703-324-5730.

 

- Explore the 2024-2025 PTA Reflections Theme: “Accepting Imperfection”

National PTA has a long-standing commitment to arts education. The Reflections program provides opportunities for recognition and access to the arts which boost student confidence and success in the arts and in life. Each year, over 300,000 students in Pre-K through Grade 12 create original works of art in response to a student-created theme. This 50+ year-old program helps them explore their own thoughts, feelings, and ideas, develop artistic literacy, increase confidence and find a love for learning that will help them become more successful in school and in life.

This theme serves as a powerful reminder that our flaws and mistakes are just as much a part of us as our strengths and are a natural and beautiful part of being human.

View this link for more information: <https://lbspspta.org/reflections>



- **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>



**FAIRFAX**  
*Academy* FOR COMMUNICATIONS & FINE AND PERFORMING ARTS

**'25 OPEN HOUSE**  
2/4/25  
6:30-7:30 PM  
FAIRFAX ACADEMY  
3501 LION RUN  
FAIRFAX, VA. 22030

**COME LEARN MORE ABOUT OUR EXCITING PROGRAMS IN COMMUNICATIONS & FINE AND PERFORMING ARTS FOR FCPS STUDENTS !**

**Course List**  
Arabic, ASL, Chinese, Dance, Fashion Careers, Game Design, Korean, Music & Computer Technology, Musical Theatre & Actor Studio, Pro Photo, and TV Media Production

Meet Our Staff!  
See Lab Spaces!  
Learn About our Classes!

Snow Date 2/11  
[fairfaxacademy.fcps.edu](https://fairfaxacademy.fcps.edu)

QR code and school building icon

- **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 hands-on 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](mailto: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](mailto: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](mailto:info@FECSoco.org), or click here: <https://fecsoco.timetap.com/#/>
  
- **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 [Information Request Form](#) to hear about upcoming spring classes. The Center also encourages students to study on their own with [USA Learns](#).

<https://englishempowermentcenter.org/>

- **Fellowship Baptist Church:**

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