



Hello Lake Braddock Families,

12/8/2023

Hope you are staying warm in this cold season. Please find all the information and resources for this week in our Newsletter below:

**COMMUNITY EVENTS AND ENGAGEMENT OPPORTUNITIES**


- ❖ **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). The next classes will begin January 8th, 2024.  
<https://www.computercore.org/>
- ❖ **Strengthening Families Program for Parents & Youth 10-14** that will be hosted at Falls Church High School (FCHS) in January and February. Classes are *FREE* and *in English*. Please visit <https://www.scanva.org/classes> for more info.

# TWEEN & PARENT GROUP

## STRENGTHENING FAMILIES

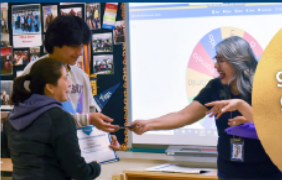
for Caregivers & Youth

**Thursday nights, 5:30-8 pm**  
January 18, 25, February 1, 8, 15, 22, 29  
Falls Church High School (7521 Jaguar Trail, Falls Church)



**In just 7 weeks, work with family experts to...**



- ✓ Help your children succeed in the future
- ✓ Keep your children from serious behavior problems
- ✓ Strengthen family bonds & communication skills



**Families leave feeling better connected, better understood & better prepared to grow together.**

The tween and teen years can be tough! Kids navigate puberty, bullying, peer pressure, and so much more... In this hands-on, interactive series, parents and their middle schoolers work with experts to strengthen bonds through fun games, projects, and discussions. **Classes are FREE and in English.**

Earn a \$75 gift card upon graduation & play weekly raffles!

SCAN or visit [scanva.org/classes](https://scanva.org/classes)  
familyprograms@scanva.org | 703.820.9001 x 109

## -How to Talk to Your Child About Body Safety Virtual Parent Cafe

The Body Safety program focuses on enhancing the child's overall sense of confidence with regard to safety and promotes respect for self and peers. Parents and caregivers can help children learn how to prevent or interrupt abuse, empowering them to act if they are threatened or victimized.



**You are Not Alone!**  
**Virtual Parent Cafés**  
Contact Us

BuildingStrongerFamilies@fairfaxcounty.gov  
or  
**703-324-7720**

**How to Talk to Your Children About Body Safety**  
**Tues., Dec. 12, 6:30–8 p.m.**

 **FAIRFAX COUNTY DEPARTMENT OF FAMILY SERVICES** 

### **FAMILY RESOURCE CENTER:**

- ❖ ***Meet The author Series*** - 1/5/24 10-11:30 a.m. Link for the event [HERE](#)

**Why are kids today struggling? And based on all that modern science has to offer, what are the most important things I can do in raising my kid?** Learn from a child psychiatrist, a parent psychologist, and a child therapist, who have reinvented the parenting book.

[Register for Meet the Author Series: Raising a Kid Who Can](#)

- ❖ ***Transition from ES to MS for Twice Exceptional Students***

January 12, 2024, 10-11:30 a.m. Link for the event [HERE](#)

**Transitioning into middle and high school can be challenging for many children and their families, especially for twice-exceptional students.**

Join Dr. Nonye Oladimeji, FCPS Educational Specialist for AAP twice exceptional (2e) children, as she shares ideas for families and schools on how to ease the transition for students.

[Register for Transition from ES to MS and from MS to HS for Twice Exceptional \(2e\) students](#)

## -Parenting Programs and Workshops

<https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs>

-**Parent Encouragement Program** "*Encouraging Parents, Enriching Families*" (webinars, in-person programs, podcasts, videos)

<https://pepparent.org/>

## -Military Families Resources

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

## **LBSS EVENTS:**

-Robinson is hosting this virtual event and has invited us to attend.

### ❖ **Junior and Senior Virtual Financial Aid Night:**

Whether this is your first child going off to college or your sixth, the **Free Application for Federal Student Aid (FAFSA)** is always a dreaded task. College Access Fairfax ([collegeaccessfairfax.org](http://collegeaccessfairfax.org)) has partnered with the school to put on a virtual financial aid night for both juniors and seniors. Both parents and students are recommended to attend this event. College Access Fairfax are the greatest financial aid resource available and we are lucky to have them supporting FCPS.

Time: **Tuesday, December 12th at 6PM** via Zoom. Zoom info will be sent out to all RSVP'd the morning of December 12th. This session will be recorded.

To RSVP please click this link: <https://docs.google.com/forms/VirtualFinancialAidNight>

### ❖ **FAFSA/VASA Completion Event**

A FAFSA/VASA Night will be held at **Lake Braddock Secondary School on 1/16/24**. This event will take place in the **Lecture Hall starting at 6:00pm**. The best place to park will be outside of Door 1. We will have staff there to direct you into the room where we will have helpers! Please complete this [form](#) so we have a headcount of how many families to expect.



## Information for Parents & Students Attending a FAFSA Completion Event



### Verified FAFSA IDs Are Required Prior to Event

All FAFSA completion event attendees (students and/or parents) need to have a verified FSA ID. If you arrive without an FSA ID, it is unlikely you will also be able to complete your FAFSA at the event (it can take up to three days for an FSA ID to be verified). You can obtain your FSA ID [here](#).

### Important Changes to FAFSA Completion Procedures

#### Each Contributor Must Complete Their Own Section of the FAFSA

Previously, a parent could complete both the student *and* parent portions of the FAFSA. Now, the student and parent must each complete their own portion of the FAFSA. [Here](#) is the information you should bring to complete the FAFSA.

#### Contributors Must Agree to Use the Direct Link to the IRS Site

Please note FAFSA now requires all contributors to agree to link their FAFSA to the IRS site (even if you know you will not be able to use the direct link and will enter information manually).

### There Will Be Limited Computers at the Completion Event

The student and parent should attend the event together, and the student should bring their FCPS laptop. If a parent does attend without the student, please note we will only have a limited number of computers for participant use. Personal computers cannot connect to the FCPS Wi-Fi at the school, and it is against FCPS regulations to bring a student laptop without the student also being present.

#### **-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>

#### **-Ways You Can Help Fight Hunger and Homelessness in Fairfax County**

As we enter the season of giving, here are some ways to help those experiencing hunger and homelessness in Fairfax County. [Ways You Can Help Fight Hunger and Homelessness in Fairfax County | News Center](#)

## YOUTH OPPORTUNITIES:

### Apprenticeship Opportunity for Juniors and Seniors

#### How to register:

- Online by clicking [here](#)
- By calling (703) 658-1201
- By emailing [educationalcounseling@fcps.edu](mailto:educationalcounseling@fcps.edu)

NCCER CORE CONSTRUCTION SKILLS  
**APPRENTICESHIP**  
101

This rigorous program prepares you for ACE apprenticeship classes in Electrical, HVAC, and Plumbing as well as entry-level positions on project sites. Learn the basics in safety, hand and power tools, construction math, material handling, construction drawings, and employability skills. During this class you will:

- 1 LEARN THE BASIC SKILLS TO CONTINUE EDUCATION IN ANY APPRENTICEABLE TRADE
- 2 EARN 80 HOURS OF APPRENTICESHIP RELATED INSTRUCTION
- 3 EARN AN INDUSTRY-RECOGNIZED CREDENTIAL THROUGH THE NCCER REGISTRY SYSTEM
- 4 CONNECT WITH EMPLOYERS

**Winter Session**  
2/5/24 - 5/29/24  
Woodson High School  
9525 Main Street  
Fairfax, VA 22031  
Monday & Wednesday  
6PM - 9PM

**Summer Session**  
6/28/24 - 7/12/24  
Bryant High School  
2709 Popkins Lane  
Alexandria, VA 22306  
Monday - Friday  
8AM - 3PM

**FCPS ACE**  
ADULT & COMMUNITY  
EDUCATION

**FOR MORE INFORMATION CONTACT**  
[EDUCATIONALCOUNSELING@FCPS.EDU](mailto:EDUCATIONALCOUNSELING@FCPS.EDU)

**ACECLASSES.FCPS.EDU**

**\$870**  
~~\$870~~  
**\$197\***

**\*DISCOUNTED TUITION COURTESY OF ACE FOUNDATION DOES NOT INCLUDE \$35 TEXTBOOK FEE AND \$5 LAB FEE**

**-1<sup>st</sup> Stage YES Pass for Fairfax County High School Students:** Free subscription to theatre company's award-winning productions for all high school students who live in Fairfax County or attend Fairfax County High School. In addition, they will receive invitations to SLICE IT UP, a pre-show acting workshop led by theatre professional. <https://r2.dotdigital-pages.com/p/731X-43M/thank-you?pfredir=3>

**-FCPS School Counseling Services** and [Go Overseas](#) are co-hosting the annual FCPS Gap Year Fair on **Tuesday, January 30, 2024, at George C. Marshall High School from 6:00 to 8:30 p.m.** This event is for high school students and their families who are interested in learning more about the growing array of gap year opportunities. Student registration will open on **November 20, 2023**. Contact Pamela White, Postsecondary Special Projects Liaison, at [pcwhite@fcps.edu](mailto:pcwhite@fcps.edu) or 571-393-1102 if you have any questions.



STUDENTS • PARENTS • EDUCATORS

# ARE YOU CONSIDERING A GAP YEAR?

**Gap Year Scholarships**  
Learn about our newest scholarships & tips for funding your gap year. Plus, connect with gap year experts, programs & alumni.

**Gain Bonus Points**  
Seniors attending a fair can earn a bonus point toward a \$5,000 gap year scholarship entry!

**FAIRFAX  
USA GAP YEAR FAIR**

**TUESDAY, JANUARY 30, 2024  
6:00 PM - 8:30 PM EST**

Public event hosted by:  
George C. Marshall High School  
7731 Leesburg Pike  
Falls Church, VA 22043



**Register today!**  
Don't wait to reserve your spot, as space is limited at the event.  
Learn more at [usagapyearfairs.org](http://usagapyearfairs.org)



-NOVA Virtual Information Sessions for Seniors and their families



## SPRING 2023 NOVA VIRTUAL INFORMATION SESSION

Learn about the numerous opportunities, services, and resources designed to get you connected to the NOVA Nighthawk Community.

December 12, 2023 (7:00pm)

Register here: [tinyurl.com/December-12](https://tinyurl.com/December-12)

January 23, 2024 (4:30pm)

Register here: [tinyurl.com/January-23-2024](https://tinyurl.com/January-23-2024)



February 20, 2024 (7:00pm)

Register here: [tinyurl.com/Feb-20-Spanish-Session](https://tinyurl.com/Feb-20-Spanish-Session)

March 19, 2024 (4:30)

Register here: [tinyurl.com/March-19-2024](https://tinyurl.com/March-19-2024)

### APPLICATION WORKSHOP

April 30, 2024 (7:00pm)

Register here: [tinyurl.com/April-18-Application-Workshop](https://tinyurl.com/April-18-Application-Workshop)

Open to all FCPS seniors and parents. For questions, contact [admlsslons@nvcc.edu](mailto:admlsslons@nvcc.edu)

**NOVA** | Northern Virginia  
Community College

## -Mini Medical School Day 2024

Do you know of any high school students interested in pursuing a career in the medical field? Don't miss this fantastic opportunity! The event will be held at Fairfax Hospital on January 13th, from 9 am to 5 pm.

Register here:

[https://docs.google.com/forms/d/e/1FAIpQLScD2I0NI3csWFBh8HdX\\_\\_jhlo0gSVhc1e35d8bqs5XWQw2e0A/closedform](https://docs.google.com/forms/d/e/1FAIpQLScD2I0NI3csWFBh8HdX__jhlo0gSVhc1e35d8bqs5XWQw2e0A/closedform)



**UVA SNMA Presents...**

# Mini-Medical School Day 2024

### About the Program

Mini-Medical School is a day-long, immersive career exploration program hosted by UVA SNMA in collaboration with the INOVA Dream BIG Program. This program provides high school students (Grades 9-12) with early exposure to the field of medicine with a goal of strengthening the medical pipeline and diversifying the medical workforce.

**When:** Saturday, Jan. 13th, 2024  
9 AM - 5 PM

**Where:** Inova Fairfax Medical Campus  
Physicians Conference Center  
3300 Gallows Rd, Falls Church, VA  
22042

**Activities include:**

- Tour of the Inova Fairfax Medical Campus including the ED, SIM Lab and more.
- Learn IV placement, Labor and Delivery, Laparoscopic Surgical Skills and more!
- Lunch & Learn Panel with UVA Medical Students and Inova Resident Physicians.

Click the link below or scan the QR code:  
<https://forms.gle/sXMqH2dBjpEGkKab6>

**REGISTER ASAP!**

**Inova™** **DREAM BIG**



## 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.

<https://soco.financialemPOWERMENTCENTERS.org/>

## -**Supplemental Nutrition Assistance Program Employment and Training (SNAPET)**

If you are a SNAP recipient, you have access to employment services through the SNAP Employment and Training Program! For additional details, please refer to links below.

Visit the website:

<https://www.fairfaxcounty.gov/familyservices/employment-and-training/supplemental-nutrition-assistance-program-employment-and-training>

## OTHER RESOURCES

### -**Pet Resource Center**

Looking for cost-effective pet vaccinations, help with pet food or supplies, details about PetHaven Program, or tips on finding affordable veterinary care? Check flyer below.

Fairfax County Animal Shelter's Pet Resource Center provides community- based resources and support anchored in keeping more pets with the families who love them. By identifying resource gaps experienced by Fairfax County residents, our Pet Resource Center works to prevent the rehoming of companion animals due to inequitable pet assistance services.

<https://www.fairfaxcounty.gov/animalshelter/petresources>



The flyer features a dark blue header with the title 'Pet Resource Center' and the Fairfax County Animal Shelter logo. Below the header, there is a section titled 'About our Pet Resource Center' with a photograph of a woman holding a small dog. The text describes the center's mission to provide community-based resources and support to prevent rehoming of companion animals. A teal section at the bottom left lists 'Pet Resource Center Services' including 'Vaccine and Microchip Clinics' and 'Pet Pantry'. A white section at the bottom right lists 'Upcoming 2024 Services' including 'Low-Cost Spay and Neuter Options'. The footer contains the website URL: FAIRFAXCOUNTY.GOV/ANIMALSHELTER/PETRESOURCECENTER.

## Pet Resource Center



### About our Pet Resource Center

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### Pet Resource Center Services

**Vaccine and Microchip Clinics:** These monthly clinics offer Fairfax County residents low-cost core vaccines and microchips.

**Pet Pantry:** Our pet pantry provides pet food and other supplies for Fairfax County residents facing hardship.

### Upcoming 2024 Services

**Low-Cost Spay and Neuter Options:** Our Pet Resource Center will provide affordable spay and neuter options for low-income Fairfax County residents in 2024. This initiative includes a voucher program where residents can apply for a voucher to have their pet spayed or neutered at a local veterinary clinic.

FAIRFAXCOUNTY.GOV/ANIMALSHELTER/PETRESOURCECENTER

**-The Fairfax County Health Department offers maternal child health home visiting services**

through: **Nurse-Family Partnership**<sup>®</sup> and **Maternal Child Health Field Nurse** programs. Services are provided by experienced Public Health Nurses for low-income, high-risk pregnant and postpartum women, infants, and children. The Public Health Nurses provide comprehensive, multifaceted care to clients, targeting a multitude of stressors such as low socioeconomic status, history of trauma or abuse, and mental health conditions in order to promote positive health outcomes.

You can fill out and return the [Maternal Child and Family Support Home Visiting Programs Referral Form](#) to have a staff member contact you about home visiting services.

<https://www.fairfaxcounty.gov/health/maternal-child-health>

**ENGLISH CLASSES**

**-English Empowerment Center: Conversation Class and Continued Learning Between Semesters**

<https://englishempowermentcenter.org/free-conversation-class-and-continued-learning-between-semesters/>

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](#).

**-Fellowship Baptist Church:**

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