



Hello Lake Braddock Families,

9/13/2024

Welcome to our first newsletter for the 2024-2025 school year. Hope you all had a nice time with the family.

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

COMMUNITY EVENTS AND ENGAGEMENT OPPORTUNITIES

- **Fairfax County Health Department - Immunization Clinics call 703-246-7100 for appointments.**

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

- **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>
- **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).

- **Food for Others 11th Annual Tysons 5K & Fun Run**

The 2024 Food for Others Tysons 5k & Fun Run is on Saturday, September 28, at 8:00 a.m. at Tysons Corner Center Mall Plaza. REGISTER TODAY and help support Food for Others, which distributes food to our neighbors in need by mobilizing our giving community and volunteers.

Register here: <https://runsignup.com/Race/Register/?raceId=143466>

Food for Others is an important part of Northern Virginia's food insecurity safety net, serving over 3,000 families and 3,900 children a week through the Power Pack Program, which provides weekend meals to roughly 3,800 students at 44 Fairfax County schools during the school year. The weekend meal pack helps alleviate a child's hunger and allows them to come to school on Monday morning fed, focused, and ready to learn.

- **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 the flyer for locations and details.

<https://www.fairfaxcounty.gov/parks/farmersmarkets>

SNAP AT FAIRFAX COUNTY PARK AUTHORITY FARMERS MARKETS



Use your SNAP benefits at select Farmers Markets and get up to \$40 dollars of additional fruits and vegetables for FREE. Come to the SNAP information tent to swipe your EBT card in exchange for tokens. Use your tokens like cash, but only at the Market at which they were purchased. Tokens never expire.

Use sus beneficios SNAP en Farmers Markets selectos y obtenga hasta \$40 dólares en frutas y verduras adicionales GRATIS. Acérquese a la carpa de información SNAP para pasar su tarjeta EBT a cambio de fichas. Use sus tokens como si fueran dinero en efectivo, pero sólo en el Market en el que las compró. Los tokens nunca caducan.

استخدم مزايا برنامج المساعدات الغذائية التكميلية (SNAP) الخاصة بك في متاجر مختارة للمنتجات الزراعية واحصل على ما يصل إلى 40 دولارًا من الفواكه والخضروات الإضافية مجانًا. انتقل إلى خيمة معلومات برنامج المساعدات الغذائية التكميلية (SNAP) ومرر بطاقة تحويل المنافع الإلكترونية (EBT) الخاصة بك مقابل رموز مميزة. استخدم الرموز المميزة بنفس طريقة استخدام النقود، ولكن فقط في المتاجر التي تم شراؤها فيها. صلاحية الرموز المميزة لا تنتهي أبدًا.

在特定农夫市集使用您的 SNAP 福利，可免费额外获得最高价值 \$40 美元的水果和蔬菜。请前往 SNAP 资讯帐篷，用您的 EBT 卡刷卡换取代币。您可以像使用现金一样使用代币，但仅限于购买代币所在的市集范围内。代币不会过期。

با استفاده از مزایای SNAP در فروشگاه های محصولات کشاورزی منتخب می توانید تا 40 دلار میوه و سبزیجات اضافی به صورت رایگان دریافت کنید. با مراجعه به واحد اطلاعات SNAP می توانید کارت EBT خود را بکشید و ژتون خریداری کنید. از ژتون های خود می توانید مانند پول نقد استفاده کنید اما این کار فقط در فروشگاه های که از آن خریداری شده اند، امکان پذیر است. ژتون ها تاریخ انقضای ندارند.

엄선된 Farmers Markets(파머스 마켓)에서 SNAP 혜택을 사용하고 최대 \$40 상당의 추가 과일 및 채소를 무료로 받으세요. SNAP 정보 텐트로 오셔서 EBT 카드를 긁고 토큰으로 교환하세요. 토큰을 현금처럼 사용하되 토큰을 구매한 마켓에서만 사용하세요. 토큰은 만료되지 않습니다.

Используйте свои SNAP-льготы в определенных магазинах с фермерской продукцией и получите БЕСПЛАТНО товары на сумму до \$40 из категории овощей и фруктов. Обратитесь в информационный шатер SNAP, чтобы провести свою EBT-карту в обмен на токены. Используйте токены по аналогии с наличными, но только в тех магазинах, где те были приобретены. Токены имеют неограниченный срок действия.

Sử dụng các phúc lợi SNAP của quý vị tại một số Chợ Nông Sản chọn lọc và nhận MIỄN PHÍ thêm trái cây và rau quả trị giá lên đến 40 đô la. Hãy đến lều thông tin SNAP để đổi EBT của quý vị để đổi lấy token. Quý vị có thể sử dụng token như tiền mặt, nhưng chỉ tại Chợ nơi đã mua token. Token không bao giờ hết hạn.

SNAP AT FAIRFAX COUNTY PARK AUTHORITY FARMERS MARKETS

MCCUTCHEON/MOUNT VERNON

Wednesdays, April 17-December 18
8 a.m.-Noon

Sherwood Regional Library
2501 Sherwood Hall Lane, Alexandria

WAKEFIELD

Wednesdays, May 1-October 30
2-6 p.m.

Wakefield Park
8100 Braddock Road, Annandale

ANNANDALE

Thursdays, May 2-November 14
8 a.m.-Noon

Mason District Park
6621 Columbia Pike, Annandale

RESTON

Saturdays, April 27-December 7
8 a.m.-Noon

Lake Anne Village Center
1609-A Washington Plaza, Reston

LORTON

Sundays, May 5-November 10
8 a.m.-Noon

VRE Parking Lot
8990 Lorton Station Boulevard, Lorton

For information and directions, visit:

www.fairfaxcounty.gov/parks/farmersmarkets/snap
or call 703-642-0128



For Inclusion and ADA Support, call 703-324-8563. TTY Va. Relay 711



- **JA Finance Park® (JAFFP)** 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. JAFFP is looking for multilingual volunteers to better accommodate our diverse population. Please share the attached flyer with caregivers that may be interested in volunteering their time.

<https://www.myja.org/financepark/>

Volunteer Opportunity Caregivers



Financial Capability Matters

JA Finance Park® is an innovation in experiential education designed to prepare our region’s youth for life and work in the **real world**.

As a JA Volunteer, you’ll watch students step into the future and catch a glimpse of what’s possible if they take control of their financial future. JA students need your experience, expertise and commitment to help them be **100% inspired, 100% prepared and 100% employed** when the time comes.

What does it mean to be a volunteer at JA Finance Park?

The total time commitment is ~4.5 hours, including a 1-hour training the morning of your scheduled volunteer day.

- You will help guide students through different phases of the day, which simulate real-world budgeting decisions, spending research, and bill payment.
- Then you’ll share your own life experiences and help them walk a day in your shoes. You bring the program to life!

Next Steps

- Contact your child’s social studies teacher to indicate your interest in being a part of the JA Finance Park experience.
- Visit <http://jaffc.jagw.volunteerhub.com/> to sign up to volunteer and learn more about the program.
- Arrive at your scheduled volunteer time ready to empower our future.

JA Finance Park Fairfax County
4099 Pickett Road, Fairfax, VA 22032

FAMILY RESOURCES:

- **Varsity Tutors- Online Tutoring Services at no cost to families**

<https://www.fcps.edu/services/families-and-caregivers/family-academy/tutoring-options/online-tutoring-service>

- **School Attendance** - 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 contact:

Middle School: Angela Santizo assantizo@fcps.edu

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

- **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/>
- 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.



FCPS
PARENT RESOURCE CENTER

Family Resource Center September 2024 Webinars



Register Online

6 SEPT 10 - 11:30 A.M.
Seven Simple Strategies for Sibling Support with Emily Holl
Siblings of children with disabilities play essential roles in their families and often experience similar concerns and opportunities as parents. Learn some common issues that siblings experience and seven simple ways parents and providers can help minimize sibling concerns and maximize opportunities to build close bonds with siblings.

13 SEPT 10 - 11 A.M.
Ann Dolin: Back to School Toolkit: Proven Systems for Staying Organized, Curbing Procrastination, and Meeting Deadlines with Ann Dolin
Join us to learn about unrelenting patterns of disorganization, procrastination, and late assignments wear down and discourage many parents of students (especially those with ADHD and other learning differences) as the school year grinds on. But it doesn't have to be this way!

20 SEPT 10 - 11:30 A.M.
Setting Limits and Dealing With Dramatic Resistance with Rachel Bailey
It's important to set limits, but sometimes when we try to set them, our kids don't follow them or it takes a tremendous amount of energy to enforce them. Join us to learn how to set effective limits to reduce the likelihood of resistance.

27 SEPT 10 - 11:30 A.M.
Understanding Adolescent Development: The Physical, Emotional, and Cognitive Changes in Teens with Dr. Unnatti Jain
Gain insights into physical changes and understand the emotional fluctuations teens experience.

Family Resource Center: 703-204-3941 and frc@fcps.edu
Registration: <https://bit.ly/3zjZrGH>

- **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
- **Formed Families Forward**, Local nonprofit Formed Families Forward is offering a new training for families to boost family safety and wellness as we prepare for the 2024-2025 school year.

<https://formedfamiliesforward.org/>

There will be three opportunities for the trainings:

9/9/2024, 6:30 - 8:00 pm: Fairfax County @ the Sherwood Community Center, Fairfax City

9/20/2024, Noon - 1:30 pm: Virtual via Zoom

9/23/2024, 6:30 - 8:00 pm: Manassas @ the Pat White Center at Ben Lomond, Multi-Purpose Room A

The training will cover:

- Easy strategies to mitigate safety risks.
- Evidence-based stress management tips & tools.
- Where to find help.
- Opportunities to connect with other families.

Refreshments, take-away items, and a childcare stipend are available for those attending in-person sessions. Local Community Services agencies will also be sharing information and take-away safety items such as medication lockboxes and trigger locks.

- **Military Families Resources**

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

- Purple Star National Convening of Schools and Communities (Virtual Conference), Thursday, October 24, 2024

[Register Here](#)



PURPLE STAR USA
**NATIONAL CONVENING OF
SCHOOLS & COMMUNITIES**

*Connecting and empowering parents, schools, and communities to build
resiliency for military-connected youth!*

Join the third annual national convening of Purple Star youth, families,
educators, and community leaders!

Hosted by your Local Purple Star School Leaders!
#PurpleStarUSA

24 October 2024

10:00 a.m. — 4:00 p.m. EST
Please join us by registering through the QR code
or at
<https://events.teams.microsoft.com/event/dd3fdb34-302a-46f3-b5b1-0e40483b5400@c8590879-16e2-4eef-803b-2c1745e7cf9e>

Contact & Info:
Jenn at jennifern.davis@myhhcs.org
Steve at steve.cambron@ky.gov



● 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>

LBSS EVENTS:

**Lake Braddock High School
Back - To - School Night**

Thursday, September 19, 2024



Back-To-School Night is being held **Thursday, September 19 from 6:30 p.m. to 8:30 p.m.** At *Back-To-School Night* you will have the opportunity to meet with each of your child's teachers and be informed of the following:

- ★ Classroom academic and behavioral expectations
- ★ Policies regarding attendance
- ★ Homework expectations
- ★ Grading policies
- ★ Additional supplies needed for the class (i.e. calculators, notebooks etc)



Join LBSS PTSA

You can also access your student's schedule through your SIS ParentVue account, or visit the Career Center (L102) when you arrive.

Welcome and Introductions

Lindsey Kearns, LBSS Principal's Welcome

Available throughout the building and on our website:
Superintendent and School Board Message

Please bring this flier with you to Back-to-School Night as it has your student's schedule and map printed on the back.

Each class will meet for 10 minutes with a 7 minute passing period.

PURPLE DAY

PERIOD 1 6:30 – 6:45
PERIOD 3 6:52 – 7:02
PERIOD 5 7:09 – 7:19
PERIOD 7 7:26 – 7:36

GOLD DAY

PERIOD 4 7:43 – 7:53
PERIOD 6 8:00 – 8:10
PERIOD 8 8:17 – 8:27

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

<https://lbspsa.org/>

Lake Braddock Secondary School
PTSA
everychild.onevoice.[®]
2024-25
Join LBSS PTSA

Meeting Schedule

7:00 – 8:00PM
ROOM L-167, ENTER DOOR 17

September 9

November 18

January 27

March 10

May 21

Get info
Talk to Admin
Express concerns
Ask questions

Zoom also available - click on the post link to register!

YOUTH OPPORTUNITIES:

- **NEW Student Leadership Development Program with the School Board**

The School Board is accepting applications for the Student Leadership Development Program, open to any high school freshman, sophomore, or junior in good academic standing. The program is for students interested in a future in law, government or public policy. Twelve students will be chosen to work closely with the School Board to how FCPS is governed and will give the students opportunities to participate on various advisory committees to the School Board, and even to seek election as the student representative on the School Board.

The program information and application are available at the link below:

<https://www.fcps.edu/node/31703>

- **Register for the Alcanza College Fair (HS)**

We are pleased to announce that George Mason University will be hosting the 24th Annual [ALCANZA](#) College Fair! George Mason hosts [ALCANZA](#) as part of our effort to increase college interest and awareness among high school students in the Washington, D.C. metropolitan area during Hispanic Heritage month. This event was created to get Latinx students motivated and excited about their post-secondary plans, and the program is open to all students in the Washington D.C. metro area to explore their educational opportunities beyond high school. Over 150 colleges from all over the nation will attend [ALCANZA](#), and we expect about 2,000 high school students to participate. We are excited to welcome you and your students to EagleBank Arena in October!

Please note that there will not be an opening session this year – the fair will take place from 10:30 a.m. to 12:30 p.m. and high schools may come and go as they wish. Lunches will be distributed to students on their way into the fair.

ALCANZA College Fair
Wednesday, October 16, 2024
[EagleBank Arena](#)
George Mason University - Fairfax Campus

- Register TODAY! Space is limited.
<https://go.gmu.edu/alcanza>

- Various student and teacher resources can be found on our website linked [here](#). These include a [Preparing for College Calendar](#), [College Fair Tips](#), and fair flyers in [English](#) and [Spanish](#).

Please feel free to pass this invitation to your colleagues from other schools who you believe may have interested students! If you have any questions about this event, please e-mail admevent@gmu.edu.

- **AI Bootcamp for High School Students**

The Mark Cuban AI Foundation and Booz Allen have partnered to offer an [AI Bootcamp](#) for high school students. Students will participate in building AI systems, gain a clear understanding of what AI truly is (and what it is not), see how AI plays a role in their daily lives, delve into the ethical aspects of AI technologies, and explore much more. The camp will be held from 11 a.m. to 4 p.m. on November 2nd, 9th, and 16th, 2024, and hosted at the Booz Allen McLean office, 8283 Greensboro Drive, McLean, Virginia 22102. The application deadline is **September 30, 2024**. [Apply here](#).

[Flyer](#)

FALL 2024

AI BOOTCAMP

TRAINING AMERICA'S NEXT GENERATION OF AI LEADERS
FUNDAMENTAL CONCEPTS • AI APPLICATIONS • CAREER ENGAGEMENT

NOVEMBER 2ND, 9TH, 16TH | 11AM-4PM

WHAT WE DO:

We host intro to Artificial Intelligence bootcamps specifically designed for high school students. Over the course of three Saturdays, students will participate in building their own AI systems. They'll gain a clear understanding of what AI truly is (and what it is not), see how AI plays a role in their daily lives, delve into the ethical aspects of AI technologies, and explore much more.

For 2024 locations, visit: www.markcubanai.org/faq

APPLICATION DEADLINE: 09/30/2024
HIGH SCHOOL STUDENTS CAN APPLY AT:
WWW.MARKCUBANAI.ORG/APPLYNOW



- **Northern Virginia Soil and Water Conservation District Poster Contest**
Calling all student artists! The 2024 Conservation Poster Contest theme is "May the Forest Be With You, Always." This contest is open to all K-12 students in Fairfax County, and scouts are eligible to earn a poster contest patch. Additionally, this year features a digital poster contest open to students in grades 7-12. The application deadline is Friday, September 27, 2024. [Learn more about the 2024 Conservation Poster Contest](#) and contact [Ashley Palmer](#) with questions.

[Guidelines and Rules flyer](#)

[Entry Form](#)

JOB READINESS AND EMPLOYMENT OPPORTUNITIES



Virtual Personal Finance & Career Building Workshops

Workshops conducted through Zoom

Tuesdays at 7:00 PM

AUG 13: Using Credit Wisely
AUG 20: Interview Skills
AUG 27: Car Buying 101
SEP 3: Budgeting for Celebrations
SEP 10: All About Insurance
SEP 17: Job Search Techniques



Use this link to register for a specific class or the entire series:

<https://fecworkshops.timetap.com/>
or scan the QR Code

If you are having trouble registering, please email your request to info@fecso.co.org



In Partnership with United Way NCA, Fairfax County, and Britepaths



- **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: <https://fecso.co.org/#/>

- **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 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>