



Hello Lake Braddock Families,

01/05/24

Wishing you a wonderful 2024! Please find all the information and resources for this week in our Newsletter below:

COMMUNITY EVENTS AND ENGAGEMENT OPPORTUNITIES

- FCPS OPIOD Event**

[In this video](#), Superintendent Dr. Michelle Reid interviews the Fosters, a family who tragically lost their son, Cayden, to a half pill of fentanyl mistaken for Percocet. This heart-wrenching yet essential discussion aims to save lives by raising awareness among students about the dangers of fake painkillers. Please join Dr. Reid on **Wednesday, January 10, at 6:30 p.m.**, at [Edison High School](#) for a community conversation about opioid awareness. You may [register to attend](#). However, registration is not required; it is simply for space considerations.



LOCATION

Edison High School
5801 Franconia Rd, Alexandria, VA 22310
In the Auditorium
Entrance: Door # 17

DATE/TIME

Wednesday, January 10, 2024
6:30 p.m. to 7:30 p.m.

SCAN TO REGISTER



Registration is not required but will help us better plan the event.

**FREE REVIVE!
NARCAN TRAINING**

Language interpretation services are available as well as American Sign Language accommodation.

Childcare and transportation will also be provided, as needed.

Program appropriate for grades 6 and up.

WWW.FCPS.EDU/OPIOD

- **FCPS Family Math Week- January 8-12**, join FCPS for Family Math Week as we enjoy games and stories that delight all ages, and work toward our goal of 1 Million minutes!

<https://www.mindresearch.org/fcps-math-week>

- **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.**



SCAN or visit scanva.org/classes
familyprograms@scanva.org | 703.820.9001 x 109

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](#)



The poster features the FCPS Parent Resource Center logo in the top left, a QR code in the top right, and the text 'Register Online' below it. The main title is 'FamilyResource Center January 2024 Webinars'. Three webinar events are listed in a vertical stack, each with a date in a colored circle, a title, and a description. The first event is on January 5th at 10-11:30 A.M. The second is on January 12th at 10-11:30 A.M. The third is on January 20th at 9 A.M.-NOON. At the bottom, contact information for the Family Resource Center is provided, including a phone number, email, and a registration link.

FCPS
PARENT RESOURCE CENTER

FamilyResource Center
January 2024 Webinars

Register Online

10-11:30 A.M.

5
JAN

Raising a Kid Who Can

Join us to examine with the authors why kids are struggling? And based on all that modern science has to offer, what are the most important things I can do in raising kids?

10 - 11:30 A.M.

12
JAN

Transition to Middle and High School for Twice Exceptional (2e) 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.

9 A.M.-NOON

20
JAN

Sib Shops

The Sibshop workshops are for children in grades 2-6 enrolled in Fairfax County Public Schools who have siblings with special needs. This is an in-person workshop held at the Providence Community Center.

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

- **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:

- **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. **Interpreters' services will be available for Spanish, Korean and Vietnamese families.**



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.

- **Lake Braddock Parent Teacher Student Association** - PTSA Membership Meeting and Town Hall, Monday January 20th, from 7-8pm at Lake Braddock SS. Interpreters' services will be available for Spanish, Korean and Vietnamese families.

Join PTSA: <https://lbssptsa.org/>

- **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

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

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

FOR MORE
INFORMATION CONTACT
EDUCATIONALCOUNSELING@FCPS.EDU

ACECLASSES.FCPS.EDU

- **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 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



- 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

January 23, 2024 (4:30pm)

Register here: tinyurl.com/January-23-2024



February 20, 2024 (7:00pm)

Register here: tinyurl.com/Feb-20-Spanish-Session

March 19, 2024 (4:30)

Register here: tinyurl.com/March-19-2024

APPLICATION WORKSHOP

April 30, 2024 (7:00pm)

Register here: tinyurl.com/April-18-Application-Workshop

Open to all FCPS seniors and parents. For questions, contact admissions@nvcc.edu

NOVA | Northern Virginia
Community College

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>

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®** 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

- **FCPS - Adult English for Speakers of Other Languages (ESOL)**- Classes will begin January 16th, 2024 and run for 9 weeks, 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: 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](#).

English Empowerment Center also offers in-person classes for Spring semester. Registration for their Spring semester classes will begin January 8th. Please follow the [link](#) to learn more information.



Intensive English and Workforce Readiness Class

This course offers three levels of intensive English instruction (Literacy, Beginning, and Intermediate) with a curriculum designed to deliver relevant language and soft skills to help participants improve their employability and advancement potential. The Intermediate course includes preparation for a credential. This training and its associated skills are easily applicable to practically every industry and work setting.



Sign-Up:

Tuesday, December 12
10:30am-12:00pm
Mark Center, 6th floor, Workforce Development Ctr
(4850 Mark Center Dr., Alexandria, VA 22311)
In-person registration is required for all levels.

Class Schedule:

January 16-March 7
Monday, Tuesday, Wednesday, Thursday
9:30am-1:30pm*
(Level 3 will meet Feb 16th and Feb 23rd,
instead of Feb 7th and 8th)
*Additional hours available for VIEW clients

Course Level Details:

The Literacy Level course will take place IN-PERSON at the City of Alexandria's Workforce Development Center at the Mark Center (4850 Mark Center Dr., Alexandria, VA 22311).

Beginning and Intermediate levels will meet VIRTUALLY.

Laptops will be available for loan for the duration of the course for all students.

Services Fee: \$200

(\$300 for referral agencies requiring monthly reporting)

Now Accepting:



Contact LVAughn@EnglishEmpowermentCenter.org or
call 703-237-0866 for more information.



English Empowerment Center



@EnglishEmpowers

703-237-0866 | TTY: 711 | info@EnglishEmpowermentCenter.org | www.EnglishEmpowermentCenter.org

- Fellowship Baptist Church:

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