

Hi Lake Braddock Families,

Below are the resources for this week. Please reach out if there is anything you need.

Family Resource Center

<https://www.fcps.edu/family-resources/family-engagement/family-resource-center/register-free-workshops-family-resource>

Parenting Programs and Workshops

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

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>

Job Readiness and Employment Opportunities:

-Supplemental Nutrition Assistance Program Employment and Training (SNAPET)

Visit this website:

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

Or watch the youtube video:

<https://www.youtube.com/watch?app=desktop&v=Q0XOd3Km8wc>

Need help finding a job?



Employment & Training

If you receive SNAP, you can receive employment services through SNAP E&T!

To sign up, contact your SNAP worker.

WATCH OUR VIDEO

<https://youtu.be/Q0XOd3Km8wc>



EMAIL (PREFERRED)

DFSNAPE@fairfaxcounty.gov

CALL

703-324-7712

SNAP E&T* INCLUDES:

- Help completing the GED or a high school diploma
- Career planning
- Job training
- Resume and interview preparation
- Assistance with childcare, transportation, work clothes
- And more!

Supplemental Nutrition Assistance Program Employment and Training

A FAIRFAX COUNTY, VA. PUBLICATION—11/2021





Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations provided upon request, call 703-324-7500.




-Financial Empowerment Center at South County

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

Upcoming events: <https://soco.financialemPOWERMENTCENTERS.org/pageservices/>



PUT YOURSELF IN CHARGE!
Get direct access to financial education and guidance at **no cost**.






No matter your income level, we offer one-on-one support and workshops, so you can remain financial independent:


- Financial Coaching
- Personal Income Tax Assistance
- Small Business Consultation
- Workforce Development
- Personal Finance & Career Building Classes

To make an appointment or to get more information:
www.FECsoco.org / 703.704.6101 / info@FECSoCo.org
View our calendar of upcoming events:
<https://soco.financialemPOWERMENTCENTERS.org/pageservices/>
We offer our services virtually, via video or phone!

In partnership with Fairfax County, UWNCA, and Britepaths.



To request reasonable ADA accommodations, please contact FEC at 703-704-6101



Community Events and Engagement Opportunities:

-Lake Braddock School Planning Council (SPC)- We are looking for parents and guardians who want to be involved with helping provide feedback to Lake Braddock. The purpose of the SPC is to bring together our community to share progress and seek feedback on the direction of Lake Braddock. Providing an excellent education and safe learning environment for all our students is our primary goal and we recognize the role our community plays. This year, the SPC will focus on our School Improvement and Innovation Plan (SIIP) goals. We will meet once in the Fall to share our goals and seek feedback about strategies for implementation. We will reconvene in the Spring to share our progress and review feedback. This is also a great space to make connections in the community and learn more about what LBSS has to offer. **The council will meet in person twice during the school year (11/16/23 and 4/11/24) from 6:00PM-7:30PM. If you are interested in participating, please complete [this form](#) by November 10th.** Returning SPC members should still complete the form to continue their service on the committee.

-Drug Take Back Day is Saturday, October 28th from 10 a.m. to 2 p.m. -- Drop off unused or expired medications. Disposal is FREE, convenient, confidential, and safe.

Drug Take Back Day
Saturday, October 28th,
2023 10 a.m. – 2 p.m.



- ✓ Drop off unused or expired medications at the locations listed below.
(Accepted items: prescription and non-prescription pills, e-cigarettes and vaping devices with batteries removed, small liquid packs/pods for e-cigarettes and vaping devices, prescription ointments, and medications for pets. Not accepted: illegal drugs, pressurized canisters [inhalers/aerosol cans], needles, large sources of liquids, non-prescription ointments and lotions.)
- ✓ Disposal is FREE, convenient, confidential, and safe.
- ✓ Safe handling of unused or expired medications:
 - Protects the environment.
 - Prevents drug misuse.
 - Prevents accidental poisoning.



Drop-Off Sites

Fair Oaks District Station 12300 Lee Jackson Memorial Highway Fairfax, VA 22033	Tysons Emergency 8240 Leesburg Pike Vienna, VA 22182	Sully District Station 4900 Stonecroft Boulevard Chantilly, VA 20151
Franconia District Station 6121 Franconia Road Alexandria, VA 22310	Mount Vernon District Station 2511 Parkers Lane Alexandria, VA 22306	West Springfield District Station 6140 Rolling Road Springfield, VA 22152
Mason District Station 6507 Columbia Pike Annandale, VA 22003	Reston Hospital Center 1850 Town Center Parkway Reston, VA 20190 <i>Outside Pavilion 1, across from Parking Garage B</i>	Town of Vienna Police Department 215 Center St South Vienna, VA 22180

Need help with a substance misuse issue? Learn more about local services at www.fairfaxcounty.gov/csb.

Can't make it to Drug Take Back Day? No problem. Learn about year-round prescription and over the counter medication disposal, including those prescribed by veterinarians at www.fairfaxcounty.gov/health/drug-disposal.

The DEA Drug Take Back Day is coordinated by the Fairfax County Police Department in collaboration with various Fairfax County government departments: Fairfax-Falls Church Community Services Board, Health Department, Neighborhood and Community Services, Public Works and Environmental Services, and in partnership with the Rotary Clubs of Fairfax County, the Fairfax Prevention Coalition and local businesses.



A Fairfax County, Va., publication September 2023. For more information or to request information in an alternate format, call the Community Services Board at 703-324-7000, TT 711.

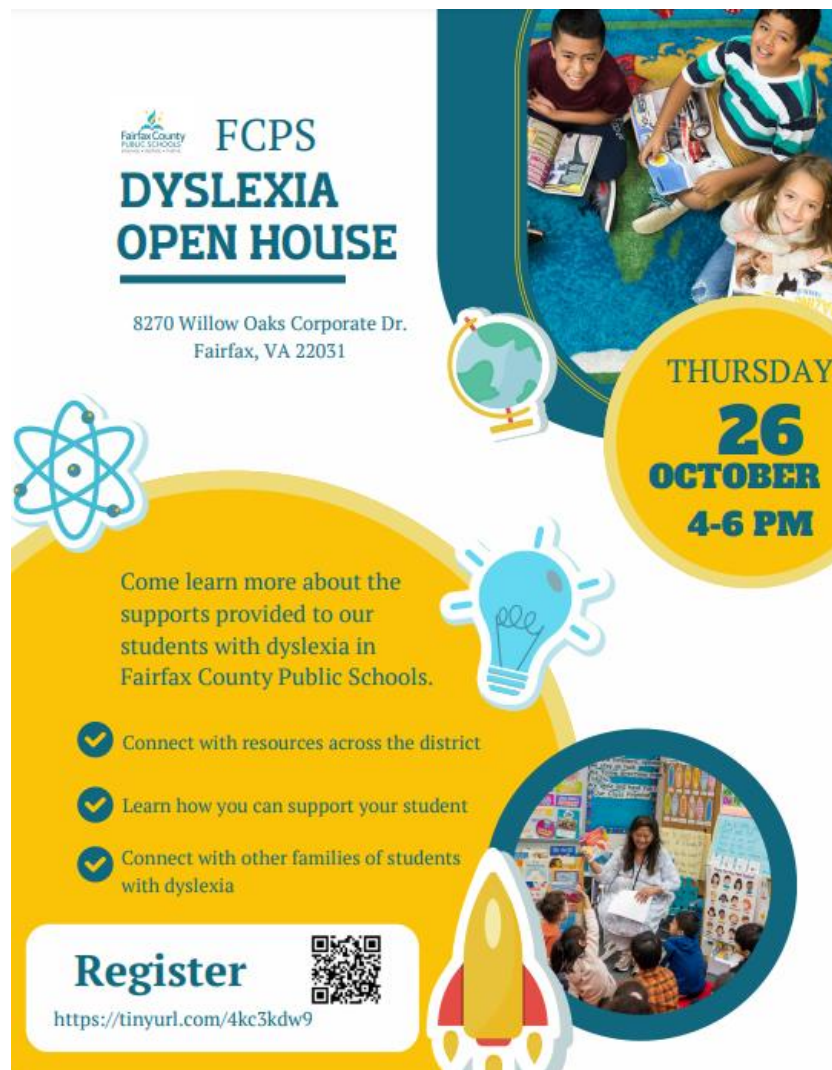
Need help with a substance misuse issue? Learn more about local services at www.fairfaxcounty.gov/csb.

Can't make it to Drug Take Back Day? No problem. Learn about year-round prescription and over the counter medication disposal, including those prescribed by veterinarians at www.fairfaxcounty.gov/health/drug-disposal.


-Dyslexia Open House

Fairfax County Public Schools will be holding the Dyslexia Open House on **October 26, 2023**, from 4:00 to 6:00 p.m. at 8270 Willow Oaks Corporate Drive, Fairfax, VA 22031. This event is open to staff members and families who would like to learn more about dyslexia and how Fairfax County Public Schools supports students with dyslexia.

From 4:00 to 5:00 p.m. participants have the opportunity to visit tables set up with information from a variety of departments in Fairfax including the Office of the Ombuds, Office of School Psychology and the Office of Special Education Instruction. From 5:00 until 6:00 p.m. a variety of speakers will discuss the importance of dyslexia awareness and how to support your students with dyslexia. Click on the [invitation](#). Register using this [link](#).



The flyer features a yellow background with various educational icons: an atom, a globe, a lightbulb, and a rocket. It includes a circular photo of three students looking at a book, and another circular photo of a teacher interacting with a group of students in a classroom. The text is arranged in a clear, readable layout with a prominent date and time callout.

 **FCPS**
DYSLEXIA
OPEN HOUSE


8270 Willow Oaks Corporate Dr.
Fairfax, VA 22031

THURSDAY
26
OCTOBER
4-6 PM

Come learn more about the supports provided to our students with dyslexia in Fairfax County Public Schools.

- ✓ Connect with resources across the district
- ✓ Learn how you can support your student
- ✓ Connect with other families of students with dyslexia

Register



<https://tinyurl.com/4kc3kdw9>

-National PTA Reflections 2023-2024- Explore the Arts and Express Yourself. Register Now!

Students participate in the appropriate division for their grade: Primary (Pre-K - Grade 2), Intermediate (Grades 3-5), Middle School (Grades 6-8), High School (Grades 9-12), Special Artist (All grades welcome).*

Students submit their completed works of art in one or all of the available arts categories: Dance Choreography, Film Production, Literature, Music Composition, Photography, Visual Arts.

Deadline for student entries is October 27th, 2023.

Send your entries and completed form to: reflections@lbspta.org

<http://lbspta.org/>



-1st 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>

-Grand Opening of the Eileen Garnett Civic Space – Fairfax County Government and the Fairfax County Park Authority are pleased to announce the **grand opening** of the **Eileen Garnett Civic Space**, 7200 Columbia Pike in Annandale (formerly the Annandale Civic Space), on **Saturday, October 21, 2023**, from **10 a.m. to 1 p.m.** A variety of family friendly activities will be featured to commemorate the opening of this unique community space. The Civic Space is named in honor of Eileen Garnett, a longtime resident of Annandale and passionate voice for community revitalization who also supported the park's development. **Advance registration** for the event is **encouraged**, event details and amenities, including transportation options, are available at www.fcrevite.org/annandale-park-civic-space. Questions? Contact the Community Revitalization Section of the Department of Planning and Development at Revitalization@fairfaxcounty.gov, or call 703-324-9300.

-The 2nd annual Purple Star USA National Convening of Schools and Communities will take place on **Thursday, October 26 from 10:00 a.m. to 4:00 p.m.** Join Purple Star youth, families, teachers, counselors, and friends by registering at this [LINK](#).

https://drive.google.com/file/d/1XHTCdGFLo5p53P-uuiky-HOWxT-dkqFI/view?usp=drive_link

Health and Healthcare


-The health department has introduced extended hours next week and in November at various clinics, specifically tailored for school-age children to catch up on their essential, school-required immunizations.

[Link to the Health Department website](#) with information about new clinic location dates.

Appointments are available during [regular clinic hours](#). **Extended hours are now also being offered for school-age children to catch up on their school-required vaccines.** Please call ahead, appointments are required. Schedule your appointment by calling **703-246-7100**.

-Fairfax County Take Charge Programs Catch My Breath- Teen Vaping Prevention Program

<https://www.fairfaxcounty.gov/neighborhood-community-services/prevention/take-charge/programs>



CATCH MY BREATH
TEEN VAPING PREVENTION PROGRAM

CATCH My Breath® is a peer-reviewed, evidence-based youth vaping prevention program. The program provides up-to-date information to equip students with the knowledge and skills they need to make informed decisions about the use of nicotine devices.

Four Versions

- 5th Grade
- 6th Grade
- 7th – 8th Grade
- 9th – 12th Grade

The program is designed in four versions to provide information, knowledge and skills for ages 12-18 (grades 5-12) in teen vaping prevention. Each version has four, 30-40 minute lessons.

LESSON TOPICS

5th Grade

- Consequences of Using E-Cigarettes.
- Making Our Own Choices.
- Don't Let Them Lie and Win.
- Your Life. Your Choice.

6th Grade

- Consequences of Using E-Cigarettes.
- Making Our Own Choices.
- Don't Let Them Lie and Win.
- Your Life. Your Choice.

7th – 8th Grade

- Understand the Choice.
- The Brain Rewired.
- Stand Firm on Your Choices.
- Your Life. Your Choice.

9th – 12th Grade

- Your Life. Your Choice.
- Addiction.
- Quit/Avoid.
- What's Your Why?

CURRICULUM GOALS AND RATIONALE

The overall goal of CATCH My Breath is to prevent the initiation of e-cigarette use among teens and preteens.


The program is designed to help students:

- Discover that non-use of e-cigarettes is the norm of adolescents.
- Identify reasons why young people might start using e-cigarettes.
- Recognize the subtle, and not so subtle, messages in e-cigarette advertising.
- Practice skills for resisting peer pressure and advertising pressure to use e-cigarettes.
- Decide on their personal reasons not to use e-cigarettes and set goals for future non-use.

The intended outcomes are to ensure that students will:

- Resist their own curiosity, peer and advertising pressure to experiment with e-cigarettes.
- Understand that e-cigarettes are addictive, unhealthy and not as popular as they think.
- Influence friends and peers not to use e-cigarettes.

FOR MORE INFORMATION, please contact NCS-TakeCharge@fairfaxcounty.gov or visit: www.fairfaxcounty.gov Search: Take Charge



CATCH MY BREATH
Fairfax County Neighborhood and Community Services

*CATCH My Breath is a best-practice-based program that was modeled after an evidence-based program called the Class of 1989 Study with elements derived from the Coordinated Approach to Child Health (CATCH) Program.

Reasonable accommodations made upon request; call 703-324-4600 or TTY 711.

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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>

FREE ENGLISH CLASSES



↳ Improve your listening, speaking, reading and writing skills

↳ Meet nice people and make new friends

Thursdays 7:00 to 9:00 PM
(September–May)

Sundays 9:30 to 10:30 AM
(All Year)

Call 703-569-5151

Fellowship Baptist Church
5936 Rolling Road
www.FellowshipBaptistVA.org