

MIDDLE SCHOOL STUDENT SERVICES NEWSLETTER

Quarterly Newsletter from LBMS Student Services

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Dear Parents/Guardians,

The 2021-2022 school year is off to a great start with a successful Bruin Blast, Military Family Potluck, Back to School Night and Fall Parent Coffee! The Student Services team has really enjoyed getting to know our new families and connecting with our students.

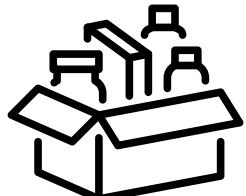
This newsletter will provide you with a recap of some of our programming so far this year, discuss upcoming events, and introduce you to some of our staff. Please take a minute to review these items so you can follow up with your students!

MS Student Services Team



Lake Braddock Food Pantry

The Lake Braddock PTSA has established a Food Pantry where staff can access food, water, and school supplies for students in need during the school day. In addition, throughout the year they provide groceries, paper products, and other supplies for families in need. If you are interested in supporting the Food Pantry, or could benefit from the support they can provide, please use the QR Code to view and complete this google form.



Counselor Lessons (Fall)

Bullying Prevention Unit (7th Grade)

This fall counselors will be able to meet with their 7th grade students through US History classes. Seventh grade students are going to learn how to identify different roles individual students take in bullying situations, how to respond to someone who is bullying, and how to report incidents of bullying through a confidential, online referral form.

Harassment Prevention Unit (8th Grade)

School Counselors met with 8th grade students during their Civics classes. Eighth grade students learned about the seriousness of discrimination and sexual harassment, its consequences, and how to report it if it happens. Counselors will also have discussions with students about how the world of social media is impacted by cyber bullying and harassment and how to react online.

Thomas Jefferson High School for Science and Technology

For those students who are interested in applying to Thomas Jefferson High School for Science and Technology, commonly referred to as "TJ", mark your calendars with these important dates:

Monday, October 25th - Applications Available - 4:00 pm
Friday, November 19th - Application Deadline - 4:00 pm

For complete details follow this link:
[TJHSST Freshman Application Process](#)

TJHSST is a Fairfax County Public Schools regional governor's high school (grades 9-12) for students interested in science, technology, engineering, and math (STEM). Students must be in 8th grade and enrolled in Algebra 1 or higher to apply.

If you have any questions, please contact Ms. Melissa Staab. She can be reached at mkstaab@fcps.edu or 703-426-1035.

Mental Health? Let's talk about it!

Back to School Night Parent Program

Thanks to everyone who was able to join us for The Middle School Transition: How to Survive and Help Your Child Thrive program before Back to School Night. The slides for that presentation have been posted

[All Parents: Lake Braddock Secondary School>Middle School Student Services>All Parents](#)

Just like physical health, mental health is key to a student's success. We do not expect students to perform at their very best when they are suffering from a physical ailment. So shouldn't that be the case when it comes to mental wellness as well? Right! You may be wondering where to start. Here are a few tips:

1. Have a conversation with youth about how they are feeling emotionally
2. Look for different signs when it comes to anxiety and depression:
<https://www.fairfaxcounty.gov/healthymindsfairfax/common-diagnoses>
3. Look into outside resources for your youth:
<https://www.fairfaxcounty.gov/healthymindsfairfax/>
4. If you are concerned about your youth, reach out to their school counselor or clinical staff (social workers & psychologists)

It may not always be easy to talk about mental health but it is important to start normalizing these conversations with youth. Mental health is very much in their vocabulary and acknowledging concerns with your youth will make them feel seen and heard more than you could ever imagine.



Social Emotional Learning (SEL) Screener

Fairfax County Public Schools (FCPS) commits to supporting all students' mental wellness and social and emotional learning (SEL). The School Board has approved a screener to review students' skills and experiences in these areas. FCPS staff will use the screener to identify strengths and needs for students in grades K-12. The screener provides information regarding students' experiences and how staff can support their needs.

SEL skills include self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. The screener will review these skills, as well as students' relationships, feelings of belonging, feelings about their school environment, and mood. These factors are critical to positive academic, social, and emotional success.

Students in grades 3-12 will be screened in the fall, winter, and spring. Students will reflect and report on their own skills and experiences. Screener data will only be accessible to teachers, administrators, and staff with legitimate educational interests. Results will be maintained in secure files and databases accessible only to these individuals. Screener results will be used with other data to inform practices for SEL skill development and mental wellness. Screener data will also help staff plan interventions for students with identified needs. Parents and guardians will receive an individualized report regarding their student's screener results following each assessment window. School staff will be available to discuss results with families on planned support.

More information, including a short video about the SEL screener in FCPS and the screener questions, can be found on the [SEL Screener webpage](#).

Schools will set specific dates for testing in each class. At Lake Braddock, the SEL Screener will be given during Advisory on Thursday, October 14th (grade 7-9) and October 18th (grades 10-12). If you do not want your student to take part in the SEL screener, please complete this [Google Form](#) by October 11th to indicate your intent to opt-out. Your child will bring a paper form home to complete your opt-out process. You may also print this form from the main SEL information page. Paper forms should be returned to your student's Advisory teacher. Please contact your student's school counselor or subschool assistant principal with questions.

Signs Of Suicide (SOS) Lesson and Wellness Screener

This school year, school staff are working to teach students about mental health and how to seek help if they are worried about themselves or a friend. We are using a program called SOS Signs of Suicide. The program teaches students about this difficult topic and encourages them to seek help.

SOS has been used by thousands of schools over the past few decades. Studies have shown that it effectively teaches students about depression and suicide while reducing the number of students' self-reported suicide attempts. At Lake Braddock we will be delivering the SOS

Through the program, students learn:

- that depression is treatable, so they are encouraged to seek help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend
- who they can turn to at school for help, if they need it



Students will watch age-appropriate video clips and participate in a guided discussion about depression, suicide, and what to do if they are concerned about a friend. Following the video, students will complete a response slip which asks whether they would like to talk to an adult about any concerns. School staff will conduct brief meetings with any student asking to talk.

Following the video, students will complete a brief depression screening tool. This tool cannot provide a diagnosis of depression but does indicate whether a young person should be referred for evaluation by a mental health professional.

We encourage you to visit www.sossignsofsuicide.org/parent for information on warning signs for youth suicide, useful resources, and some of the key messages students will learn.

You can also view the SOS Parent Video [HERE](#).

Meet Our Military Family Life Counselor (MFLC)

We are excited to welcome back Faith James as our MFLC! Dr. James provides nonmedical counseling to enhance social, academic, and emotional skills to support the wellbeing of military students and their families. Sessions can be in-person, virtual, or telephonic, and all services are free and confidential. She is available to all military families and school staff members Monday-Friday. Hours are flexible to fit your schedule. Please feel free to contact Dr. James and request a session at fjames@fcps.edu.

Dr. James can address the following concerns:

- School Adjustment
- Deployment and separation
- Reunion adjustment
- Sibling and parent-child communication
- Behavioral concerns
- Fear, grief, and loss

Scan the QR Code to complete the consent form so that Dr. James can meet with your student!



**Having a hard time Navigating
Schoology? Take a minute to review
some video tutorials, or sign up for a
Help Session!**



Scan the
QR for
FAQ
video
tutorials



**PARENT
SCHOOLY
HELP
SESSIONS**



ZOOM
MONDAY, NOV. 1
7:30 - 8:30 PM

**IN-PERSON
TUESDAY, NOV. 2
11:00 AM - 1:00 PM
LBSS LECTURE HALL**

Register for the
Zoom session :
[https://bit.ly/
LBSSZoom](https://bit.ly/LBSSZoom)



Escanee el
QR para
ver los
tutoriales
en video



**SESIONES
DE
SCHOOLY
PARA
PADRES**



ZOOM
NOV. 8
7:30 - 8:30 PM

**EN PERSONA
MARTES, NOV. 2
DE 11:00 AM - 1:00 PM
LAKE BRADDOCK LECTURE HALL
ENTRADA NO. 1**

Regístrate
para la sesión
ZOOM:
[https://bit.ly/
LBSSZoom](https://bit.ly/LBSSZoom)

To learn more about Parent Schoology go to
support.schoology.com then choose Student.

Pare aprender más sobre Schoology par padres entre
en: support.schoology.com después seleccione
estudiante.

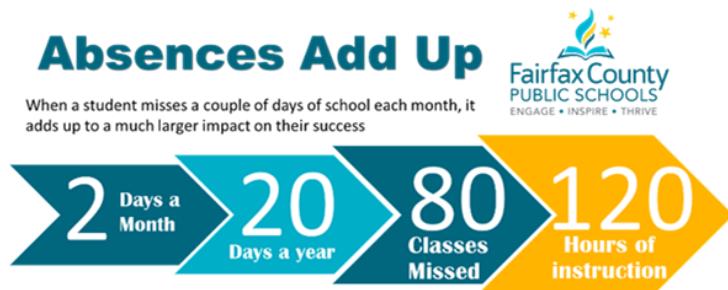
Attendance Matters!

At Lake Braddock we work to support every student to be successful. One of the biggest indicators of student success is their attendance. When students miss a couple of days of school each month they miss important instructional time that is hard to replace. Missing two days a month does not seem like a lot, but it adds up to 20 or more days a year.

Missing more than 10% of the school year is the leading warning sign that a student will face academic challenges. For most students, who attend the same school for the entire school year, this would mean missing 18 days for any reason, to include family trips, illness, suspension, or truancy.

All students will likely be sick at some time during the year, and it is important to keep your child home at these times, but to have children attend at all other times. How can you help? Avoid vacations that require your child to miss school, set a regular bedtime, establish a morning routine, and set limits on screen time before bedtime. Be a model of these habits in your family. The benefits of a good night's sleep and regular attendance are gifts that will help your child throughout their lifetime.

Our biggest priority is supporting our students and we have numerous resources and supports for students and families who need help with attendance. Please feel free to reach out to our Systems of Support Advisor, Sarah Padilla, sppadilla@fcps.edu, for all attendance questions or support.



Checkout Procedures for Middle School

Prior to 8:00 a.m., the student must present a note from the parent to their subschool office. Notes must include time of dismissal, reason for leaving, and a contact number. Parents of middle school students must also include the name of the person picking them up. Please note that this person must be listed as an emergency contact. At the time of early check-out, middle school parents must come in Entrance 1 and meet their student in the main office. Anyone picking up a student must bring a photo ID with them.

Additional information can be found on our website: [LBSS Attendance](#)

FCPS Parent Workshops

Rewriting Your Parenting Story: A Webinar for Families

Friday, October 15, 2021, 10-11:30 a.m.

No one's parenting journey goes the way they expect. But do you feel like your story has gotten away from you? Take back the narrative of your parenting.

After this webinar, you will have the script for a new, hope-filled story.

Webinar Highlights:

- The importance of curiosity and 'hearing' our children.
- The strength of the repair.
- The 'Reset'. When we find ourselves in a rut, this is a great place to start.

Presented by Mary Smith, a local Parenting Coach.
Register [Here](#)