



# LBSS Middle School Student Services Winter Newsletter

Dear Parents/Guardians,

It is hard to believe that we are already starting to plan for the 2020-2021 school year! In the upcoming weeks students will be selecting courses and meeting individually with their counselors to review their selections. Please be sure to read through this newsletter as it contains a wealth of information regarding the academic advising process, counselor lessons, and upcoming parent programs.

MS Student Services Team

## Counselor Lessons: Winter 2019

In December, counselors will present all middle school students with an academic and career planning lesson. The lessons use the Naviance Student (formerly Family Connection) tool accessible through student Blackboard 24/7 sites. Students have access to Naviance Student throughout their time at Lake Braddock and will continue to use it during future career lessons in high school. The purpose of these lessons is to help students think about their future career plans and how academic planning now can impact choices and decisions made later. Students are also encouraged to open their minds to possible career plans that they may not have considered before, but that would be appropriate for them based on assessments completed.

In these lessons, both 7<sup>th</sup> and 8<sup>th</sup> grade students will write a SMART goal pertaining to academic progress achieved by the end of the second quarter. The components of a SMART goal will be reviewed and students will input their goals into their Naviance Student account.

Both grade levels complete tasks in Naviance Student revolving around exploring careers as well. Seventh grade students complete an assessment called the "Strengths Explorer." This assessment asks various questions that determine students' personality types. Students are then given three central themes revolving around their personal strengths. Themes such as "competing," "relating," and "presence" are among possible outcomes. Students are then shown career pathways that maximize these strengths. Eighth grade students complete an assessment called the "Cluster Finder." In this assessment, students answer questions about their interests. Their interests are then matched up with career clusters and students explore various career possibilities.

The Naviance Student account is available through all student Blackboard 24/7 accounts. Parents can ask their child to share it with them independently at any time for a fun discussion.

## IN THIS ISSUE:

- \* ACADEMIC & CAREER PLAN LESSONS
- \* ACADEMIC ADVISING
- \* AAP LEVEL IV REFERRAL PROCESS
- \* FREE WORKSHOPS AT THE PARENT RESOURCE CENTER
- \* BUILDING BETTER BRUINS
- \* SECOND QUARTER GRADING & REPORTING CALENDAR

## RISING 9<sup>TH</sup> GRADE CURRICULUM NIGHTS

Lake Braddock	January 8
Hayfield	December 18
Woodson	January 8
Falls Church	January 9
Annandale	January 15
Robinson	January 15
West Springfield	January 15
Lee	January 22
Edison	February 25

*See more details on page 4.*

# LBSS RISING 8TH GRADE TRANSITION INFORMATION



The following timeline includes a series of transition events for our rising 8th grade students. These events are designed to assist students and parents in selecting courses for the 2020-2021 school year.

Date	Event	Time
December 17th	Elective Fair	Bruin Block
<p>Rising 8th grade students will have an opportunity to choose three courses they would like to learn more about and attend a 20 minute session where they can meet with the teacher. This will include sessions about the difference between honors and general education courses, world language options, and elective courses. Please review the Elective Fair Planning Sheet that will be going home with students on Friday, December 13th. Make sure to follow up with your student to see what they learned about the courses! (SNOW DATE: December 19th)</p>		
January 29th - 30th	Course Selection	Science Classes
<p>Counselors will be visiting 7th grade science classes to review the course offerings for the 2020-2021 school year.</p> <p>Rising 8th grade students will be entering their courses online in addition to completing their paper course selection sheets. This will allow for parents to be able to view the courses students have selected using your ParentVue Account. Please note that changes to courses in SIS must be made through the StudentVue account or with a counselor.</p> <p><i>School-life balance is an important consideration as students strive for academic and personal success. Course selection for next year requires extensive planning and dialogue. As this is a collaborative process, students will need to seek the advice of their parents, teachers and school counselor to plan appropriately for the upcoming year in order to ensure success.</i></p>		
February 7th	Course Selection Sheets Due	Science Classes
<p>All course selection sheets should be reviewed and signed by parents and students. Course selection sheets should be returned to your student's science teacher no later than Friday, February 7th.</p>		
February 10th—28th	Academic Advising	Science Classes
<p>Counselors will meet individually with students to review the courses they have selected for the 2020-2021 school year and ensure they have been correctly entered into the computer. This meeting will take place during the students' science classes. Parents will be notified of any changes made to student course requests.</p>		

## LBSS Rising 9th Grade Transition Information

The following timeline includes a series of transition events for our rising 9th grade students. These events are designed to assist students and parents in selecting courses for the 2020-2021 school year.

Date	Event	Time
December 17th	Elective Fair	Bruin Block
<p>Rising 9th grade students will have an opportunity to choose three courses they would like to learn more about and attend a 20 minute session where there can meet the elective teachers. Please review the Elective Fair Planning Sheet that will be going home with students on Friday, December 13th. Make sure to follow up with your student to see what they learned about the courses! (SNOW DATE: December 19th)</p>		
January 7th-8th	Course Selection	Science Classes
<p>Lake Braddock High School Counselors will be visiting 8th grade science classes to review the course offerings for the 2020-2021 school year.</p> <p><b>*NEW THIS YEAR*</b> Rising 9th Grade Students will be entering their courses online! This will allow for parents to be able to view the courses students have selected using your ParentVue Account. Please note that changes to courses in SIS must be made through the StudentVue account or with their high school counselor.</p> <p><i>School-life balance is an important consideration as students strive for academic and personal success. Course selection for next year requires extensive planning and dialogue. As this is a collaborative process, students will need to seek the advice of their parents, teachers and school counselor to plan appropriately for the upcoming year in order to ensure success.</i></p>		
January 8th	LB Rising 9th Grade Parent/ Student Program	6:00 - 6:50 PM
<p>Rising 9th grade students and parents are invited to hear from the Lake Braddock High School Student Services Department prior to Curriculum Night. This program will take place in the Little Theater and will focus on answering some of the most frequently asked questions. (Snow Date: January 15th)</p>		
January 8th	LB Curriculum Night	7:00 - 8:00 PM
<p>This is an opportunity for parents and students to meet with teachers about courses. It is a great chance to ask any questions you may have and take a closer look at the electives offered. (Snow Date: January 15th)</p>		
January 17th	Course Selection Due	Science Classes
<p>All courses entered in SIS should be reviewed by parents and students. Course should be entered no later than Friday, January 17th.</p>		
January 21st - 31st	Academic Advising	Science Classes
<p>Counselors will meet individually with students to review the courses they have selected for the 2020-2021 school year. This meeting will take place during the students' science classes. Parents will be notified of any changes made to student course requests.</p>		

## Rising 9th Grade Curriculum Night Programs

Information nights for rising 9th grade students who will be attending a High School other than Lake Braddock next school year 2020-2021. Dates are tentative, please contact the school directly if you have questions.

Date/Time	Event	Other information
1/15/20 7:00 pm	Annandale High School 8th Grade Parent Night (snow date 1/22/20)	703-642-4100 Parking is available in back of the school when front lots are full.
2/25/20 7:00 pm	Edison High School Orientation to Course Selection/ Curriculum Fair	703-924-8000
1/9/20	Falls Church High School Curriculum Night	703-207-4000
12/18/19 6:00-8:00 pm	Hayfield Secondary School High School Curriculum Night	703-924-7422
1/22/20 6:00 pm	Robert E. Lee High School Rising 9th Grade Parent/Student	703-924-8300 Auditorium
1/15/20 6:00 pm	Robinson Secondary Rising 9th Grade Parent Night	703-426-2100
1/15/20 6:00 pm	West Springfield High School Curriculum Night	703-913-3800 Auditorium
1/8/20 6:30-7:30	Woodson High School Rising 9th Grade Curriculum Night (AP Info 5:00 pm)	703-503-4600
1/8/20 6:00 pm	Lake Braddock High School Rising 9th Grade Parent / Student Night (snow date 1/15/20)	703-426-1040

### SECOND QUARTER GRADING CALENDAR

Email Detailed Progress Report	12/6
Second Quarter Ends	1/24
Email Detailed Progress Report	1/29
Report Cards Distributed	2/3

### SIS ParentVue Account Activation

Enrolling parents who have not yet created their ParentVue account will be receiving a letter in the mail that will provide them with an activation code and instructions on how to set up your account. Please note that this activation code is time sensitive and will only be good for 45 days from the time it was printed. Be on the lookout for this letter right around the start of winter break.

## DEADLINE FOR AAP LEVEL IV REFERRALS

This is a friendly reminder that the deadline for referring students in Grades 2-7 for [AAP full-time Level IV](#) consideration is due **no later than January 9, 2020**. Parents are welcome to submit early, but no late referrals will be accepted. We advise parents not to wait for pending abilities test scores if they would like their student screened. While the Grade 2 screening pool casts a starting point for screening some students, test scores are only one factor in the eligibility decision.

If you would like more information about Level IV AAP services or the screening process for Level IV, there are two parent presentations available on the [AAP public website](#) that have the same information that was shared at our local school information meetings. *(If paper copy is sent - include full web address - <https://www.fcps.edu/academics/academic-overview/advanced-academic-programs>)*

Referrals can be submitted to your child's counselor at any time up through January 9.

Tracey Butler-Johnson	Golden Knights, 7 <sup>th</sup>	TBJohnson@fcps.edu	703-426-1037
Melissa Staab	Red Hot Chili Peppers, 7 <sup>th</sup>	MKStaab@fcps.edu	703-426-1035
Ian Brodie	Purple Piranhas, 7 <sup>th</sup>	IBrodie@fcps.edu	703-426-1049
Kristin Girardin	Blue Dolphins, 7 <sup>th</sup>	KEGirardin@fcps.edu	703-426-1036
Joshua Miles	Neon Roadrunners, 7 <sup>th</sup>	JJMiles@fcps.edu	703-426-1034

## WORKSHOPS AT THE FCPS PARENT RESOURCE CENTER

### The IEP Transition Plan: Post-Secondary Planning in Middle and High School

Thursday, January 9, 2020, 10 a.m.-noon. Check registration form for location selections.

[Register for The IEP Transition Plan: Post-Secondary Planning in Middle and High School](#)

### Parenting Children with Challenging Behaviors

Friday, January 10, 2020, 10 a.m.-noon.

[Register for Parenting Children with Challenging Behaviors](#)

### Mind in the Making Series

\*Registration includes attendance at all sessions 6:30-8:30 p.m.

- Session 1: Introduction 1/16/20
- Session 2: Focus and Self-Control 1/23/20
- Session 3: Perspective Taking 1/30/20
- Session 4: Communicating 2/6/20
- Session 5: Making Connections 2/13/20
- Session 6: Critical Thinking 2/20/20
- Session 7: Taking on Challenges 2/27/20
- Session 8: Self-Directed, Engaged Learning 3/5/20

[Register for the Mind in the Making Series](#)

FCPS hosts a series of workshops for parents throughout each school year. These programs are free, but do require an online registration. Registration opens one month prior to each event. Many of these programs can also be viewed through their YouTube channel. All workshops are at the Dunn Loring Center for Parent Services (2334 Gallows Road, Entrance 1, Room 100 Dunn Loring, VA) unless otherwise noted. Use the following link to access the registration information:

<https://www.fcps.edu/node/28019>.

### Bipolar Disorder in Children and Adolescents: Assessment, Treatment and Research Update

Tuesday, January 21, 2020, 10 a.m.-noon

[Register here for Bipolar Disorder in Children and Adolescents: Assessment, Treatment and Research Update](#)

### Calm Conversations with Your Adolescent

Friday, January 24, 2020, 10 a.m.-noon.

[Register for Calm Conversations with Your Adolescent](#)

### Sibshops

\*Registration must be completed separately for each session.

- Session 1: 11/4/19

**Session 2: 1/28/20 will be held at [Gum Springs Community Center](#) and [Providence Community Center](#)**

- Session 3: 3/21/20

[Register for Sibshops](#)

### Portrait of an ADHD Graduate: Overcoming Obstacles While Optimizing Strengths

Friday, January 31, 2020, 10 a.m.-noon.

[Register for Portrait of an ADHD Graduate: Overcoming Obstacles While Optimizing Strengths](#)

# BUILDING BETTER BRUINS

Workshop series brought to you by Lake Braddock  
Secondary School & the Lake Braddock PTSA

JOIN US FOR THE PTSA MEETING AND  
STAY FOR THE FOLLOWING WORKSHOPS:

## **Session 1: Educating Parents and Students on How to Manage Stress and Anxiety**

Date: November 21st  
Location: Cafeteria  
Presenters: Janene Pack (LPC), Danielle Causley  
(LCSW)

## **Session 2: How to Motivate Responsible Behavior in Adolescents**

Date: February 20th  
Location: Lecture Hall  
Presenter: Rachel Bailey

## **Session 3: Raising Resilience: Teaching Kids to Handle Life's Inevitable Obstacles**

Date: March 19th  
Location: Lecture Hall  
Presenter: Rachel Bailey

## **Session 4: Wellness Night**

Date: April 16th  
More information Coming Soon!

## SPECIAL EVENT

### **Sam Anthony Speaks**

**Parent Program  
February 12, 7:00 PM  
LBSS Lecture Hall**

LBSS and the PTSA  
Welcome Sam Anthony  
Lucania  
Student Assembly and  
Parent Program Coming  
in February!  
For additional  
information on Sam  
Lucania check out his  
website and Ted Talk at  
[samanthonyspeaks.com](http://samanthonyspeaks.com)

PTSA Meeting 7:00 - 7:30 PM

Parent & Student Workshop 7:30 - 9:00 PM

### We believe...

Excellence in education will lead students to be positive influences in the community and to attain fulfilling careers.

Students thrive when their individual needs are identified and met.

Students learn about their personal value and potential to contribute to society through a variety of programs and opportunities at school.

Students of varying abilities and strengths can mutually benefit in a diverse classroom environment.

Learning is relevant to students when they apply their experiences in school to a variety of other settings.

Educators have a crucial role to hold all students to high expectations which will provide a foundation for future success.

The achievement gap is an academic disparity between groups of students that can be completely eliminated through equitable access to academic instruction.

All students shall have access to a school counselor who advocates for their academic, career, and personal/social needs.

## MS Student Services Vision and Mission

### Vision Statement

All students at Lake Braddock Middle School are empowered to use their unique personalities, abilities, and values to achieve their fullest academic potential as they navigate toward a fulfilling and productive future. Students are supported by a comprehensive school counseling program that inspires and encourages continued growth and progress for each child, regardless of his or her background. School counselors help students access learning by identifying and removing barriers to their success, which promotes a school environment that is nurturing, safe, and equitable for all. A collaborative partnership between families, the school, and the community fosters a high quality education that offers students a broad range of opportunities and is free of achievement gaps. As a result, students leave Lake Braddock as self-sufficient, goal-oriented individuals who are prepared to make a positive impact on society.



### Mission Statement

The mission of Lake Braddock Middle School Counseling is to empower students to achieve high academic standards, lead ethical lives, and to be responsible and innovative members of a diverse global society. As part of a comprehensive school counseling program, counselors analyze data and work collaboratively and effectively with the school community to meet the unique academic, career, and personal-social needs of all students, by name and by need. Achievement gaps are identified and reduced so every student has access to and experiences success in high quality instructional programs. Lake Braddock's diverse student body is presented with a variety of counseling methods that help them discover talents, increase competence, develop imagination, and expand their academic and personal horizons.

Lake Braddock Secondary School  
9200 Burke Lake Road  
Burke, VA 22015  
Phone: 703-426-1030  
Fax: 703-426-1193



## Middle School Student Services Contact Information

Anne C. Polino Director of Student Services	ACPolino@fcps.edu	703-426-1030 Room N-128
Angela Santizo Student Services Assistant	ASSantizo@fcps.edu	703-426-1030 Room N-134
Patricia Fausser Registrar	PCFausser@fcps.edu	703-426-1030 Room N-136
Tracey Butler-Johnson Golden Knights, 7 <sup>th</sup> Purple Pride, 8 <sup>th</sup>	TBJohnson@fcps.edu	703-426-1037 Room N-140
Melissa Staab Red Hot Chili Peppers, 7 <sup>th</sup> Red Eagles, 8 <sup>th</sup>	MKStaab@fcps.edu	703-426-1035 Room N-130
Ian Brodie Purple Piranhas, 7 <sup>th</sup> Gold Magic, 8 <sup>th</sup>	IBrodie@fcps.edu	703-426-1049 Room N-133
Kristin Girardin Blue Dolphins, 7 <sup>th</sup> Blue Sharks, 8 <sup>th</sup>	KEGirardin@fcps.edu	703-426-1036 Room N-135
Joshua Miles Neon Roadrunners, 7 <sup>th</sup> Green Dragons, 8 <sup>th</sup>	JJMiles@fcps.edu	703-426-1034 Room N-131
Elizabeth Mynar Social Worker	EMynar@fcps.edu	703-426-1039 Room N-148
Walena Haider Psychologist	WHaider@fcps.edu	703-426-1004 Room N-142
Scott Darwin MS Assessment Coach/SOSA	SCDarwin@fcps.edu	703-426-6428 Room N-150