

HIGH SCHOOL STUDENT SERVICES NEWSLETTER

Quarterly Newsletter from LBHS Student Services

In This Issue:

Tutor.com

Month of the Military Child

Junior Unit

Sophomore Unit

How to Be Social Media Savvy

Course Verification Letter

Spring Testing Calendar

AP Testing

Senior Survey

Immunization Update for Rising Seniors

Career Talks

SEL Screener

Girls Sate

College Success Skills

Sexual Assault Awareness Month

Mental Health Awareness Month

Student Recognition

Dear Parents/Guardians,

We hope you all took a little time to relax and recharge over Spring Break! The Student Services team has had a very busy year and we have a number of events on the horizon.

The end of the school year is always filled with fun and exciting events. Please take a few moments to review the information included on our recent grade level units, career talks, course verification, spring testing, immunizations, and more! The recent grade level units will give you lots to speak to your student about their postsecondary plans.

*Don't forget to wear **PURPLE** on April 20th!*

HS Student Services Team

Tutor.com is now available for all FCPS Students! Check [HERE](#) for additional information

Month of the Military Child

April is the Month of the Military Child! Every year we take this opportunity to celebrate our military-connected students and thank them for their service. Meredith Ayala our Family Partnerships Specialist at the Fairfax County Central office tells us that there are nearly 600 military-connected students at Lake Braddock – over 13% of our population! There are around 14,000 military-connected students in FCPS schools. Lake Braddock will support our Military connected families in April in May ways among them are participating in the FCPS spirit week April 18-22 which includes Purple-Up! Day on Wednesday April 20th. Purple Up day is the day designated in recognition of all our military families and we support them by wearing purple on that day.

Secondly, Lake Braddock has decided complete the application process to become a Purple Star School in Fairfax County. With the aid of Mr. Craig Stouffer, MAC faculty sponsor (Military Ambassadors Club) in collaboration with High School and Middle School student services. Lake Braddock is applying for the Virginia Department of Education Purple Star Designation to recognize its military-friendly community.

**SAVE THE
DATE**
**APRIL 20
2022**



Counselor Programs (Spring)

Junior Unit

In March during their Advisory classes, juniors were presented the 11th Grade Post-Secondary Unit. This unit focused on post-secondary options for students. The students were shown a presentation and then given post-secondary 'scavenger hunts,' which contain tasks to be completed to pursue the following pathways: Four-Year College, Two-Year College, Adult & Community Education/Apprenticeship, and Military Enlistment & Service Academy. Students were also given a workbook, "Opportunities: Preparing for College Guide & Workbook." Here is the link to the workbook:

https://issuu.com/ecmc_outreach/docs/opportunities-virginia-english?e=37426815/87157644


All the information that was presented to the students can be found in Schoology:

- Courses
- All Students
- High School Student Services
- Class of 2023 (11th Grade)
- Junior Postsecondary Unit

Sophomore Unit

On April 14, 18, 20 and 22 high school counselors will come to all sophomore advisory classes to guide students through the 10th Grade Unit. Sophomore students should have already completed specific activities in Naviance Student to explore personal interests and strengths to use for postsecondary planning.


During a previous advisory class, sophomores should have completed a post-secondary SMART goal. Updated their resume with new activities and accomplishments. Completed and reviewed the Game Plan for after high school and completed the Career Interest Profiler to discover careers that match their interests. We look forward to meeting with your students as they plan for the future!



LAKE BRADDOCK SECONDARY SCHOOL

HOW TO BE SOCIAL MEDIA SAVVY

LEARN ABOUT THE PLATFORMS YOUR
STUDENTS ARE USING AND HOW
SOCIAL MEDIA AFFECTS THEM.



April 28, 2022 6:30PM
VIRTUAL Presentation
Link posted in Schoology > Bruin Parents > Zoom

Course Verification Letter

To see the courses that you and your student selected for the 2022-2023 school year you will need to login to your SIS ParentVue Account. Once you have successfully logged in to your SIS ParentVue account, you will navigate to the Course Request tab on the left of your screen. If you do not have a SIS parent account, please have your student login to his/her SIS account to access course requests for next year. Additional information on your [SIS ParentVue](#) account can be found on the FCPS website. Please note that the information you are currently viewing in SIS is not a schedule, it is a list of courses only.

Contact your student's [High School Counselor](#) (based on the student last name) if any of the following situations apply: Too many or too few classes; Incorrect placement by grade (i.e. placed in English 12 instead of English 11) or level (i.e. regular or honors or AP); and Absence of a requested or required course or pre-requisite not met. Students signed up for an honors, AP or DE course have agreed to remain in the course for the entire school year.

Due to budget constraints and its effect on staffing, all requests for changes to the 2022-2023 course requests must be made no later than **June 1, 2022**. Please note that counselors do not work over the summer. Changes will be made only if you contact the counselor in writing via email by June 1 and if space permits. In an effort to minimize disruption to instructional time, once the school year starts, requests for changes will be made only to resolve scheduling conflicts or to resolve credit issues, i.e. student failed a course needed for graduation, did not meet the pre-requisite due to the final grade, completed the course in summer school, etc.

If your student will not be returning to Lake Braddock for the 2022-2023 school year, please complete the [Intention Form](#) and email it to Bev Taylor, bstaylor@fcps.edu, in High School Student Services. Make sure that you have saved a copy of the completed form before you attach it in the email. A typed parent/guardian name on the signature line in the email is acceptable.

Spring SOL Testing

Information on testing taking place in May can be found on the Lake Braddock website under [SOL Schedule and General Information](#).

Please be sure to mark your calendars for dates in which your student must take an exam.

May 2022 Non-Writing Testing Calendar

Testing Period 1st Block Tuesdays & Wednesdays only: 8:00 - 10:00 a.m.

	Mon 5/2 - O	Tues 5/3	Wed 5/4	Thurs 5/5	Fri 5/6
	No SOL Testing Eid al Fitr	HS Reading SOL	MS Reading SOL	HS Reading SOL Make-ups	MS Reading SOL Make-ups
Notes:	AP Japanese (AM) AP Gov (AM) AP Chemistry (PM)		AP Lit & Comp (AM) AP Comp Gov (PM) AP Comp Science A (PM)	AP Human Geography (AM) AP Macroeconomics (AM) AP Seminar (PM) AP Statistics (PM)	AP US History (AM) AP Microeconomics (PM)
	Mon 5/9	Tues 5/10	Wed 5/11	Thurs 5/12	Fri 5/13
	HS Chemistry HS Earth Science	HS Biology	MS Science	All Science Make-ups	No SOL Make-Up Testing
Notes:	AP Calc AB (AM) AP Calc BC (AM) AP Comp Science Principles (PM)	AP Lang & Comp (AM) AP Physics C: Mechanics (PM) AP Physics C: E&M (2:00 PM)	AP Spanish Lang (AM) AP Biology (PM)	AP French (AM) AP World History (AM) AP Physics 1: Alg-Based (PM)	AP German (AM) AP Music Theory (AM) I AP Latin (PM) AP Physics 2: Alg-Based (PM)
	Mon 5/16	Tues 5/17	Wed 5/18	Thurs 5/19	Fri 5/20
	ALL Algebra 2	HS Math (Algebra 1 & Geometry)	MS Math (Math 7, Math 8, Algebra I, Geometry) Testing Block 8:00 - 10:30	Math Make-ups	Math Make-ups
Notes:		AP Environ. Sci (AM) AP Psych (PM)			
	Mon 5/23	Tues 5/24	Wed 5/25	Thurs 5/26	Fri 5/27
	SOL Expedited Retakes Only Reading	SOL Expedited Retakes Only Science	SOL Expedited Retakes Only Math	End of SOL Window	
Notes:					

SOL Test window: April 25-May 20

Expedited Retakes Only: May 23-May 26



AP Testing

AP Testing will begin the first week of May! The dates and reporting times for each exam are below. Once the exam rooms are confirmed for the TBD locations, they will be posted on the [LB website](#) and Schoology.

Date	AP Exam	Reporting Time	Room
Monday, May 2	Japanese Language & Culture	7:30 AM	L167
Monday, May 2	United States Government & Politics	7:30 AM	Gym
Monday, May 2	Chemistry	11:30 AM	Gym
Wednesday, May 4	English Literature & Composition	7:30 AM	Gym
Wednesday, May 4	Comparative Government & Politics	11:30 AM	TBD
Wednesday, May 4	Computer Science A	11:30 AM	Gym
Thursday, May 5	Human Geography	7:30 AM	TBD
Thursday, May 5	Macroeconomics	7:30 AM	Gym
Thursday, May 5	Seminar	11:30 AM	TBD
Thursday, May 5	Statistics	11:30 AM	Gym
Friday, May 6	United States History	7:30 AM	Gym
Friday, May 6	Microeconomics	11:30 AM	Gym
Friday, May 6	Art & Design	1:00 PM	TBD
Date	AP Exam	Reporting Time	Room
Monday, May 9	Calculus AB	7:30 AM	Gym
Monday, May 9	Calculus BC	7:30 AM	Gym
Monday, May 9	Computer Science Principles	11:30 AM	Gym
Tuesday, May 10	English Language & Composition	7:30 AM	Gym
Tuesday, May 10	Physics C: Mechanics	11:30 AM	Gym
Tuesday, May 10	Physics C: Electricity & Magnetism	Immediately following Physics C: Mechanics	Gym
Wednesday, May 11	Spanish Language & Culture	7:30 AM	TBD
Wednesday, May 11	Biology	11:30 AM	Gym
Thursday, May 12	French Language & Culture	7:30 AM	L167
Thursday, May 12	World History	7:30 AM	Gym
Thursday, May 12	Physics 1	11:30 AM	Gym
Friday, May 13	German Language & Culture	7:30 AM	TBD
Friday, May 13	Music Theory	7:30 AM	Lecture Hall
Friday, May 13	Latin	11:30 AM	HS Student Services
Friday, May 13	Physics 2	11:30 AM	Lecture Hall
Date	AP Exam	Reporting Time	Room
Tuesday, May 17	Environmental Science	7:30 AM	Gym
Tuesday, May 17	Psychology	11:30 AM	Gym

Parents/Guardians: We would love your help in assisting with proctoring the AP exams! Please sign up here:

<https://www.signupgenius.com/go/20f0944a8ad2ca1fb6-lake4>

No experience is necessary however, there are few things to remember:

- You may not proctor an AP exam if YOUR student is taking that exam.
- You may not bring a cell phone/electronics into the testing room.
- Wear comfortable, quiet shoes. You'll surely get your steps in!



Senior Survey/Senior Awards

Seniors will be completing a state mandated FCPS Senior Survey and the LBSS Scholarship/Military Form starting **May 1st** in English class. The survey will tell us your senior's plans for next year and where to send the final transcript after graduation. If your student wants to be acknowledged at the Senior Awards Ceremony on June 1st, 6:30PM for a scholarship or military plans they must complete the Google Form.

Rising 12th Grade Immunization Requirement Notice

The Code of Virginia requires all students to be immunized against certain communicable diseases prior to entrance into Fairfax County Public Schools (FCPS).

Effective July 1, 2021 all students entering twelfth grade will be required to receive one dose of Meningococcal vaccine (MenACWY) administered at age 16 or older, and prior to the beginning of school.

Twelfth grade students cannot begin school in August without proper Meningococcal documentation. Please provide one of the following documents to Lake Braddock Secondary School, Office of High School Student Services, Attention to Sandra Coleman as soon as possible:

1. An updated immunization record showing that the student has received the Meningococcal vaccine.
2. A note on a healthcare provider's letterhead stating the date the Meningococcal vaccine was given.
3. A healthcare provider's written statement of a permanent or temporary medical exemption.
4. A notarized Religious Exemption Form which is available online at:
http://www.doe.virginia.gov/support/health_medical/certificate_religious_exemption.pdf

Immunizations are available from your student's healthcare provider or the Fairfax County Health Department. The Health Department clinic locations and hours are available online at: <https://www.fairfaxcounty.gov/health/immunization/school> or by calling 703-246-2411.

Please contact Sandra Coleman at smcoleman@fcps.edu if you have any questions.

Career Talks

A huge thank you to the parents that have shared their time and experience for our Career Talks. So far we have heard from adults in the fields of Nursing, Law, Environmental Science, Civil Engineering and Accounting. We are excited to hear about careers in Medicine, the FBI, opportunities with United airlines in the coming weeks. If you are interested in sharing your career in the future, please reach out to Sandy Hunter skhunter@fcps.edu.



Social Emotional Learning (SEL) Screener

On April 12, all students will complete the Social Emotional Learning (SEL) Screener during Advisory classes. The screener collects information about students' SEL skills, feelings, relationships, school environment, and well-being. Screener results are used with other information to support students academically and personally. More information about the screener can be found [on the FCPS website](#). Opt-out information is [available on the school website](#) and opt-out forms are due by April 1st to the Main Office or via email to eccastro1@fcps.edu.

Virginia Girls State

Virginia Girls State is a program of The American Legion Auxiliary, a community service organization. For over 100 years the American Legion Auxiliary has been serving, helping, and meeting the needs of our nation.

Since the inception of the American Legion Auxiliary Girls State program in 1937, nearly one million young women nationwide have had the opportunity to learn, firsthand, how their state and local governments work. The program has grown to some 20,000 participants annually.

This adventure in Americanism is sponsored annually by the American Legion Auxiliary with the cooperation of many civic clubs, school groups, and community-minded businesses.

Through this program, the American Legion Auxiliary hopes to make young citizens realize that they are an essential part of their government and are responsible for its character and success. Through it, the ALA seeks to teach young ladies the value of individual responsibility to their community, state, and nation.

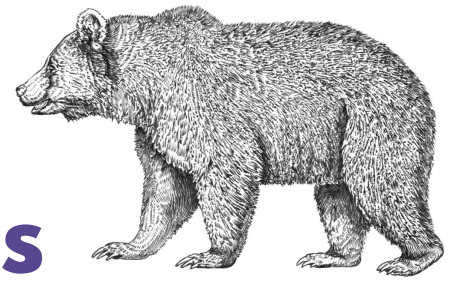
The 2022 ALA Virginia Girls State program is scheduled to be held on the campus of Longwood University from Sunday June 19 to Saturday June 25, 2022. Girls State is a non-partisan program which encompasses:

1. To develop civic leadership and pride in American citizenship.
2. To arouse a keen interest in the detailed study of our government.
3. To develop in the citizens a determination to maintain our form of government, primarily by bringing them to the realization of how great it is to be an American.
4. To inculcate a sense of individual obligation to the Community, State and Nation.

Within the Commonwealth of Virginia, for one week each year, a new state comes into being. The physical boundaries of this "state within a state" are the limits of a college campus, but there are no limits to its usefulness in promoting real-life citizenship in Virginia.

ALA Virginia Girls State provides participants an opportunity to learn, in a few days, the mechanics, objectives, and ideals of democracy. "Learning by doing" is the keynote to the success of this program. LBSS is excited to announce that the committee of four selected two highly qualified candidates to attend. Please congratulate Brooke Goodwin and Orlaith Lasell, who were selected among a highly competitive group of junior female from LBSS.

College Success Skills



The SDV Class (NOVA's College Success Skills) had their initial meeting at LBSS on Tuesday, April 12, 2022. This is the first time that Lake Braddock has offered this dual enrollment class to graduating seniors that will attend NOVA in the fall of 2022. Ms. Alexander and Ms. Samek-Smith are excited about the opportunity being given to LBSS students.

The course assists students in their individual transition to college. Also, it provides overviews of college policies, procedures, curricular offerings, while also encouraging contacts with other students and staff. The purpose of the class is to assist students toward college success through information such as, effective study habits, career and academic planning, in addition to other college resources available to students.

The course is recommended for beginning students, and it is required for NOVA graduation. First-time college students are required to take SDV 100 or SDV101 before enrolling for their 16th semester hour at NOVA.

The purpose, of this course, is to assist first-time students with their acclimation to college, and develop skills necessary for success, at NOVA, while also aiding them in their transitions to both learning and work after Northern Virginia Community College. First-time College students are required to take SDV 100 or another SDV course before enrolling in their 16th semester hour at the college. The course does not have prerequisites or corequisites. By taking the class at LBSS, the students are saving \$185.50 for this NOVA required course.

Upon completion of this course the student should be able to:

- Identify their learning preferences
- Know how to apply appropriate academic life-management strategies in a variety of learning environments
- Communicate effectively in academic and professional situations
- Explain how diversity, equity, and inclusion impacts the student experience
- Use career assessments and resources to research and evaluate potential career objectives and academic goals.
- Develop an academic plan for a program of study at NOVA that aligns with transferring to a four-year college or career goals

Additionally, topics on critical thinking, diversity, inclusion, financial literacy, and goal setting. The students will learn about stress and time management in addition to career exploration, communication, with academic planning and skills being discussed.

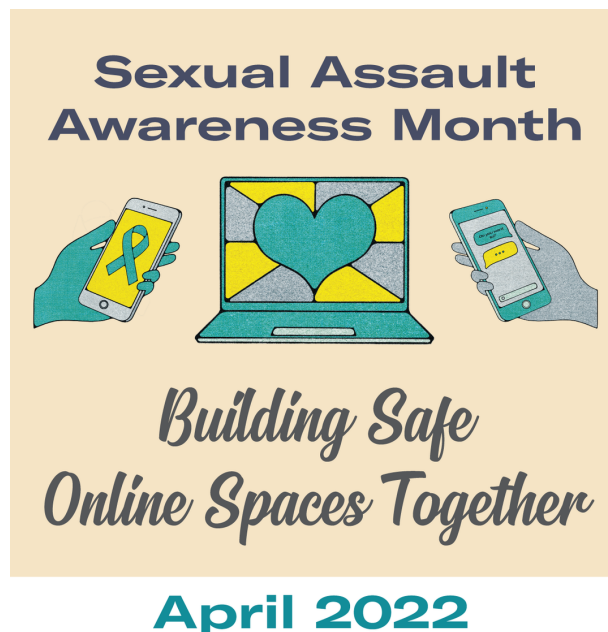
Ms. Alexander and Ms. Samek-Smith are excited about teaching this course and learning from the students at the same time the students will be learning important life skills. The students are taking charge of their life and future!!!

April is Sexual Assault Awareness Month



1 in 4 females, and 1 in 6 males, have been sexually assaulted before the age of 18. LGBTQ youth are more likely to experience sexual violence than heterosexual youth. Sexual violence (harassment, assault, and abuse) happens in every community and affects people of all genders and ages. Sexual violence is any type of unwanted sexual contact. This includes words and actions of a sexual nature against a person's will and without their consent. A person may use force, threats, manipulation, or coercion to commit sexual violence.

Sexual violence can happen anywhere, including in online spaces. 1 in 8 people has had someone threaten to post and/or post sexually explicit images of them without their consent. For too long harassment, cyberbullying, and sexual abuse and exploitation have come to be expected as typical and unavoidable behaviors online. Building Safe Online Spaces Together is possible when we practice digital consent, intervene when we see harmful content and behaviors, and promote online communities that value respect, inclusion, and safety. As Lake Braddock Bruins, we can hold each other accountable through speaking up when we witness harassment online and in school, asking for consent, and accepting "no" as an answer. Because sexual violence is a community problem that deserves a community response, there is a role for everyone to play.



National Resources for Sexual Assault Survivors and their Loved Ones:

<https://www.rainn.org/national-resources-sexual-assault-survivors-and-their-loved-ones>

FCPS Title IX:

<https://www.fcps.edu/title-ix>

May is Mental Health Awareness Month

1 in 6 youth, aged 6-17, experience a mental health condition each year. Here at Lake Braddock, our hope is to foster a space where students feel connected, safe, supported, and loved.

For 2022's Mental Health Awareness Month, we will use this time to bring our voices together to advocate for mental health, help students gain access to care, and provide resources. The stigma around mental health and treatment has long existed. Though this has started to change, still, students hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being. Mental health is an incredibly important part of taking care of ourselves and our overall health. Normalizing mental health is key to taking steps forward. It may not always be easy to talk about mental health but it is important to start normalizing these conversations with youth.



Fairfax County Resources:

<https://www.fairfaxcounty.gov/healthymindsfairfax/>

NAMI Resources:

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

