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Mantua PTA News 2020, Back to School Issue

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September 1, 2020 | Back to School Issue

Important Dates

September 7 (Monday): No School, Labor Day.

September 8 (Tuesday): First Day of School

September 17 (Thursday): Virtual PTA Meeting, 7pm.

September 22 (Tuesday): Back to School Night and Meet the Specialists, 6-8pm.

School Supplies List & Class Schedule

<https://mantuaes.fcps.edu/academics/supply-lists>

<https://mantuaes.fcps.edu/academics/virtual-academic-schedules>



Back to School Night (BTSN) Meet the Specialists - RESCHEDULED

Mantua Elementary School's **Back to School Night (BTSN) Meet the Specialists**, has been rescheduled from Wednesday, September 16, 2020 to **Tuesday, September 22, 2020 from 6:00 pm to 8:00 pm.**

We have changed the date to not conflict with Frost Middle School's BTSN. At this virtual meeting, there will be further information about the curriculum, grading, attendance, and discipline from the administration. As well as an opportunity to connect with our Specialists teachers.

Kid mask with PTA Membership!



Our PTA Membership Drive is in full swing! Don't forget to sign up to become a PTA member for the 2020-2021 school year. This year, we are excited to give out one youth size Mantua Raccoon mask with your membership (while supplies last). Masks will be available for members soon! Stay tuned!

<https://mantuapta.new.memberhub.store/store?fbclid=IwAR0IYZ4ir09uAuWl1ZVB77M5jXWlj8lsE9bfN4cINGHXGvC-FDGr2wRJcJs>

Mantua Parent Preview of the Year Meeting

(Video from August 20th)

Mantua Elementary Principal Mrs. Fernandez and the three assistant principals Amy Alley, Nick Rousos and Rich Deixler offered a preview of the beginning of our virtual school year and answered questions, which was recorded for those who could not attend.

School Supplies

For those families in need of support, please contact Lorri Fowlkes in our front office.



For those families that would like to donate extra supplies for our community, please contact Lorri Fowlkes in our front office to schedule an appointment to drop off extra supplies.

Lorri Fowlkes' email: LAFowlkes@fcps.edu

Mantua Elementary Stronger Together Yard Sign - Order now!

We all know this year will look very different. We might not be able to take that "first day of school" pic as our kids get on the bus, but that doesn't mean we can't start the year off with our same Mantua ES pride! This year the PTA is excited to announce our MES "Spirit Your Yard" sign. Not only is it perfect for a first day of school picture, but there will be other "Spirit Days" throughout the year where we can display our Mantua pride. Support our PTA, as well as help build our community spirit! "Strong Together Even When Apart."



<https://mantuapta.new.memberhub.store/store?fbclid=IwAR0IYZ4ir09uAuWl1ZVB77M5jXWlj8lsE9bfN4cINGHXGvC-FDGr2wRJcJs>

Our *Spirit Your Yard* signs are now available for pick up!

If you have already purchased your sign, come by the Mantua Swim and Tennis Club parking lot on **Wednesday 9/2 from 8:30am-10:30am AND Friday 9/4 12 - 2 pm**, to pick up your sign. You can also stop by to purchase your sign via our QR code during this time.

No cash sales will be available. Use the link in the announcement above.

If you can't make pick up during these times, please email volunteering@mantuapta.org to make arrangements for another pick up date/time.

This is a great way to show your support for our school, and our PTA.

Our first Yard Spirit Day will be the first day of school, Tuesday 9/8, so get those signs (and cameras) ready!



Thank you from Girl Scout Troop 2779: cap and lid collection

Thank you from Girl Scout Troop 2779 for saving plastic caps and lids! Thank you to all the kids, families, teachers, and staff who tirelessly collected plastic caps and lids this spring to benefit Troop 2779's recycling

project. The pandemic interrupted our contest and unfortunately, we cannot declare a winner, but we would like to recognize the following classes who saved up lots and lots of caps and lids: Mrs. Garneski's 4th grade class, Ms. Monheim's 6th grade class, Ms. Sullivan's and Ms. Schwenzer's 5th grade class, and Mrs. Kostik's 6th grade class. Every cap counts and Troop 2779 would like to thank each of you who participated. Now the drumroll: as of the last day of school, Mantua ES families saved over 130 pounds of plastic from entering the landfill! Questions? Contact GirlScoutTroop2779@gmail.com.



Raise Funds for Mantua ES by Linking Your Rewards Card

It's time to re-link your Harris Teeter VIC cards to Mantua!

This is a really easy fundraiser- once you link your card to our school you'll be helping to raise money every time you shop. And even better? We'll do the work for you! Go

to <https://www.memberplanet.com/s/mantuaelementaryschoolpta/vic> to fill in your VIC card information and we'll do the rest!

Encourage friends & family to do the same!

Parent Information Relating to Special Education

All these opportunities are **FREE** unless noted.

In most cases **you must register** if registration information is provided.

The FCPS **Parent Resource Center** is still **open**, and it continues to provide direct assistance to families, educators, and community members. The staff there can help you find answers and solve problems.

prc@fcps.edu 703-204-3941

Survive and Thrive with Virtual Learning: Practical Strategies

Tue. Sep. 1, 6:30-8:00 pm, Online

Learn to avoid parent-child conflict about academics with practical tips for routines that keep kids focused while learning online.

Register: https://docs.google.com/forms/d/e/1FAIpQLScIIlpU6WC5B9TqWBpW-wo0KTMIZDuXSHMluUmt_1ILzGzaig/viewform

Strategies for Improving Dysgraphia in Children with ADHD

Tue. Sep. 1, 1:00 pm, Webinar with Replay Link

In addition to impairing handwriting, dysgraphia interferes with academic achievement and self-esteem. In other words, it is much more than messy writing.

Register: <https://www.additudemag.com/webinar/how-to-improve-handwriting/>

Organize Your IEP & 504 Binder

Wed. Sep. 2, 7:00 pm

We will cover organizational strategies to help keep track of all your student's IEP and 504 records, from medical information and testing results to correspondence.

Special Education and IEPs During COVID-19

Thu. Sep. 3, noon-1 pm, Via Zoom

Learn how communicate with your school and the steps to take to have important discussions about your child's needs at school this fall.

Register: https://docs.google.com/forms/d/e/1FAIpQLSdptfj3618on8q0i9fYixaB_RpEzDAzAV_7vk0D3cDjg58Nlw/viewform?

Helping Your Child Learn Healthy Eating Habits \$35-\$5

Thu. Sep. 3, 7:30-9:00 pm, Via Zoom, With Replay Link.

After reviewing some background concepts and specific strategies, the group will discuss individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pm6xq23b28937&oseq=&c=&ch=>

Plan Ahead — Exceptional Parents Book Club

Wed. Oct. 7, 7:30-9:00 pm, Via Zoom

This online book club for parents of exceptional children will be discussing *The Speed of Dark* by Elizabeth Moon. Read now to discuss next month.

Register: <https://guidingexceptionalparents.com/maryland-book-club-registrations/>

Debunking the Myths of Supported Decision-Making and Guardianship

Tue. Sep. 8, 2:00 pm

This webinar will describe guardianship and less restrictive decision-making alternatives, as well as help debunk some of the myths that persist.

Register: <https://thearc.org/about-us/webinars/>

Helping Your child with Sleep Problems \$35-\$5

Thu. Sep. 10, 7:30-9:00 pm, Via Zoom, With Replay Link.

After reviewing some background concepts and specific strategies, the group will discuss individualized approaches to implementation.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh1pms54a0c8c16d&oseq=&c=&ch=>

Survive and Thrive with Virtual Learning: Practical Strategies

Fri. Sep. 11, 10-11:30 am, Online

Learn how to avoid parent-child conflict around academics this fall with practical tips for routines that help keep kids focused while learning online.

Register: https://docs.google.com/forms/d/e/1FAIpQLScIIpU6WC5B9TqWBpW-wo0KTMlZDuXSHMluUmt_1lLzGzaig/viewform

Ethical Decision Making in Positive Behavior Support, Part 1

Fri. Sep. 11, noon-1:00 pm

Learn how ethics is currently being approached in the field of behavior analysis and how that compares with other historical approaches.

Register: https://zoom.us/webinar/register/WN_i2rfTi3fQzqbW5dyI0w9EA

Una introducción a la prevención del suicidio

Martes, sep. 15, 6:30-8:00 pm,

Aprenda sobre la prevención del suicidio, incluidos los factores de riesgo, las señales de advertencia y cómo mantenerse a salvo.

Registrese: <https://ncactsl091520.attendease.com>

disAbility Rights and Resources Expo

Wed. Sep. 16, 10 am-5 pm, Online

It will include, "Know Your Rights" workshops on disability benefits, special education, and rehabilitation as well as ways to interact in a virtual exhibit.

Register: <https://www.dlcv.org/event/disability-rights-expo>

Social Emotional Learning for Children with ADHD in Quarantine

Wed. Sep. 16, 1 pm, With Replay Link

Learn strategies to help children feel and show empathy and make and keep positive relationships so that they can be more socially and emotionally competent.

Register: https://goto.webcasts.com/starthere.jsp?ei=1361051&tp_key=5efa7cb133

Seizure Alert Dogs and Devices: What You Need to Know

Sep. 16, 7:00 pm, Online

Learn about seizure alert dogs and the process for getting one, and get an overview of the available seizure alert devices and how to choose one.

Register: <https://epilepsywdc.org/events/seizure-alert-dogs-and-devices-what-you-need-to-know-sept-16/>

Autism 101

Thu. Sep. 17, 11-noon,

Learn basic information about autism, accepted therapies and interventions, how to access services, and long term developments.

Register: <https://asnvnnonprofiteasy.net/PublicPages/Event/Details.aspx?eid=34434>

Collaborative & Proactive Solutions: 1-2 Day Training

Thu. & Fri. Sep. 17 & 18, 8:40 am-4:15 pm **\$99-\$159**

Gain an overview of the CPS model, along with the nuances of assessment and engaging kids in solving the problems that affect their lives.

Register: <https://www.eventbrite.com/e/collaborative-proactive-solutions-2-day-virtual-training-registration-108761990040>

10 Ways to Stop Power Struggles & Start Motivating Your Kids

Fri. Sep. 18, 10:00-11:30 am, OR 6:30-8:00 pm,

It's time to stop the yelling and power struggles with toddlers and teens. Learn how to create stress-free home life with practical strategies that work.

Register: https://docs.google.com/forms/d/e/1FAIpQLSeRCwQHVLUFdkeaDeUqIzHFCxpAWzoa_UMumevKSy7N_Sarkw/viewform

How to Help Your Elementary School Aged Child with Learning Differences Conquer Distance Learning

Mon. Sep. 21, 7:00-8:30 pm

This webinar will help parents guide their children to build a toolkit of strategies to make distance learning more effective and less stressful.

Register: <http://bridgetherapyandwellness.com/events/>

Parenting Children of Color with Dr. Jamell White

Wed. Sep. 23, 7-8 pm, via Zoom **\$20**

Learn about and discuss with other parents the unique issues in raising children of color with special needs and the impact of the current race-related events on children.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh7nbhkse626d33a&oseq=&c=&ch=>

Setting the Stage for Good Behavior: Routines, Procedures & Expectations

Thu. Sep. 24, 10 am-3 pm,

Gain an overview on establishing and maintaining routines, procedures, and expectations, as well as strategies to teach and reinforce these lessons.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSfekSCsrBimWJg=>

Helping Children and Adolescents Effectively Deal with Social and Emotional Challenges

Thu. Sep. 24, 6:30-9:00 pm, Online **\$25**

Social skills and emotional regulation CAN be taught. Learn tools to use when children struggle with prosocial skills, motivation, or poor self-esteem.

Register: <https://www.eventbrite.com/e/chesapeake-childrens-conference-september-24-25-registration-90855205365>

NAMI Ending the Silence for Parents & Caregivers

Mon. Sep. 28, 6:30 pm,

An educational presentation by a parent, and a hopeful personal story by a young adult who experienced a mental health condition while in school.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh9jhb6g2d883c9c&oseq=&c=&ch=>

Bridging the Distance: Accommodations and Technology for Overcoming Remote Learning

Tue. Sep. 29, 1 pm, With Replay Link

Learn about effective accommodations and tech tools to support students with ADHD and learning disabilities for remote learning.

Register: https://goto.webcasts.com/starthere.jsp?ei=1360306&tp_key=d4b32453ed

Talk Saves Lives for Firearms Owners

Tue. Sep. 29, , 6:30-8:00 pm, Online

Suicide can be prevented. Learn about suicide prevention, including common risk factors, warning signs, and how to stay safe, specifically for firearms owners.

Register: <https://ncactsl09292020.attendease.com>

Plan Ahead — Fall 2020 Transition University Virtual Training

Sun. Oct. 11-Mon. Nov. 23, 5 Week Online Course

This self-paced course for parents of school aged children with IEPs includes the major topics needed to plan now for their child's future adult life.

Register: <https://bit.ly/2ztNrbN>

Plan Ahead — Parent Child Journey interactive Zoom Discussion Groups

10 Weekly 1-hour meetings on Mon. Wed. or Thu. Starting in Oct. **\$150**

A child behavior expert will lead a discussion and trouble-shoot participants' implementation of the ten course topics.

Register: <http://www.parentchildjourney.com/journey/>

Support Groups for Parents

All these support groups are open to newcomers, most are online, and they are free, except where noted. No diagnosis is required to participate. Participants are typically given the opportunity to share their story, experience support, and glean guidance (as desired) from group members regarding both community and school resources. Confidentiality is respected.

Alpha Moms This support group for adoptive parents meets monthly in McLean. Contact: robin4brady@gmail.com

Autism Dads meets one evening monthly typically in the past in Falls Church. Contact: George Buzby at 571-419-1257 or gbuzby@aol.com

Autism Society of Northern Virginia Virtual Support Group 2nd and 4th Saturday of the month, 1:00-2:30 pm via Zoom. Meeting ID: 83085728013

Business Networking Event for Special Needs Parents

Alternate Fridays, May 29 and following, 9:00-10:30 am *Via Zoom*. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder

- **Burke CHADD Support Group for Parents, Caregivers and Family Members** Last Thursday of the month at 7:00 pm. Contact Kim Griffin: kimberlygriffin@yahoo.com
- **Loudoun County CHADD Parent Support** 3rd Tue. morning of the month in Sterling. Contact: Bonnie Little 571-306-2932 or on Facebook @loudounahdhsupport
- **West Fairfax CHADD Evening Parent Support Group** 3rd Thur. of each month at 8:00 pm Contact: Cathy, ocgreulich@aol.com
- **West Fairfax CHADD Morning Parent Support Group** 1st Tues. of each month at 8:00 pm. Contact: Cathy, ocgreulich@aol.com

CSB Family Support Group at Gatlan Center 2nd and 4th Wed. of each month 6-7:30 pm via Zoom Contact: Samar.Chwairy@fairfaxcounty.gov or call 703-799-2882.

D.A.D.S. Dads Appreciating Down Syndrome 3rd Tue. each month, 7-9 pm via Zoom. Contact: George gbuzby@aol.com or call 703- 545-6089.

Dr. Dan's Support Group for Parents Raising Challenging Children meets via Zoom on Mondays, 1-2 pm, Register: <http://survey.constantcontact.com/survey/a07eh2rnzqrk9vdghmb/a0179kbgrhnj1/questions>

Epilepsy Parent Support Group & Discussion Series meets monthly on the 4th Thursday, 7:00-8:30 pm. Register: <https://epilepsywdc.org/events/epilepsy-parent-support-group-discussion-series-virtual/>

Fairfax Juvenile Court Parent Support for problems including runaway behavior, truancy, alcohol/drug abuse, and serious behavioral problems at home, at school, or in the community. Sign up for a phone consultation at <https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile>

Grupo de Chat para Padres: Unete a nuestro nuevo **GRUPO DE CHAT mediante la aplicación de WhatsApp** y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al GRUPO: <https://bit.ly/2VoU2vw> (Chat Group for Latino Parents: Join our new CHAT GROUP through the WhatsApp application and you will be able to keep up to date with everything that PEATC Latino is doing.

NAMI: National Alliance on Mental Illness builds better lives for affected families. Arlington Parent Support Group meets two Sundays a month at 7:00-8:30 pm. Contact: Michelle Best mczero@yahoo.com

OCD Family Support Group 1st Mon. of each month, 7:30 pm. Contact: familygroupocd@verizon.net or call 202-215-5859.

Parent Café (for all Fairfax County parents and guardians) meets via Zoom in English on Mon. 7:45-9:15 pm, and en español, miércoles, 7:00-8:30 pm. Register at least 24 hours in advance 703-324-7720 or parentingeducation@fairfaxcounty.gov

Parents in a Pandemic is for families of children or young adults with developmental and/or behavioral challenges. They meet twice monthly, 5:30-6:30 pm on Tuesdays. Contact Diane Manning dmonnig@thearcofnova.org.

Parents of Autistic Children (POAC-NOVA) Parent Support Group meets on Saturdays occasionally. Contact: Brianne Russel-Morris administrator@poac-nova.org.

How to Submit an Announcement to the PTA News

Please [complete this form](#) to have a Mantua ES- or Mantua PTA-related announcement placed in the weekly Mantua PTA News, on our [Facebook page](#) and/or on MantuaPTA.org.



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