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mantua pta newsletter

January 18, 2021 | Issue 21

Important Upcoming Dates

January 20 (Thursday) - End of Second Quarter - Dismissal at **2:05 PM**.

January 21 (Friday) - Student Holiday (Teacher Workday).

January 24 (Monday) - Student Holiday (Teacher Workday).



PTA Meeting Update

The next PTA meeting will take place virtually on **Thursday, February 3 at 7pm**.



Geography Competition

Does your child love geography? If so, consider participating in the Geography Bee, run by International Academic Competitions, which

Mantua has registered for. The first step is for your student to take a short online test (by February 28). After that, if they qualify, there will be a regional Bee later in the spring.

Email MantuaGeobee@gmail.com for more information. Please note that this first test must be completed 2/28. All students are eligible.

FCPS Policy on Masks

FCPS will continue universal masking for all students and staff.

FCPS continues to require universal mask wearing in alignment with CDC guidance. Our layered prevention strategies have proven effective in keeping transmission rates low in our schools. We know our students are best served by in-person instruction. Adhering to our layered prevention strategies, especially universal masking, keeps our schools open and safe places for students to learn.

FCPS is reviewing Governor Youngkin's executive order issued this weekend. As we have throughout the pandemic, we will continue to share any updated information with you around FCPS COVID-19 practices and protocols as needed. You can review current health and safety guidelines on our website.

Sincerely,

Scott S. Brabrand
Superintendent

Upcoming Frost MS Events for 6th Grade Families

Please mark your calendars for our Rising 7th Grade Orientation on January 27th and the Frost Family Festival on February 16th. More information is included below on each of these events and a full list of our upcoming activities can be found here.

The Rising 7th Grade Orientation is for current 6th grade students who will be attending Frost in the 22-23 school year and their parents. This will take place virtually on **January 27th at 6:30 PM**. During this event you will hear from administration and school counselors who will provide an overview of Frost Middle School, course selection opportunities and the selection process. The link for this event will be sent in mid-January to all families.

We will also be having the **Frost Family Festival** (in-person) on **February 16th beginning at 5:30 PM**. This is a great opportunity to have dinner, get a school tour, and visit elective classes to help confirm desired course selections.



Children Ages 5-11 Now Eligible to VaxUP!

This week marked a pivotal moment in the COVID-19 pandemic. Children ages 5-11 are now eligible for the COVID-19 vaccine. FCPS is collaborating with the Fairfax County Health Department, Inova, and the Virginia Chapter of the American Association of Pediatricians to offer community-wide access to vaccines as soon as possible.

Vaccines are expected to be available at mass vaccination sites really soon. Check with your local pharmacy or pediatrician for appointment availability. Up-to-date information about vaccination opportunities will be available on our website.

In the meantime, you may have questions about the vaccine. We talked with local pediatricians to answer some of the most common questions. First, we asked how the vaccine works and about its safety. Hear what they have to say in this [short video](#).

- [Return to School - COVID-19 Vaccination for Children Ages 5-11](#)
- [Message from the Superintendent](#)
- [FCPS Nov. 3 newsletter](#)

How the School Year Calendar is Developed



The school year calendar is created with community feedback while also ensuring compliance with federal and state laws and policies. To understand the process and the framework FCPS is using, [watch this video](#) or [visit the FCPS website](#). The School Board has final approval on the calendar and is scheduled to vote on January 27.

Join the PTA!

Please visit our webpage at [MantuaPTA.org](https://www.mantuapta.org) and click **JOIN PTA NOW!** Dues are \$20 per family and get you discounts on PTA sponsored clubs. Our dues fully support our free programs so that every penny of our fundraisers goes right back into the classrooms. Follow us on Facebook to get the inside scoop on all our events and programs - <https://www.facebook.com/groups/MantuaPTA/> - Can't wait to get started!



Any changes in dismissal transportation need to be requested by emailing the Mantua Attendance



(Mantuaelem.attendance@fcps.edu) by 11:00am, so the office has time to relay that change to the classroom teacher. No early dismissals will be permitted after 3:30pm.

Parent Resources and Events

All these opportunities are **FREE** unless noted. In most cases **you must register** if registration information is provided.

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From Referral to Eligibility: A Deeper Dive Wed. Jan. 19, 6:30-7:30 pm
Learn important details about the initiation procedures for special education services, including timelines for referral, evaluation, and eligibility decisions. Register: <https://www.eventbrite.com/e/special-education-workshop-series-registration-220218598757>

Supported Decision-Making in Special Education - Start Early! Wed. Jan. 19, 6:30-7:30 pm
Learn about supported decision-making, why it's important, and how it can have a positive impact on your child's present and future. Register: <https://www.eventbrite.com/e/supported-decision-making-in-special-educationstart-early-registration-221030828157>

Ask an Advocate Wed. Jan. 19, 6:30-7:30 pm, [131 Elden St. #302, Herndon](#)
This discussion of what "appropriate" and "special" mean in a special education setting can help parents advocate for their child at school. Register: <https://autismfirstus.com/events/>

Disability is Not a Dirty Word Wed. Jan. 19, 7:00-8:30 pm
Focusing on strengths, differences, and self determination can reshape the way we see our autistic children and help them live the life they want. Register: <https://xminds.org/event-4571374>

Parenting a Defiant Child: Won't? or Can't? Wed. Jan. 19, 7:-8 pm, with replay link
Learn how to respond to a child who feels threatened in ways that will help your child calm down and learn how to solve their problems. Register: <https://register.gotowebinar.com/register/4669016072289323276>

The Message of Behavior: What Is Your Child Trying to Communicate?
Thu. Jan. 20, 6:30-8:30 pm
Identifying and assessing the function of behavior is critical to finding the most effective strategies for interventions and change. Register: <https://bit.ly/3xpo3Hi>

Collaborative & Proactive Solutions: 2-Day Virtual Training Thu. & Fri. Jan. 20 & 21, 9:45 am-5:15 pm, **\$99-\$159**
Participants will learn how to use the

relationships. Register: [https://scanfamilies.org/classes-workshops/Nutriendo a los padres](https://scanfamilies.org/classes-workshops/Nutriendo%20a%20los%20padres) — *curso de 8 clases en español*/Mié. 26 de ene. al 16 de mar. 6-8 pm Los padres de niños de todas las edades recibirán apoyo para controlar el estrés, desarrollo infantil, reglas y expectativas familiares y fortalecimiento de las relaciones. Registrarse: <https://scanfamilies.org/classes-workshops/>

New Advances in Treating ADHD Tue. Jan. 26, 7:30 pm Consider how genetic testing may help in the selection of ADHD medication, and how to maximize its effectiveness and minimize side effects, Register: <https://www.eventbrite.com/e/new-advances-in-treating-adhd-tickets-228380039847>

Ready or Not, Here They Grow! — In English and Spanish; Listos o No, Nuestros Pequeños Crecen! Thu. Jan. 27, 6:00-7:30 pm, En inglés y español Learn about developmental milestones, why they are important, and what to do if your child's pattern is different. Aprenda sobre los hitos del desarrollo, por qué son importantes, y qué hacer si el patrón de su hijo es diferente. Register/Registrarse: <https://bit.ly/3uO5u4M>

The Power of Reset: Get Your Parenting Back on Track Thu. Jan. 27, 7:00-8:30 pm **\$0-\$20** Explore how to reset your parenting, using simple brain science, easy-to-implement tools, and tips for connection. Register: <https://thesycamore.schoolva.org/events/the-power-of-reset-get-your-parenting-back-on-track/>

FASD in Schools Thu. Jan 27, 7-8 pm Students with prenatal exposure to alcohol (fetal alcohol spectrum disorder) can benefit from trauma-informed supports which will be covered. Register: <https://for-medfamiliesforward.org/event/fasd-in-schools/>

Strengthening Families — For parents of Youth ages 10-14 Thursdays Jan. 27 to Mar. 10, 6-8 pm Strengthen your family bond with games, projects, and discussions of topics such as family stress, tobacco use, peer pressure, and more. Register: <https://scanfamilies.org/classes-workshops/>

Anxiety in Children and Adolescents Thu. Jan. 27, 8:00–9:30 pm, **\$35-\$0** This discussion of anxiety in children and family systems will include how to do child exposure therapy and parent accommodation reduction. Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5kyzw22401193&oseq=&c=&ch=>

Everything You Need to Know About Marijuana in 1 Hour Fri. Jan. 28, 10-11 am Only about 20% of youth are doing it. Learn more: legalization vs decriminalization, the ways marijuana can be consumed, and THC vs CBD. Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

LCPS Mental Health & Wellness Conference Sat. Jan. 29, 9 am-noon, Lightridge HS, [41025 Collaboration Dr](#), Aldie Sessions include topics on anxiety, suicide prevention, community resources, etc. Register: www.navigatethepathl.com/

Ongoing and On Demand

The Arc@School Advocacy Curriculum \$99 for 6 months Build up your special education knowledge, know the law, and learn to advocate for the services and supports your child needs at school. Purchase: <https://thearcatschool.org/advocacy-curriculum/>

Family Coaching — *8-12 week program* Work weekly one-on-one with a coach to identify individualized goals and create a targeted family plan. Register: <https://a109092.socialsolutionsportal.com/apricot-intake/e8afd273-4daa-4525-a1f1-b8ee33528344>

Fairfax County's Pre-Notification 9-1-1 Program Enroll now in this new public safety program for individuals with disabilities. Details & Registration: <https://www.fairfaxcounty.gov/911/emergency-health-profile>.

Special Education During a Pandemic Learn what the laws specify that schools should provide, and how you can best support your child. Access: <https://drroseann.com/special-education-during-a-pandemic/>

Dyslexia & the IEP: How to Make Sure the IEP Is in Tip-Top Shape Webinar, available 24/7 Access: <https://www.youtube.com/watch?v=frehRL58UTs>

Accommodations for Recreational Classes and Camps with Fairfax County Parks Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training. To request accommodations, email.gary.logue@fairfaxcounty.gov or 703 324-8563

Scholarships for Classes with Fairfax County Parks Children of families that receive public assistance (medicaid, free school lunch, SNAP, TANF) are eligible to take one set of classes per quarter for a **\$15** registration fee. Information: <https://www.fairfaxcounty.gov/parks/scholarships>

NAMI Basics This 6-session course is for adults who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms (including ADHD and ASD). Register: <https://www.nami.org/Videos/NAMI-Basics-OnDemand>

Wrightslaw Special Education Law and Advocacy Training Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy. Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>

\$50-\$90

The Parent Playbook — 9 Module Online Course on Autism From the VCU Autism Center for Excellence. An introduction on Autism Spectrum Disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services. Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm

Ongoing Community Support Groups for Youth & Parents

All these support groups are open to newcomers, 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 to be respected

AAC Parent Group meets occasionally on Saturdays. Contact:

Amanda amandam@skillbuildersllc.com or 703-941-7757 ext. 316

African American Culturally Focused Virtual Parent Café meets Thursdays, 6:00-7:30 pm. Register at least 24 hours in advance by [email BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or 703-324-7720

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

Arlington Epilepsy Support Group, a list-serve, can be accessed at ARLEpilepsy@googlegroups.com

Autism Dads meets one evening monthly. Contact: George Buzby at 571-419-1257 or gbuzby@aol.com

Autism Society of NoVA Support Group meets on the 2nd Saturday of the month, 1:00-2:30 pm via Zoom. <https://us02web.zoom.us/j/9466001682>; Meeting ID: 946 600 1682; One tap mobile (301) 715-8592

Business Networking Event for Special Needs Parents Alternate Fridays, 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/>

Cafés Virtuales Para Padres: Miércoles de 7:00-8:30 pm. Registrarse con al menos 24 horas de anticipación: BuildingStrongerFamilies@fairfaxcounty.gov o 703-324-7720

CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** 4th Mon. of each month at 6:30 pm. Contact: Susan, ADHDParentMountVernon@gmail.com or call 303-903-9972.
- **Loudoun County CHADD Parent Support** 3rd Wed. evening of the month. Contact: Bonnie Little 571-306-2932 or on Facebook [@loudounahdhsupport](https://www.facebook.com/loudounahdhsupport)
- **West Fairfax/Burke CHADD Parent Support Group** 1st & 3rd Thur. 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 6:00-7:30 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/a0179kbgrhbj1/questions>

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>

Family F.I.R.S.T. Fridays Autism Support Group meets on the 1st Friday monthly, noon-12:45 at Gum Spring Library [24600 Millstream Dr. Stone Ridge](https://www.fairfaxcounty.gov/gum-spring-library)
Family Recovery & Support Group meets weekly via Zoom on Mondays 6:30-7:30 pm for family and friends of those receiving CSB services for addictions. Contact: Natalie.Holmes@fairfaxcounty.gov www.fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-group

Formed Families Together consists of monthly peer support groups for adoptive, kinship, and foster caregivers and parents. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

Virtual support group meets the 1st Sunday evening monthly.

In-Person support group meets the 3rd Wednesday evening monthly.

Grupo de Chat para Padres mediante la aplicación de WhatsApp. Podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al group: <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.)

Grupo de Educación y Apoyo a Padres en Española se reúne el cuarto sábado de cada mes, de 10 a 11 am en Zoom en <https://us02web.zoom.us/j/9466001682> ID de reunión: 946 600 1682

Heads Up and **Talk It Out** — Teen and Parent Recovery Groups These are concurrent virtual groups for teens (ages 14-17) who are working through emotional, mental health or substance use challenges and their parents every Thursday 6-7 pm. Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

Kinship Café meets online 6:30-8:00 pm the 2nd Wednesday of the month for those raising the children of relatives and friends. To attend, call 703-324-7720 or email BuildingStrongerFamilies@fairfaxcounty.gov

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

NAMI Family Support Group meets on the 1st and 3rd Wednesdays on Zoom for parents of children living with mental health challenges including ADHD, ASD, etc. <https://zoom.us/j/94509229914>

NAMI Parent & Caregiver Support Group meets on the 4th Thursday monthly. Email namicva.org or call 804-285-1749

OCD Family Support Group meets the 1st Mon. of each month at 7:30 pm. Contact: ela.mike@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 by email BuildingStrongerFamilies@fairfaxcounty.gov or 703-324-7720

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. Register: <https://thearcofnova.org/jun-dates-for-virtual-parent-support-group-meetings/>

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

REACH Parent Support Group meets monthly to support parents of individuals with developmental disabilities who also have mental health or behavioral issues. Contact: Dr. Pourmand mojgan.pourmand@eastersealsucp.com

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.

The form guides you through all the pieces of information we need to put out complete announcements.