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mantua pta newsletter

February 22, 2022 | Issue 25

Important Upcoming Dates

March 3 (Thursday) - 2 Hour Early Release @ 2:05pm

March 4 (Friday) - No School for Students, Staff Development Day.

Spring Enrichment Registration Open Now!

We are excited to announce a new session of Spring Enrichment classes that will run **March 7th - May 5th**.

Registration ends at midnight on Tuesday, February 22nd.

See the following link for schedule, class descriptions, [FAQs](#) and registration information:

<https://www.enrichmentmatters.com/mantua>

Contact enrichment@mantuapta.org with questions.



Sign up for the Spring Season of Raccoon Runners is coming!

The wildly popular Raccoon Runners program will be back for a Spring Season! Sign-ups will begin **TONIGHT, February 22nd, at 8pm**. The program usually fills up in mere minutes, so set your alarms now!

Mantua ES's Raccoon Runners is a positive youth development program for third through sixth graders, empowering them to be true to themselves through

lessons in positive body image, health and nutrition and social awareness.

- Raccoon Runners are strengthened over a 9 week period through various fitness activities while training for a 5K run.
- Runners meet in the gym on Tuesdays and Fridays from 8 a.m. to 9 a.m.
- Registration fee includes a t-shirt, snacks after each practice and race registration for your runner. The spring season will run from March 15 to May 13.

Email raccoonrunners@mantuapta.org for more information.

www.memberplanet.com/s/mantuaelementaryschoolpta/2022springrunners



Mantua Talent Show 2022

The Mantua Talent Show is live once again this year!! Get your acts ready!

Rehearsal will be Friday, March 25th and the BIG show will be Saturday, March 26th both from 5-9pm in the Gym.

Sign up by March 4th and send in your act audition video by March 11th.

www.memberplanet.com/s/mantuaelementaryschoolpta/2022talentshow



Read Across America Spirit Week

February 28th - March 3rd

Happy Read Across America Week!

Monday

Read My Shirt Day: Wear a shirt that has words on it that everyone can read.

Tuesday

Crazy Hair and Sock Day: Wear your best crazy hairstyle and don't forget to wear some crazy socks too!

Wednesday

Dress as your Favorite Book Character Day: Come to school dressed as

your favorite book character from a fiction or nonfiction book.

Thursday

Pajama Day and Favorite Book Day: Come to school dressed in your comfy pajamas and share a favorite book with your class.

Academic & Wellness Interventions at Mantua

In recent PTA meetings we have shared the interventions that are taking place at Mantua this year. The [Mantua's ESSER/SIIP 2021-22 at Glance](#) describes our work to support student academic achievement and wellness. Some aspects of intervention include small group direct academic support, before and after school supports, and access to online intervention programs that assess, intervene, and advance student performance.

Digital Resources

There is a new functionality available to FCPS parents who are interested in knowing more about their child's activity on an FCPS device. Parents can sign up to receive a weekly Parent Report from Lightspeed, our internet content filtering service, which will provide a list of the top sites the child visited that week. Additionally, if parents wish to get more detailed information, the weekly Parent Report offers parents the ability to self-sign-up to the free Internet Use Parent Portal. Parents who sign up for the Internet Use Parent Portal can log in any time to see a little more detail about their child's internet browsing. The portal also offers the parent added ability to "pause" access to the internet during non-school hours on the FCPS device. <https://www.fcps.edu/resources/technology/lightspeed-parent-reports>

Free Shipping on Mantua Spirit Wear Until February 28



Click on the picture or [here](#) to link to the Spirit Wear site.

Visitors Welcome

The most updated guidance from FCPS indicates that Mantua ES can welcome visitors and volunteers. Our Visitor Management System will be back up and running in the main office. Visitors who will be engaging with students will need to check-in using this system. Please know that the Visitor

Management System requires that visitors have their licenses when checking in. Our teachers may begin to solicit parent volunteers through their parent communication. Please also know that our current contact tracing efforts and universal masking expectations will extend to our visitors.



Computer and Headphone Reminders

K-2 computers go home weekly on Fridays and 3-6 go home daily. Students should be charging their laptops overnight while the devices are at home.

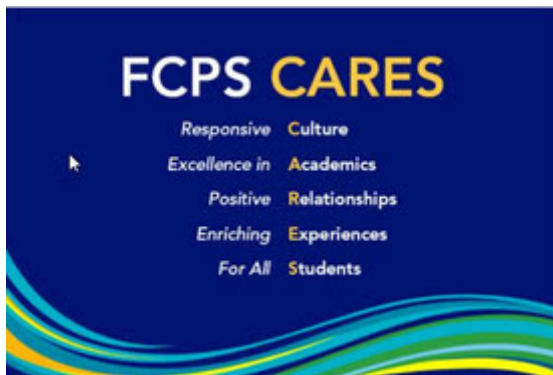
All students should be bringing a working pair of headphones to school each day and back home.

Many of the programs used in school require headphones with a microphone as well as programs that are included as part of homework.

Yearbook Sales

The 2022 yearbook is sold through the company's online portal. The information and link can be found on the [FCPS Mantua school web page](#) and in the All Parent Schoology Course.

The last day to order is **April 15**.



Nominate a Staff Member: FCPS CARES

The FCPS CARES Program is an opportunity for parents, staff, and community members to recognize FCPS employees for going above and beyond to help others and show they care. We invite you to submit your story, so we can all acknowledge

the good work of FCPS employees at Mantua Elementary.



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.

Woodson Chorus

The Woodson High School Area Chorus, directed by Amy Moir and Meredith Lee, will present a concert on **Thursday, March 10 at 7 PM**. Mantua will have a large group of our 6th grade singers participating in this event. We hope you can make it!



2022-2023 Kindergarten Survey

Mantua ES needs your help in projecting the Kindergarten enrollment for the 2022-2023 school year. Virginia Law, section 22.1-254, requires children who will reach their fifth birthday on or before September 30, 2022, to be enrolled in Kindergarten for the 2022-2023 school year unless the parent or guardian notifies the school in writing that they do not wish the child to attend school until the following year.

If you have a child who will be five years old on or before September 30, 2022, please complete [this form](#) and return it **no later than March 31, 2022**. If any of your neighbors have children who will be eligible for Kindergarten, please share this information with them, as we are especially interested in reaching those Mantua families who do not have children currently attending school.

The information on this survey will help the school plan for adequate facilities and personnel for the 2022-2023 school year. **Please email the completed form to Mergie Kakouris at mbkakouris@fcps.edu**. We thank you in advance for returning the form **no later than March 31, 2022**.

Health and Safety Updates

While the Virginia Department of Health shifted the expectation for contact tracing in schools to only on outbreaks, the CDC continues to indicate that contact tracing, in combination with [testing](#), [wearing a well-fitting mask](#), and [quarantine and isolation](#), are effective strategies to identify people with COVID-19 (cases) and to reduce transmission.

FCPS has and continues to implement CDC recommendations, to the greatest extent practicable, to prevent or reduce the spread of COVID-19 in schools and to foster the continuation of in-person learning for students and staff. As a result, FCPS will continue contact tracing until further notice.

The following changes were effective 5:00 p.m. Friday, February 4:

- FCPS Pause (Close Contact) Letter includes quarantine guidance and replaces the FCHD quarantine email to families
- FCPS Student Quarantine Exemption and Attestation Form replaces the FCHD Vaccine Verification Survey (Will be embedded in the FCPS Pause Letter and available on the FCPS webpage, physical copies will be available if needed)

Monitoring COVID-19 cases is critical to maintaining a safe in-person learning environment for all students. Please continue to let us know if your child has

tested positive for COVID-19 or may be a close contact. We will work with you through the process to return your child to the classroom as quickly as possible.

COVID Vaccination Status

You may wish to voluntarily share your child's COVID-19 vaccination information with Mantua ES. However, we do not require your child's vaccination information and no school employee will ask for your child's vaccination status. If you would like to provide us with your child's vaccination status, please bring your child's COVID-19 vaccination card or a photocopy of the card to Ms. Kakouris in the front office. COVID-19 vaccination documentation contains Protected Health Information and should not be emailed.



Learn More About Girl Scouts

Join us on **February 24, 6 pm** virtually to learn more about Girls Scouts in the Mantua and Camelot area.

Please see link below to join or contact Michele Randall, mrandall@gscnc.org or call/text: 703-372-4352 for more information.

Hope to see you there!

Join Zoom Meeting - <https://zoom.us/j/99432033583>
Meeting ID: 994 3203 3583
Passcode: 409114

Seventh Grade Immunization Requirements

Effective July 1, 2021 all students entering 7th grade will be required to receive one dose of each of the following immunizations prior to the beginning of school: Tetanus, Diphtheria and Pertussis booster (Tdap) given at age 7 or older, and Meningococcal vaccine (MenACWY) given at age 10 or older. Seventh grade students cannot begin school in August without proper Tdap and Meningococcal documentation.



Acceptable documentation to submit to Mantua ES can be one of the following:

1. An immunization record showing the month, day, and year the immunization(s) was given.
2. A note on a healthcare provider's letterhead stating the month, day, and year the immunization(s) was given.
3. A healthcare provider's written statement of a permanent or temporary medical exemption for a student who cannot receive the immunization due to medical reasons.
4. A notarized Religious Exemption Form, which is available online at: http://www.doe.virginia.gov/support/health_medical/cer

Children Ages 5-11 Now Eligible to VaxUP!

Children ages 5-11 are 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](#)

NEW! 2022-2023 School Year Calendar

Join the PTA!

Please visit our webpage at 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.

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.

Parent Resources and Events

All these opportunities are FREE unless noted.

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

Augmentative and Alternative Communication (AAC)

Wed. Feb. 23, 2-3 pm

Learn what AAC is, who this communication option is appropriate for, the various types of AAC, and the long-term goals and outcomes.

Register: <https://autismfirstus.com/events/>

Decoding the Alphabet Soup: Helpful Tips for Parents of LGBTQ+ Students

Wed. Feb. 23, 7:00-8:30 pm

This is a crash course on LGBTQ+ terminology, orientations, identities, and how best to support children as they explore their sexuality.

Register: <https://thesycamoreschoolva.org/events/decoding-the-alphabet-soup-helpful-tips-for-parents-of-lgbtq-students/>

Ten Things to Know about IEPs — In Spanish

Diez cosas que necesita saber sobre los IEPs

Mie. 23 de Feb. 7-8 pm

¡Conocer estas diez cosas sobre los IEP le permitirá hacer su trabajo para ayudar a escribir el IEP de su hijo!

Registrarse: <https://peatc.org/event/diez-cosas-que-necesita-saber-sobre-los-ieps/>

Caregiver Night Out

Thu. Feb. 24, 6:30-9:00 pm \$\$

Respite care for children with ID/DD will be provided by ABA providers.

Register: 703-857-2157 x 501 or jmcdonald@thearcofloudoun.org

REVIVE! Training

Sat. Feb. 26, 9-10 am

Learn what to do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies may be provided.

Register: www.fairfaxcounty.gov/community-services-board/heroin-opeioids/revive

QPR Suicide Prevention Training

Tue. Feb. 22, 6:30-8:00 pm

Learn to recognize the warning signs, how to intervene, and where to refer someone who is in crisis. QPR = Question, Persuade, Refer

Register: [https://us06web.zoom.us/ meeting/register/ tZwrde6rqTwvH9PiOZuL6RrcAia_ AvJWLaap](https://us06web.zoom.us/j/91012020000?pwd=ZWRde6rqTwvH9PiOZuL6RrcAia_AvJWLaap)

Bullying in the Digital Era

Fri. Feb. 25, 12:30-2:00 pm. \$10-\$35

Gain an understanding of what cyber bullying looks like, and learn parenting strategies and skills to help your child if victimized.

Register: [https://www.rosscenter.com/ event/bullying-in-the-digital- era/](https://www.rosscenter.com/event/bullying-in-the-digital-era/)

All About Augmentative and Alternative Communication (AAC)

Sat. Feb. 26, 1 pm

A panel of parents, whose child uses an AAC device, will discuss types of AAC, their use at school, what to advocate for, and current legislation.

Register: <https://poac-nova.org/events/>

Growth Mindset to Push Through Frustration — for 4th & 5th graders

Sat. Feb. 26, 1:30-3:00 pm, [6849 Old Dominion Dr. #200, McLean](#)

Students will learn what a growth mindset is, why it matters, what to do when they get stuck, and how to “push through” frustration.

Register: [https://www.eventbrite.com/e/ growth-mindset-to-push- through-frustration-tickets- 177564178237](https://www.eventbrite.com/e/growth-mindset-to-push-through-frustration-tickets-177564178237)

REVIVE! Training

Sat. Feb. 26, 9-10 am

Learn what to do in an overdose situation, how to administer naloxone, and what to do afterwards. Supplies may be provided.

Register: [www.fairfaxcounty.gov/ community-services-board/ heroin-opioids/revive](http://www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive)

Plan Ahead — Wrightslaw Two-Day Bootcamp \$175-\$265

Fri. & Sat. Mar. 11-12, 9 am-4:30 pm, Charleston Area WV

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Register: [https://www.wrightslaw.com/ speak/22.03.wv.htm](https://www.wrightslaw.com/speak/22.03.wv.htm)

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>

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 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 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, 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/>

Cafés Virtuales Para Padres: Miércoles de 7:00-8:30 pm. Regístrese 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/a0179kbgrhnj1/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](#)

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. Virtual support group meets the 1st Sunday evening monthly. In-Person support group meets the 3rd Wednesday evening monthly. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

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.)

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, 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 Wednesdays. Register: <https://thearcofnova.org/november-december-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

Virginia Family Network Book Club meets monthly to discuss books selected for their value to parents and caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org

