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Mantua PTA News 2022, Issue 40

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June 14, 2022 | Issue 40

Important Upcoming Dates

Summer: Mantua ES Summer Office Hours are Monday - Friday, 9AM-1PM.

August 22 (Monday) - First Day of School.

The complete 2022-2023 FCPS School Year Calendar

Order Your School Supplies

Don't forget to order your school supplies for next year by June 30th to receive discounted pricing! It's never too early to plan, and the Mantua PTA is happy to announce the 2022-23 School Supply Kits through EduKit are Ready! Everything your student needs for the school year comes packaged in one convenient box, customized for the approved Mantua teacher's requests!



Simply go online to https://www.edukitinc.com/, click "Order", "Find My School" and type in Mantua and you're in.

Order by June 30th for best pricing. Kits will be shipped directly to your house and be packaged and ready for the school year to start in August. Check, done! One thing off your summer planning list!

Summer Mental Wellness Consultations

This summer, the FCPS Office of Intervention and Prevention Services will offer virtual Mental Wellness Consultations from June 21, 2022 through August 5, 2022. Parents and students will have an opportunity to schedule a 45-minute consultation with a school psychologist or school social worker by phone or videoconference. Consultations will be offered in two ways:

- Directly to parents of students in any grade level. This consultation
 provides an opportunity for parents to receive guidance on how to
 support their child's social, emotional, behavioral, and academic
 success. Information about community resources will also be provided.
- Directly to students in middle or high school. This consultation provides an opportunity for middle and high school students to receive guidance and support for concerns related to anxiety, mood, behavior,

peer or family interactions, or school transitions and changes. Strategies and tools can also be provided to address academic challenges such as organization and time-management.

All parents and secondary students are encouraged to take advantage of this service by <u>clicking here to request a consultation</u>. You may also leave us a message at 703-503-2520.

Virtual Mental Wellness Consultations Available this Summer

2022 Summer Programs for LJ Students

Any 6th graders going to Luther Jackson Middle School?

How To Survive Middle School 2022

Session 1: July 25 & 26

Session 2: July 27 & 28...

See more here.



Win Prizes With the Public Library Summer Reading Adventure; Starts June 10

The Fairfax County Public Library (FCPL) summer reading program will take place June 10 to August 12. Children, teens, and adults can sign up now

on Beanstack where they can track their summer reading.

Participants will have the chance to earn prizes when they read and complete activities. There are different challenges for preschoolers, K-5 students, teens, and adults.

Prizes will be awarded after the completion of Summer Reading Adventure. If you don't want to use Beanstack to log your reading, paper reading logs will be available beginning June 10 online and at your local library branch. Fill out your reading log and return it to your local library by August 12 to be eligible for prizes.

More information about the FCPL summer reading program is available online.

Preview Your Student's Spring SOL Scores in SIS ParentVUE

Want to know how your student did on their spring SOL tests before the official report? Starting today, families can see SOL scores in the **Test History** section of SIS ParentVUE. To access Test History, <u>log into your ParentVUE account using a web browser</u> (not the app). You will see spring SOL test subjects, performance levels, and overall scores. Families will also receive an official SOL score report letter with more details by the end of July.

<u>Additional information about SOL assessments</u> is available online. You can also <u>learn more about SIS ParentVUE</u> and how to activate your account.

Woodson Summer Sport Camps - Register Today!

For more information about each camp, click on the sport summer camp title below or visit our Woodson Athletics website at www.wtwoodsonsports.com

Sponsored by WTW Athletic Boosters



WOODSON FIELD HOCKEY CAMP

This camp is for rising 3rd - 9th graders and perfect for all abilities! Players are placed in groups based on their age and ability to provide the best environment for becoming a better field hockey player and having fun!

When: June 13-17th

Time: 9am -11:30am

Where: WT Woodson

Aux Field

Cost: \$125



Field Hockey Summer Camp

June 13 - June 17

Baseball Summer Camp

June 13 - June 17

Girls Basketball Summer Camp

June 27 - July 1



Boys Basketball Summer Camp

Session 1 - July 11 - July 15

Session 2 - July 18 - July 22

Volleyball Summer Camp

Session 1: July 12 - July 15 5pm-7pm

Session 2: July 12 - July 15 7:30pm-9:30pm

Session 3: July 19 - July 22 6pm-8pm

Cheer & Dance Summer Camp

August 8 - August 12



REGISTER ONLINE AT HTTPS://LINKTR.EE/WTWDANCETEAM QUESTIONS? EMAIL US AT WTWCHEERDANCE@GMAIL.COM

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.

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/certificate_religious_exemption.pdf

Complete Your Free and Reduced-Price Meal Applications This Summer

For the past two years, the federal government has provided no-cost meals to all public school students without the need to complete the annual Free and Reduced-Price Meal application. The extension of the no-cost meals benefit to all students is expected to expire at the end of this school year, meaning families must submit an application and be approved to be eligible for free and reduced price meals for the 2022-23 school year.

Eligible families are encouraged to submit the Free and Reduced-Price Meal application before the first day of the 2022-23 school year. The online application will be available later this summer and accessible via the FCPS homepage.

Students approved for <u>Free and Reduced-Price Meals</u> may qualify for additional benefits such as waived or reduced fees for instruments, uniforms, field trips, FCPS class fees, and <u>Parktakes</u> classes.

Summer Meal Service

No-cost summer meals will be served to students enrolled in summer school at all FCPS summer school locations this year.

<u>Summer Meal Kits</u> will be offered on Tuesdays at several sites beginning June 14 and ending August 8. Meal kits contain seven days of breakfast and lunch items packed in bulk.

The meal kits will be available for pick up Tuesday mornings. All meals are available at no-cost to FCPS students and children 18 years of age and under. Visit our <u>Meals for Students</u> website for more details on pick up locations and times

Mantua PTA News is Taking a Break for Summer

This is the last issue of Mantua PTA News for the 2021-2022 school year. New issues will resume in August. Have a great summer vacation!

Community Events Relating to Special Education

All these opportunities are FREE unless noted. In most cases you must register if registration information is provided. When other events are announced they will be posted with these at: https://fairfaxcountysepta.org/upcoming-community-events/

A new Virginia Office of the Children's Ombudsman will advocate for systemic changes in Virginia's child welfare system and will both receive and investigate complaints regarding the actions or decisions of departments of social services in cases involving children alleged to have been abused or neglected and children who are in foster care.

Information: https://bit.ly/3885c1O

Early Childhood Academy — For families of young children with disabilities May 14 to June 18 — self paced course

Learn practical information to help you help your child develop skills to be successful in life.

Register: https://peatc.org/event/early-childhood-academy-spring-2022/

Plan Ahead — Parent Institute 2022
Thu. Jun. 23, 9 am-3 pm and Fri. Jun. 24, 8 am-noon
This training connects parents who are new to special education with
resources, guidance, and networking opportunities.
Register: https://www.eventbrite.com/e/ parent-institute- 2022registration297097796507

For Dads with (and Without) ADHD: How to Understand and Support Your

Kids

Wed. Jun. 15, 1 pm

Explore approaches to improve your relationship with your child, and learn strategies to help your child get things done and fulfill their responsibilities. Register: https://www.additudemag.com/ webinar/dads-with-adhd- parentingadvice/

Supporting LGBTQ+ Youth and Family Members

Thu. Jun. 16, 1:00-2:30 pm, with extended access \$15-\$0

Best practices will be discussed for creating an affirming environment for

LGBTQ+ youth and LGBTQ+ headed families.

Register: https://case.myabsorb.com/#/ catalog/5889e7ba-e136-4f09- a4b1-

937c6146a208 Use coupon code: IDENTITY

Social Security Basics

Fri. Jun. 17, 10:00-11:30 am

Learn about Supplemental Security Income (SSI) and Social Security Disability

Insurance, Survivorship and Disabled Adult Child (SSDI).

Register: https://us06web.zoom.us/ meeting/register/tZlvce-

hqTMoHtOFmZmzLyNALzxnW3sGNIQI

Tech Trouble with Complex Kids? Ask Us Anything!

Fri. Jun; 17, 1-2 pm with replay link

Send general questions in advance or join us live to ask your specific question

relating to kids and tech!

Register: https://impactparents.pages. ontraport.net/june-webinars

Disability Benefits: Medicaid Waivers in Virginia — In Spanish

Beneficios por Discapacidad: Exenciones de Medicaid de Virginia

Mar. 21 de Jun. 6:30 pm-8:00 pm

Obtenga información sobre las exenciones de Medicaid, la variedad de beneficios, la elegibilidad para los servicios y cómo obtener beneficios.

Registrarse: https://peatc.org/event/ beneficios-por-discapacidad- exenciones-

de-medicaid-de- virginia-3/

How To Talk So Schools Will Listen (And Listen So Schools Will Talk)

Wed. Jun. 22, 6:30 pm

Register: https://us02web.zoom.us/ webinar/register/WN

hsSoTkuwSjOOsUO74qcEAA#/ registration

Parent Institute

Thu. Jun. 23, 9 am-3 pm and Fri. Jun. 24, 8 am-noon

Parents will be introduced to the special education process, discover new

resources, and have opportunities to network.

Register: https://www.eventbrite.com/e/ parent-institute- 2022registration-

297097796507

Suicide, Access to Guns, and Extreme Risk Protection Orders:

What Providers And Families Need to Know

Fri. Jun. 24, Noon-1 pm, \$10

Learn about the importance of gun access as a suicide risk factor and key

interventions to restrict access, including Extreme Risk Protection Orders.

Register: https://www.rosscenter.com/ event/suicide-access-to-guns- extremerisk-protection- orders/?

Plan Ahead — GMU STEM Summer Saturday — For 3rd-5th graders

Sat. Jul. 16, 9 am-3 pm, Nguyen Bldg. 4511 Patriot Cir. Fairfax

Student-centered activities will include team-building, design, the sciences,

math, engineering, manufacturing and computer science.

Register: https://cec.gmu.edu/gmu-stem- summer-saturdays

Plan Ahead — Parents as Collaborative Leaders Training

Jul. 20 - July 22

Parents of children with disabilities will gain information, resources and skills to

become active leaders in policy development and evaluation.

Register: https://www.eventbrite.com/e/ parents-as-collaborative- leaders-

training-pacl-2022- registration-297187113657

Plan Ahead — GMU STEM Summer Saturday — For 6th-8th graders Sat. Jul. 23, 9 am-3 pm, Nguyen Bldg. 4511 Patriot Cir. Fairfax Student-centered activities will include team-building, design, the sciences, math, engineering, manufacturing and computer science. Register: https://cec.gmu.edu/gmu-stem-summer-saturdays

Plan Ahead — PACL Advanced Training

August 30 - September 2

Past trainees of Parents as Collaborative Leaders will explore ways to continue to develop their leadership skills and teacher others.

Register: https://www.eventbrite.com/e/ parents-as-collaborative- leaders-advanced-pacl- advanced-2022-registration- 297220132417

Plan Ahead — 2022 Family Engagement Conference

Sat. Jul. 16, 9 am-4 pm

The speakers will focus on equity in family engagement and sustaining effective partnerships with school personnel.

Register: https://peatc.org/event/2022- family-engagement-conference/

Ongoing and On Demand

Learning Your Way — Online Self-Paced Courses 24/7 Access, Feb. 15, 8 am to Jun. 30, 11 pm Courses for foster, adoptive, and kinship care families on Special Education 101, Constructive Communication, and Trauma 101. Register: https://www.eventbrite.com/e/ learning-your-way-spring-2022-tickets-233867141917

The Arc@School Advocacy Curriculum \$99 for 6 months Build your special education knowledge, know the law, and learn to advocate for the services your child needs. Scholarship: https://thearcus.surveymonkey.com/r/H7WNHB7

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.

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 & Virginia Autism Council. 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.

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

Foster the Family Support Group for foster and adoptive moms meets the 3rd Monday of each month, 6:30-8:00 pm in Falls Church. Childcare is provided. Register: https://www.fosterthefamilydc.org/supportgroups

Grupo de Chat para Padres: Unete 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 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@poacnova.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 for parents and caregivers of children living with mental health challenges meets on the 2nd and 4th Thursdays at 7 pm. Contact Nicole Anjum at nanjum@namivirginia.org .

Virginia Family Network Parent Meetup is on the 1st and 3rd Fridays at 8 pm for parents/caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org.

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