

Quarterly Newsletter*Second Quarter at a Glance***CONNECTION CIRCLES**

Counselors facilitated student discussion circles on Mondays to help students maintain peer connections in virtual learning. We look forward to inviting more students to participate next quarter!

VIRTUAL TABLES

Virtual tables are going strong! We've enjoyed the competition, discussion, and dance parties! All students have access to virtual lunch tables every Tuesday-Friday. Join codes are on our [Google site](#).

STUDENT WELLNESS

Students received lessons through Falcon Focus on Mindfulness, seeking help, and self-care strategies. All students are encouraged to seek help for themselves or a friend when needed.

ACADEMIC ADVISING

It is time for 2021-2022 course selection! Important course information is being shared on counselors' Google Classroom sites.

All 7th and 8th grade students were provided an overview of the course selection process in Falcon Focus on January 13 and 15.

Academic Advising Conferences (Optional)

- Students can email their counselors with questions; counselors will schedule meetings as needed
- Students and parents are always welcome to email school counselors regarding course selection or other program options

Important Dates:

Feb 1: 7th Grade Course Selection Assignment Due in Google Classroom, 5:00pm

Feb 9 & Feb 10: Entering Course Selection in SIS -counselor guided lesson in PE classes

Feb 16 to March 5: Targeted Academic Advising

- Counselors will contact students and their families as needed

March 12: 7th Grade Parent Course Selection Review & Confirmation



RIISING 8TH RESOURCES

Our 7th grade counselors and Frost teachers provide a detailed overview of 8th grade course options in the videos below:

[Course Selection Overview & Core Classes](#)
[Elective Course Overview](#)



RIISING 9TH RESOURCES

Ninth grade course selection information and catalogs:

[Woodson](#)
[Annandale](#)
[Robinson](#)



FCPS Academy Programs:

[Fairfax Academy Open House](#)
February 2, 2021 - 6:30-7:30 PM
[Fairfax Academy Google Site](#)

[Chantilly Academy](#)

TJHSST ADMISSONS UPDATE

On 1/7/21, Thomas Jefferson HS posted an update to their [Freshman Application](#) webpage announcing the application window will begin on February 1st at 8:00 AM and close on February 26th at 4:00 PM.



GRAB AND GO MEALS

All students are welcome! Breakfast and lunch will be served Monday-Friday at no cost through June 30, 2021. Meals for Saturdays and Sundays are distributed every Friday at all sites. Visit [Grab and Go Meals](#) for bus route information and times.



GET INVOLVED! JOIN FROST'S AFTER-SCHOOL PROGRAM

There's something for everyone!
Monday-Friday - 3:30-5:30
[After-School Club Description and Meeting Links](#)

SELF CARE TIPS

- Get outside on sunny days to absorb those rays! The lack of sunlight in winter can impact us emotionally.
- Take pictures or write down things that you're grateful for each day. Revisit this list if you're feeling down.
- Call a friend. It is important to maintain connections with peers when we're apart.
- Exercise and drink water daily!
- Self-Care Apps: Calm, HeadSpace, Shine, Five Minute Journal

SUPPORTING CHILDREN'S MENTAL HEALTH

Ongoing challenges of COVID-19 and school closures continue to have a significant impact on children's mental health. As an example, according to the CDC, from April to October 2020, the proportion of mental health-related emergency room visits for children aged 5-11 and 12-17 years increased approximately 24% and 31%, respectively, compared with 2019.

Information on what to look for and how to get help for your child:

[Healthy Minds Fairfax](#)
[Parent Guide](#)