

# FROST STUDENT SERVICES

March 2021

*Quarterly Newsletter*

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## *Third Quarter at a Glance*

### CONNECTION CIRCLES

Counselors facilitated student discussion circles on Mondays to help students maintain peer connections in hybrid learning. We look forward to continuing to provide this support to students next quarter!

### VIRTUAL TABLES

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

### STUDENT WELLNESS

Students received lessons through Falcon Focus on academic and career planning, positive character traits, and seeking help. All students are encouraged to seek help for themselves or a friend when needed.

## WELCOME BACK IN-PERSON LEARNERS!

It is hard to believe, but the third quarter of the school year has come to an end! What a busy month we've had! We welcomed in-person learners back into the school building; 8th graders on March 2nd/4th and 7th graders on March 9th/11th. Though masks continue to cover mouths, there has been a lot of smizing (smiling with your eyes) from both staff and students. We are so glad to have staff and students back in building! The transition to hybrid learning has gone smoothly. In-person students participated in orientation, and the entire student body supported this endeavor by following an adjusted schedule on multiple days. Our students continue to impress us with their patience, resilience, and kindness.

We are ONE Frost!



# EQUITY IN EDUCATION

FCPS (in conjunction with the Virginia School Boards Association) observes March as Equity in Education Month, a division-wide opportunity to deepen our commitment to creating a climate and curriculum where all students receive the resources they need to reach their fullest potential.

At Frost, Student Services has been working to identify equity gaps in honors enrollment for next school year, and we are reaching out to families to eliminate gaps in opportunity and achievement for all students.



# COLLEGE PARTNERSHIP PROGRAM

The goal of the College Partnership Program (CPP) is to increase the number of students, particularly first-generation and traditionally underrepresented students, that enroll and succeed in college. CPP provides a great opportunity for students to receive support throughout high school, and additional information regarding the support provided can be found on the [CPP webpage](#).



Frost Student Services supported students throughout the CPP application process to meet the 3/19/21 deadline, and students who completed an online application will receive a status determination in the Spring.

## GRAB AND GO MEALS

All students are welcome! Breakfast and lunch will be served at no cost through June 30, 2021. Breakfast and lunch will be available Monday-Friday at all schools with in-person instruction. FCPS Grab & Go with Curbside Service sites and bus routes are available Monday-Friday only. 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 to absorb those rays!
- 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](#)