**Updates from John Lewis High School’s Student Services Department**

Week of October 4, 2021

**Calendar Dates:**

**October 6** - Hispanic Parent Night at LHS Auditorium (6:00pm)

**October 11** - Student Holiday (No School for Students)

**October 13** - PSAT/SAT Day (2 -hour Early Release) (see below)

**October 14** - SEL Screener for all students

**October 18 & 20** - SOS (Signs of Suicide) Program for 9th grade students

**October 18-21** - FCPS Virtual College Week

**October 28** - Freshman, Sophomore & New Student Parent Night (6:00pm)

**October 29 -** End of Quarter 1

**November 1 and November 2 -** Teacher Work Days (Student Holidays)

**Announcements & Information**

**Hispanic Parent Night - October 6, 2021**

This presentation will be in Spanish. Parents are invited to hear about college and career planning, financial aid to support studying in college, about Northern Virginia Community college, and more. Mrs. Shaw in the Career Center has guest speakers from a variety of groups and Mr. Giblin from our World Languages Department will be there to discuss students’ future plans and opportunities. Students may attend with their parents as well. See you at 6:00pm in the Auditorium!

**SAT/PSAT Day - October 13, 2021 – 2-hour Early Release Bell Schedule**

* **9th Grade students** will complete asynchronous learning assignments from home on October 13th. Activities are designed to help students transition to high school and begin college/career planning. Our freshmen are expected to work through two slide decks created by FCPS. The first one introduces the students to various people at Lewis High School who can assist them and presents resources that are available to support them. The second slide deck presents lessons on academic and career planning and has the students use Student Naviance. Both decks will be available through Schoology.
* **10th and 11th Grade students** will attend school and take the PSAT/NMSQT Test. Students will know their test locations through their school email and the advisory teachers. We encourage students to take a practice test to get familiar with the kind of questions asked. Here is the link to the practice test <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice>
* **12th Grade students** who signed up to take the SAT will come to school to take the test. All other seniors will stay home and complete activities such as college exploration, job searches, career exploration.
* Students who attend school will be dismissed at 12:55pm to catch their school bus, ride, or walk.

**SEL (Social-Emotional Learning) Screener - October 14, 2021**

Through Advisory, students will take a brief assessment on their social-emotional wellness. FCPS is implementing this screener for all students and more information can be found here: <https://www.fcps.edu/node/43892> This screener will be administered three times this year and will help school staff understand the needs of our students, and then plan for them.

Research shows that when schools embed SEL into the school day with fidelity:

•It improves children’s lives, the culture of the school, and teacher well-being.

•Schools report increased academic success, enriched relationships between teachers and students, and decreases in disruptive behavior.

•Students’ mental health improves, and they are more likely to become caring family members, innovative workers, ethical leaders, and engaged citizens.

•School staff are able to proactively identify and address the social and emotional needs of students, which can help to promote these positive outcomes.

Research shows that SEL provides numerous benefits to students including:

•An increase in academic achievement by an average of 11 percentile points.

•An increase in prosocial behaviors including kindness, sharing, and empathy.

•An improvement of attitudes toward self, others, and school.

•A reduction in mental health problems including depression and high levels of stress.

•A decrease in dropout rates, behavior issues, drug use, and teen pregnancy.

**S.O.S - October 18 and 20, 2021**

As all students have gone through a lot over the last 18 months, Lewis HS staff want to ensure that each student is doing well and knows the resources available to them. Advisory teachers will present a brief lesson on mental health awareness, and what supports are available to students. Students will take a brief assessment and turn the assessment in. Student Services counselors and clinicians will follow up with students as needed. We will begin with 9th graders in October and move to 11th grade students in December. As always, if there is anything we can do to help your child, please reach out to a trusted adult at school (counselor, teacher, administrator, coach, etc.) and we will partner with you to help our students.

**Alcanza College Fair - October 22, 2021**

Lewis HS seniors are invited to George Mason University’s Alcanza College Fair on October 22, 2021. At the fair, students will have the opportunity to talk to many 4-year college representatives and listen to a college panel and guest speaker. There will be over 150 institutions from across the nation participating. Students who are interested in this field trip must fill out a permission form. See Mrs. Meiser in Student Services or Mrs. Shaw in the Career Center for more details and for a permission slip.

**Freshman, Sophomore and New Student Parent Night - October 28, 2021**

Previously scheduled for 9/22, our parent night will happen on **October 28 at 6:00pm** in the Auditorium. Join the Student Services Team for a welcome to school, an overview of this school year, a preliminary discussion on graduation requirements and post-secondary planning.

**Student Schedule Changes**

Students who would like to request a schedule change, and who have exhausted all options to be successful in the course, should see their school counselor for the schedule change request form. Students, teachers, parents and counselors will all contribute to the form so the committee can review requests and make informed decisions.

**College & Career Center**

**VDOT Career Fair**

This year’s Career Fair will be held virtually on October 7, 2021 from 9:00am-1:00pm. The goal of the event is to increase student understanding of careers in civil engineering, technology, construction, architecture, and the environment. To register, click: <https://www.jobsconnected.com/vdot/>

**Virtual College Week**

FCPS Virtual College Week will take place Monday, October 18 - Thursday, October 21, 2021. FCPS families are invited to attend virtual sessions on a variety of topics, including how to pay for college, dual enrollment, AP/IB, how to apply to a military academy, and college essay writing. [Registration](https://docs.google.com/forms/d/e/1FAIpQLScb7Y3Ji8uimrvNQUbroivBZAudpG6nvzCDRxyIViNm851zqw/viewform) (<https://docs.google.com/forms/d/e/1FAIpQLScb7Y3Ji8uimrvNQUbroivBZAudpG6nvzCDRxyIViNm851zqw/viewform>) is now open, and students and families can sign-up for as many sessions as they wish. Don’t forget to check out the [FCPS Virtual College Week](https://www.fcps.edu/resources/college-and-career-planning/college-fair-and-college-night) (<https://www.fcps.edu/resources/college-and-career-planning/college-fair-and-college-night>) webpage for updates and to learn about various college fairs available to students.

**NOVA’s Dreamers Website Now Available**

Northern Virginia Community College is excited about their new dreamers website, which supports undocumented, DACA, and TPS holders. This website was created to provide accurate and timely information to assist dreamers as they navigate the admissions process. As well, this site also contains valuable information about services and supports that promote the success of immigrant students. <https://www.nvcc.edu/dreamers/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=>

**Resources for Students & Families**

**Catch My Breath Program Information**

This is a website to help parents with nicotine/vaping prevention at home. If you can delay experimenting with using nicotine products before age 25, they will be less likely to use at all. <https://letsgo.catch.org/pages/CMB-Parent-Resources>