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

Week of September 19, 2022

**Calendar**

**September 26**- Student Holiday (Professional Workday) **September 26 - Sept 30** - ***Homecoming Week!***

 \*\*Homecoming Game is Friday night - see you there!

 \*\*Homecoming Dance is Saturday night - students don’t want to miss it!

**September 29** - Senior Parent Night (6:00pm in the Auditorium)

**October 5** - Holiday

**October 7** - *SEL Screener Parent Webinar/Workshop*S through FCPS Parent Resource Center

**October 10**- Student Holiday (Professional Workday)

**October 12** - 2-hr Early Release/PSAT/SAT Test Day (no School for 9th graders)

**October 14** - *Promoting Digital Wellness Webinar/Workshop* through FCPS Parent Resource Center

**October 20** - 7:00pm Region 3 Financial Aid Night for Seniors and Parents/Guardians at Lewis HS Auditorium (hosted by College Access Fairfax)

**October 24** - Holiday

**October 28** - End of Quarter/2-hr Early Release

**October 31**-Student Holiday (Professional Workday)

**November 2** - Fall SEL Screener at Lewis (all week through Advisory)

**Announcements & Information**

### Student Schedule Changes

### Students who would like to request a schedule change may do so beginning September 12. Space permitting, we are offering elective class changes between September 12 to September 30 only. No elective class changes will be made after that date. If students need a level change, such as from IB to Regular or AP to Regular, students should do their best, discuss their concerns with their parents/guardians and teachers, attend help sessions with their teachers, and complete all of their work. If after doing these things, they still would like to request a schedule change, they may do so. Schedule changes are not guaranteed and will go through a committee for a decision. Forms will be available through the school counselor.

**Student Locker Requests**

Any student who would like a locker this year will receive a request form in Advisory class this week. Students who submit their request this week (to their Advisory teacher) will receive their locker the week of September 12. All requests received between 9/12 and 9/16 will receive their locker assignment the week of 9/19. Locker requests received the week of 9/19 will receive their locker the following week. After September, we will then open locker requests during the winter months when students tend to bring bulky items to school.

**Senior Parent Night**

When: September 29th at 6pm

Where: Lewis Auditorium

What: Parents and Students are welcome to attend Senior Parent Night to hear information about plans for after high school. We will cover information related to 2 and 4 year college options, military enlistment and service academy, gap year and career planning.

**SAT & PSAT/NMSQT Test**

October 12th will be a 2-hour Early Release schedule for Lewis HS. We will administer the PSAT/NMSQT for all 10th and 11th grade students and the SAT to the 12th grade students who signed up. 9th grade students will stay home. More details will be shared from Ms. Sachdeva, our Assessment Coach, at a later date.

**Here Comes the Bus App & Bus Transportation Questions**

As all of us are getting used to new routines at the start of the school year, you may want to keep track of whether there is a bus delay. If a student’s bus is delayed, parents may access the [Bus Delay Notification System](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA5MDEuNjMxMTQ4MzEiLCJ1cmwiOiJodHRwczovL2xua3MuZ2QvbC9leUpoYkdjaU9pSklVekkxTmlKOS5leUppZFd4c1pYUnBibDlzYVc1clgybGtJam94TVRjc0luVnlhU0k2SW1Kd01qcGpiR2xqYXlJc0ltSjFiR3hsZEdsdVgybGtJam9pTWpBeU1qQTRNalF1TmpJM01qazBOVEVpTENKMWNtd2lPaUpvZEhSd2N6b3ZMMkoxYzJSbGJHRjVMbVpqY0hNdVpXUjFMejkxZEcxZlkyRnRjR0ZwWjI0clBTWjFkRzFmYldWa2FYVnRQV1Z0WVdsc0puVjBiVjl6YjNWeVkyVTlaMjkyWkdWc2FYWmxjbmtpZlEubkVDaXctRTN5empzaG9FVWVodkxlZ1hON0F4TXFfLUFaSUU4Y09Vc0RqRS9zLzU3MzI5MzY3NS9ici8xNDMwMjU4MTE4NDMtbD91dG1fY2FtcGFpZ24rPSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkifQ.pmKAv4WkGEx2RAxvUm_S1N9ClDE7aPwDXKeRZ8at66I/s/580156193/br/143442703784-l?utm_campaign+=&utm_medium=email&utm_source=govdelivery) or use the [Here Comes the Bus mobile app](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA5MDEuNjMxMTQ4MzEiLCJ1cmwiOiJodHRwczovL2xua3MuZ2QvbC9leUpoYkdjaU9pSklVekkxTmlKOS5leUppZFd4c1pYUnBibDlzYVc1clgybGtJam94TVRnc0luVnlhU0k2SW1Kd01qcGpiR2xqYXlJc0ltSjFiR3hsZEdsdVgybGtJam9pTWpBeU1qQTRNalF1TmpJM01qazBOVEVpTENKMWNtd2lPaUpvZEhSd2N6b3ZMM2QzZHk1bVkzQnpMbVZrZFM5eVpYTnZkWEpqWlhNdmMyRm1aWFI1TFdGdVpDMTBjbUZ1YzNCdmNuUmhkR2x2Ymk5MGNtRnVjM0J2Y25SaGRHbHZiaTF6WlhKMmFXTmxjeTlvWlhKbExXTnZiV1Z6TFdKMWN5MXRiMkpwYkdVdFlYQndQM1YwYlY5allXMXdZV2xuYmlzOUpuVjBiVjl0WldScGRXMDlaVzFoYVd3bWRYUnRYM052ZFhKalpUMW5iM1prWld4cGRtVnllU0o5LnNVRFYxZEhuSkVpdkp1QmtXVU9nSDBoVTdER0oxUV9xS09wTUJxbG0tRTAvcy81NzMyOTM2NzUvYnIvMTQzMDI1ODExODQzLWw_dXRtX2NhbXBhaWduKz0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5In0.bxkcdXw3Nmt4toOmqCNA42bBsRz81UMwd2hToGNQ_VA/s/580156193/br/143442703784-l?utm_campaign+=&utm_medium=email&utm_source=govdelivery) to receive the delayed bus report. **The FCPS District code is 28982**. This app will also allow your student to find their bus at our dismissal time when we have more than 20 buses in the parking lot - this can help your student in the afternoons as this time is very busy. For any school bus transportation questions, attached is the contact information:  [Transportation Services contact](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA5MDEuNjMxMTQ4MzEiLCJ1cmwiOiJodHRwczovL2xua3MuZ2QvbC9leUpoYkdjaU9pSklVekkxTmlKOS5leUppZFd4c1pYUnBibDlzYVc1clgybGtJam94TVRrc0luVnlhU0k2SW1Kd01qcGpiR2xqYXlJc0ltSjFiR3hsZEdsdVgybGtJam9pTWpBeU1qQTRNalF1TmpJM01qazBOVEVpTENKMWNtd2lPaUpvZEhSd2N6b3ZMM2QzZHk1bVkzQnpMbVZrZFM5M2FHOHRZMjl1ZEdGamREOTFkRzFmWTJGdGNHRnBaMjRyUFNaMWRHMWZiV1ZrYVhWdFBXVnRZV2xzSm5WMGJWOXpiM1Z5WTJVOVoyOTJaR1ZzYVhabGNua2lmUS52M2JQU2pKRkFuR1JBZzk2Y3VUOEFXa1g3WGh2Qk5CUjUyaUZIcmZneWZzL3MvNTczMjkzNjc1L2JyLzE0MzAyNTgxMTg0My1sP3V0bV9jYW1wYWlnbis9JnV0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSJ9.iQVa4WNuTavBytkqhY2ydUFebRWLsJeaLblbzI8nkWg/s/580156193/br/143442703784-l?utm_campaign+=&utm_medium=email&utm_source=govdelivery).

### Counselor Check-ins with Seniors

School Counselors will be meeting with all seniors this month through Advisory classes to discuss post-secondary options and planning, including how to apply to college. These will be small group meetings of about 30 students to one counselor. Students who do not have an advisory will be invited to a make up session.

**Free & Reduced Meals**

If you have not already done so, please apply for Free and Reduced Meals if you qualify. The online application is here. There are two steps: the application and the Consent to Share. This is very important so your students receive all of the benefits from class fees, to meals at school, field trip costs, uniforms, instrument rentals, and more. <https://www.fcps.edu/frm?utm_campaign+=&utm_medium=email&utm_source=govdelivery>

**Student Services Team** - We are here to support you!

We are happy to help with anything you and your student may need. To fully support you and your student, be sure to call or email to set up an appointment. Meetings must be by appointment. For school safety and scheduling purposes, we cannot guarantee that you will be seen without an appointment should you come to the building without scheduling a meeting.

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| --- | --- | --- |
| **Staff Name** | **Email Address** | **Role** |
| Amanda Hudson | aahudson@fcps.edu  | Director |
| Nataly Amurrio Sejas | namurrioseja@fcps.edu  | School Social Worker |
| Elois Berry | eberry@fcps.edu  | School Psychologist |
| Alena Carroll | alcarroll@fcps.edu  | Family Liaison |
| Sharon Debardi | sadebardi@fcps.edu  | SIA |
| Marcella Fulmore | myfulmore@fcps.edu  | School Social Worker |
| Kori Joseph | ktjoseph@fcps.edu  | Substance Abuse & Prevention Specialist |
| Katherine Kidd | klkidd@fcps.edu  | Registrar |
| Carla McIlnay-Shaw | cmmcilnaysha@fcps.edu  | College & Career Specialist |
| KJ Sachdeva | ksachdeva@fcps.edu  | Assessment Coach/Testing |
| Carol Barrios | csbarrios@fcps.edu  | School Counselor, ESOL Level 1-2 students |
| Dave Checcino | djcheccino@fcps.edu  | School Counselor, Students Last Names Sal-Z |
| Erika Coleman | ecoleman1@fcps.edu  | School Counselor, Students Last Names Leb-Ni |
| Alex Gorman | apgorman@fcps.edu  | School Counselor, Students Last Names Gi-Lea |
| Marisa Meiser | msmeiser@fcps.edu  | School Counselor, Students Last Names Cas-Gh |
| Joetta Sack (for Ms. Kirstein) | jlsack1@fcps.edu  | School Counselor, Students Last Names Nk-Sai |
| Jennifer Rogin-Elliott | jroginelliot@fcps.edu  | School Counselor, Students Last Names A-Car & AVID participants |

**World Languages Credit Exam**

The World Languages Credit Exam will be given **November 14th** during the school day at Lewis High School. Students must register with their counselors by October 6th.

The World Languages Credit Exam is designed to assess students’ first language proficiency and enable them to earn credits toward fulfilling the world languages requirement for the advanced studies diploma. Passing this exam will also award students with the Biliteracy Seal upon graduation. A student may participate in the exam twice between grades 7 through 12. Any student with already upper level credits on their transcripts of the same language as the exam may take the credit exam for 1 to 3 credits; credit will be awarded once and cannot be duplicated. Meaning, students who have taken Spanish 1 and Spanish 2 already have those credits and would not earn additional credits from this exam for those levels. Students will be informed of their test results in January.

**The exam is available in 30 languages:** American Sign Language, Amharic, Arabic, Bengali/Bangla, Chinese/Mandarin, Farsi/Persian, French, German, Greek, Hindi, Italian, Japanese, Korean, Nepali, Pashto, Portuguese, Punjabi, Russian, Sanskrit/Samskritam, Spanish, Somali, Tagalog/Pilipino, Tamil, Telugu, Tigrinya, Turkish, Twi, Urdu, and Vietnamese.

 Students must be able to read and comprehend exam instructions and writing prompts in the exam language. They must be able to write two well-developed compositions in the exam language, each consisting of at least three paragraphs, using complete sentences in cohesive paragraphs on a variety of topics and on personal experiences (sample of credit exam available on FCPS World Languages website).

 **\*\*Current SHS 3 students will take the WLCE in their class this spring – they should not test in November.**

**FCPS Contest: The “Shark Tank” Technology Challenge**

The Fairfax Area 50+ Technology Committee is proud to announce the 7th Annual Fairfax Area Student “Shark Tank” Technology Challenge. The competition is open to all high school students in Fairfax County, Fairfax City and City of Falls Church. Students are challenged to develop an innovative device or app that will have a positive impact on the lives of older adults, adults with disabilities, or caregivers. Students are encouraged to be innovative and creative. Potential projects may be either a mobile app, web service, robotic, assistive device or any combination. Cash prizes will be awarded to the student winners by IntegrityOne Partners, the event sponsor. [Learn more about the technology challenge, the timeline and how to enter.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA5MDkuNjM0ODA4NzEiLCJ1cmwiOiJodHRwczovL2xua3MuZ2QvbC9leUpoYkdjaU9pSklVekkxTmlKOS5leUppZFd4c1pYUnBibDlzYVc1clgybGtJam94TXpBc0luVnlhU0k2SW1Kd01qcGpiR2xqYXlJc0ltSjFiR3hsZEdsdVgybGtJam9pTWpBeU1qQTVNRGd1TmpNME1qTXlNekVpTENKMWNtd2lPaUpvZEhSd2N6b3ZMM2QzZHk1bVlXbHlabUY0WTI5MWJuUjVMbWR2ZGk5bVlXMXBiSGx6WlhKMmFXTmxjeTl2YkdSbGNpMWhaSFZzZEhNdlptRnBjbVpoZUMxaGNtVmhMWE4wZFdSbGJuUXRjMmhoY21zdGRHRnVheTEwWldOb2JtOXNiMmQ1TFdOb1lXeHNaVzVuWlQ5MWRHMWZZMkZ0Y0dGcFoyNHJQU1oxZEcxZmJXVmthWFZ0UFdWdFlXbHNKblYwYlY5emIzVnlZMlU5WjI5MlpHVnNhWFpsY25raWZRLnVVUEJIS3BGZVBKN3lDX2FSdFNFSDl5Yi1Fd25zUjRaWUY1UXBNbEFuTWMvcy81NjE3Mzk3ODcvYnIvMTQzNzI0NDE4ODI3LWw_dXRtX2NhbXBhaWduKz0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5In0.xs9ezgguHZ7imcuya0uYex30GphQ6N7RUXq3FhBtljk/s/568466388/br/143782573502-l) Read more here about the students from [Chantilly High School who won first place winners for the 2021-22 Fairfax Area "Shark Tank" challenge.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA5MDkuNjM0ODA4NzEiLCJ1cmwiOiJodHRwczovL2xua3MuZ2QvbC9leUpoYkdjaU9pSklVekkxTmlKOS5leUppZFd4c1pYUnBibDlzYVc1clgybGtJam94TXpFc0luVnlhU0k2SW1Kd01qcGpiR2xqYXlJc0ltSjFiR3hsZEdsdVgybGtJam9pTWpBeU1qQTVNRGd1TmpNME1qTXlNekVpTENKMWNtd2lPaUpvZEhSd2N6b3ZMM2QzZHk1bVkzQnpMbVZrZFM5aWJHOW5MMk5vWVc1MGFXeHNlUzFvYVdkb0xYTmxibWx2Y25NdGMyVmxheTF3WVhSbGJuUXRZWFYwYjIxaGRHbGpMWGRoYkd0bGNpMWtaWE5wWjI1bFpDMW9aV3h3TFhCaGNtdHBibk52Ym5NdGNHRjBhV1Z1ZEhNX2RYUnRYMk5oYlhCaGFXZHVLejBtZFhSdFgyMWxaR2wxYlQxbGJXRnBiQ1oxZEcxZmMyOTFjbU5sUFdkdmRtUmxiR2wyWlhKNUluMC5ZZHU2dUFOVTEyaExIa0x2Y3hSWWM1MnYyeW5BcHQ0WmhwMFdNeXlCZHAwL3MvNTYxNzM5Nzg3L2JyLzE0MzcyNDQxODgyNy1sP3V0bV9jYW1wYWlnbis9JnV0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSJ9.0Wav6qO5HQNQ2e5Eh5LCmKl3Dd8sOBJbECx8EeARLbM/s/568466388/br/143782573502-l) Their device, AutoTrem, is a walker to help Parkinson's patients.

**FREE Tutoring for Students**

All FCPS students now have unlimited access to online tutoring support services through Tutor.com at no cost. Most subjects are available. All tutors must pass a rigorous application process including an extensive background check. No personal information is shared between a student and tutor. All sessions are recorded and transcripts are available for review by teachers and parents/guardians.

**Watch this 5 minute video on how to access Tutoring.com through your Schoology site:**

* [**Tutor.com: How it Works Middle and High School**](https://www.youtube.com/watch?v=ggPU1zxli9I)
* [**Tutor.com: How It Works Middle and High School (Spanish)**](https://youtu.be/jaMdkiMg1Yk)

**College and Career Center**

How to register to attend the college representatives presentation in the College and Career Center:

Juniors and Seniors are invited to attend the presentations. When college visits are uploaded, the student should mark it as a “favorite” and an email will be sent to him/her. That email from your counselor is NOT a registration to come and hear the college representative. You physically have to go to Naviance to register. Registering is your pass to show your teacher.

This is how you register to hear a college representative.

1) Login in: <https://www.fcps.edu/> Naviance (or when on Schoology, top right of page look for 4 little square dots and find Naviance)

2) Scroll down that page and find "Student Naviance Log In"

3) Scroll down your page to find a heading called “What’s New”

4) Click on more information for that school, and it will open up

5) Click on the BIG teal colored “Register Now” button

6) You are now registered. That will be your pass to show your teacher, so you may come down to the College & Career Center, room 48.

**Colleges coming to the College and Career Center**

10/8/22 Elon University 9:30am

10/13/22 Randolph College 10:00am

10/13/22 UVA 10:30 (this session is full)

10/15/22 Johns Hopkins 9:00am

10/16/22 University of Richmond 9:30am

10/16/2022 U.S. Naval Academy 11:55am

**Financial Aid Information:**

Financial Aid Champion, Mrs. Rowsey will be at Lewis HS on **October 4, 2022** from 11:30am-1:30pm to help seniors and their families fill out the FAFSA for college. Her schedule will be at Lewis every Tuesday from 11:30am-1:30pm.

Region 3 will be hosting Financial Aid Night for seniors and their parents on **October 20, 2022** at Lewis HS in the auditorium from 7:00pm – 8:30pm. College Access Fairfax will be presenting.

## Substitute Teachers and Substitute Instructional Assistant Information Sessions

FCPS is hiring substitute teachers and substitute instructional assistants. If you are interested in supporting the mission of FCPS, please consider attending one of the information sessions. Registration links can be found below.

[https://www.fcps.edu/event/fcps-substitute-teaching-and-substitute-instructional-assistants-information-session-09-21-22](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA5MDkuNjM0ODA4NzEiLCJ1cmwiOiJodHRwczovL3d3dy5mY3BzLmVkdS9ldmVudC9mY3BzLXN1YnN0aXR1dGUtdGVhY2hpbmctYW5kLXN1YnN0aXR1dGUtaW5zdHJ1Y3Rpb25hbC1hc3Npc3RhbnRzLWluZm9ybWF0aW9uLXNlc3Npb24tMDktMjEtMjI_dXRtX2NhbXBhaWduKz0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5In0.O_h2xgCcS5Cyq8HLakz5z7QOoB62ESDJurwuS6PPSdg/s/568466388/br/143782573502-l)

[https://www.fcps.edu/event/fcps-substitute-teaching-and-substitute-instructional-assistants-information-session-09-28-22](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA5MDkuNjM0ODA4NzEiLCJ1cmwiOiJodHRwczovL3d3dy5mY3BzLmVkdS9ldmVudC9mY3BzLXN1YnN0aXR1dGUtdGVhY2hpbmctYW5kLXN1YnN0aXR1dGUtaW5zdHJ1Y3Rpb25hbC1hc3Npc3RhbnRzLWluZm9ybWF0aW9uLXNlc3Npb24tMDktMjgtMjI_dXRtX2NhbXBhaWduKz0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5In0.mg51GAMBa1PvHZir7pyVaaA75VuZK8hxPqXk4hr2oTU/s/568466388/br/143782573502-l)

**FCPS Family Resource Center - Workshops for Parents/Guardians**

## The SEL (Social Emotional Learning) Screener - What Every Family Needs to Know

Social and emotional learning competencies are foundational skills for success in school and beyond. Students will participate in the SEL Screener in the fall and spring this year. The screener provides valuable information that guides planning and learning opportunities for families, staff, students, and school communities.

Join us in an informational session to learn more about SEL in FCPS, the role of the SEL Screener, and how families and schools might partner to foster skills over time.

Highlights include:

* Learn about SEL in FCPS
* Unpack the SEL Screener: What it is and how it's used?
* Understand student results
* Explore ways to continue conversations about SEL at home

Presented by: Lisa Phifer, FCPS Educational Specialist, Trauma Informed SEL, and Jaynie Van Sant, FCPS Social and Emotional Learning Systems Specialist

October 7, 2022 10-11:30 a.m.

[Register for The Social Emotional Learning Screener - What Every Family Needs to Know](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA5MTUuNjM3NTk1NzEiLCJ1cmwiOiJodHRwczovL2JpdC5seS8zeHFvYk9DP3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.W-AX5isvwiTh96Y-3m0wkvlnqRmb5-wFzfdq23eO3oc/s/568466388/br/144095416467-l)

## Promoting Digital Wellness

Access to technology provides limitless opportunities to connect with others, explore diverse perspectives, share and build upon ideas, get involved in the community, and find opportunities. However, many kids are online almost constantly, which poses a number of challenges that impact youth wellness.

Highlights will include:

* How the attention economy makes technology irresistible
* How adolescent development impacts youth technology use
* How schools and families can build the skills needed to navigate the complexity of online life

Presented by Tammi Sisk, FCPS Educational Specialist, Educational Technology, and Bethany Demers, FCPS Educational Specialist, Mental Wellness

October 14, 2022 10-11:30 a.m.

[Register for Promoting Digital Wellness](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA5MTUuNjM3NTk1NzEiLCJ1cmwiOiJodHRwczovL2JpdC5seS8zRHJ1VEhVP3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.4WeNoXZ-Zpo5uktZ3va3ZH1w97WpOOzGhlOowTpTTBI/s/568466388/br/144095416467-l)