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

Week of October 17, 2022

**Calendar**

**October 19** - Freshman and New Student Parent Night at Lewis HS 6pm

**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 24-28**- **Virginia College Application Week (VCAW) Seniors apply to VA colleges for FREE**

**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)

**November 14** - SOS Program and Screener for 9th grade students (through Advisory)

**Announcements & Information**

**Student Schedule Changes**

**August 22-September 9:** No schedule changes due to membership, new students enrolling, and counselors resolving schedule conflicts.

**September 12-September 30:**  Window open for elective class changes, space permitting.  Forms available through the student’s counselor.  No elective changes will be made after September 30th.

**October 3-October 14:**  After students complete all work, discuss concerns with their teacher, parents connect with the teacher, students work with the teacher in Advisory, if the student wants to apply for a **class level change only** (IB to Regular; AP to Regular; Honors to Regular; Regular to Honors), they can apply.  Changes will not be considered unless the student has attended all classes and the interventions mentioned above have been done.  Schedule changes are not guaranteed and will go through a committee for a decision.  Forms will be available through the school counselor.

**October 17-October 28:**  **No schedule changes** will be made due to the end of quarter on October 28 and grade processing for report cards.

**Freshman and New Student Parent Night - this Wednesday!**

Freshman/New Student Parent Night will be on **Wednesday, October 19 at 6:00 p.m.** in the Auditorium at John R. Lewis High School.  Information presented will include a typical school day, diploma types, tips for being successful, information about ways to get involved in after-school activities, and information about the administration and the Department of Student Services including counselors, clinicians, and the College & Career Center.  **Students are invited to attend with their parents/guardians.**

**Freshman Meet & Greet Sessions with Counselors**

The counselors will conduct Meet & Greet sessions for freshmen during HPE 9 classes on October 20 and 21.  The freshmen and their counselors will have the opportunity to meet in small groups for introductions and to discuss such topics as seeking assistance, the importance of the freshman year, graduation requirements/diploma types, and ways to get involved in activities.

**SEL Screener**

All students who did not opt out will be participating in the SEL screener which will take place on November 2nd during advisory. Social and emotional learning (SEL) describes the mindsets, skills, attitudes, and feelings that help students succeed in school, career, and life. The SEL Screener provides FCPS with actionable data, allowing staff to partner with families to prioritize next steps.

**SOS Screener**

We will be presenting the Signs of Suicide (SOS) screener to 9th grade students on November 14, 2022 and 11th grade students on November 29, 2022. SOS has been used by thousands of schools over the past few decades and it effectively teaches students about depression and suicide while reducing the number of students’ self-reported suicide attempts. According to the Fairfax County Youth Survey results from November 2019, nearly 30% of 8th, 10th, and 12th grade students in Fairfax County Public Schools reported symptoms of depression in the past year. 14.3% of students who completed the survey reported they have considered suicide in the past year.

We encourage you to visit [www.sossignsofsuicide.org/parent](http://www.sossignsofsuicide.org/parent) and/or [parent video](https://www.youtube.com/playlist?list=PL5e27-ocGBHqSSvbIIL9-1Ibr8gutAe5k) for information on warning signs for youth suicide, useful resources, and some of the key messages students will learn. If you have any questions or concerns about your child’s participation in this program, or if you would like to opt your child out of this lesson, please contact any of our school counselors.

**FREE Tutoring for Students (end of Quarter is approaching!)**

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. You will need to come down to the College & Career Center, room 48 for a physical pass.

**Colleges coming to the College and Career Center**(Please register in Naviance to attend any of these college sessions)

**October 17**: University of Chicago at 9:30; Northwestern University at 10:30; Ohio State University at 11:25; Stony Brook University at 11:55; University of Toledo at 12:22. **October 18**: 10:30 Massachusetts Maritime Academy

**October 20th**: University of Rochester at 9:00; Mount St. Mary's at 10:00; VCU at 10:30;  Binghamton University at 2:15. Register in Naviance to attend the college visits.

**October 26:** On-site admissions with University of Mary Washington from 10:30am-11:30am (look for an email soon to see how to apply for this opportunity)

**October 27:** On-site admissions with Randolph College from 12:00pm-1:00pm and on-site admissions with Trinity Washington University, D.C.; American University at 2:15

**October 28:** Randolph College at 9:00; Georgetown University at 11:25

**College Fair Night**

When: **October 16 at 4-7pm**

Where: **Eagle Bank Arena at George Mason University**

Students and their families are encouraged to participate in the week's events. Approximately 250 colleges and universities will be represented, including two- and four-year colleges and US Service Academies. Following the fair, Virtual Postsecondary Week will be held on **Monday, October 17 to Thursday, October 20, 2022**, from 5:00 - 8:00 pm. Both events will help students be better prepared for the next chapter of their educational journey.    Students are highly encouraged to [register in advance](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEwMTMuNjUwNzY5OTEiLCJ1cmwiOiJodHRwczovL2JpdC5seS9mY3BzcG9zdHNlY29uZGFyeT91dG1fY2FtcGFpZ24rPSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkifQ.dty1gH6yZRxE416KAp9LZkzfa2tngiaZVfFOC2jU-G4/s/566755177/br/145833430336-l) for these events.

**Financial Aid Information:**

Financial Aid Champion, Mrs. Rowsey, will be at Lewis every Tuesday from 11:30am-1:30pm. You can email her with questions or for help: khrowsey@fcps.edu.

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.

**Virginia College Application Week (VCAW)**

Virginia's College Application Week (VCAW) is October 24-28, 2022

Lewis High School is excited to participate in this **free event!**

Members of the Class of 2023 from across the Commonwealth of Virginia will be applying to colleges during the week of October 24-28 for FREE!

Remember that enrollment at a college begins with just one step: the completion of an application.  Therefore, every senior will have an opportunity to apply to any Virginia school during VCAW.

Seniors will be given the opportunity to apply through their English class on October 25 and October 26. Seniors will also meet with their counselor during this time.

NOVA Counselors will be at Lewis HS on October 25 and October 26 helping seniors apply to NOVA.

**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 |
| Astrid Mendez | almendez@fcps.edu  | Family Liaison |
| 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 |
| Jennifer Rogin-Elliott | jroginelliot@fcps.edu  | School Counselor, Students Last Names A-Car & AVID participants |
| Joetta Sack (for Ms. Kirstein) | jlsack1@fcps.edu  | School Counselor, Students Last Names Nk-Sai |

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

**Where to Start: Supporting Children When Someone They Love Has Cancer**

If you or a loved one have been diagnosed with cancer, this presentation will provide information and guidance on how to support your children throughout the cancer journey.

Webinar Highlights:

* How to have open communication about cancer with your children
* Strategies to use in the home to help your children adjust to changes
* Activities that the entire family can use to support each other

Presented by Jemma Stratton, MSW Pediatric Oncology Clinical Therapist I, Supervisee of Social Work, Life with Cancer, Family Center

November 4, 2022, 10 - 11:30 a.m.

[Register for Where to Start: Supporting Children When Someone They Love Has Cancer](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEwMTAuNjQ5MDE5ODEiLCJ1cmwiOiJodHRwczovL2JpdC5seS8zUjJxRUZSP3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.xu2x36iKSVfvjsZ1tyXU7Qarf8NOKCbT_MiDpb31CR0/s/568466388/br/145502677679-l)

**Moving On to Life in the Community:  Resource Fair**

Once students with significant disabilities graduate, they may require additional, ongoing support in the areas of residential, leisure, recreation, independent living, advocacy and more.

This event will include:

* various support programs in the community available to students.
* A brief presentation about FCPS transition services and the bridge to adult services
* An exhibitor/vendor fair.

Designed to assist parents, guardians, and caretakers with future planning for students with disabilities who may require ongoing supports after graduating from high school.

* Thursday, November 10, 2022
* Willow Oaks Administrative Center – Room 1000 A&B, 6:30 – 8:30 p.m.

[Register online for Moving On To Life in The Community: Resource Fair](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEwMTAuNjQ5MDE5ODEiLCJ1cmwiOiJodHRwczovL2JpdC5seS8zZm5zN2NYP3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.lfSCW-IMwOfBS9Rcq6snv7yOeHJn8qsJoUriv6Mk0f8/s/568466388/br/145502677679-l)

**Everything You Need to Know About Opioids**

Join us for this important webinar designed to inform and raise awareness about the dangers of children and adolescents using and overdosing on opioids. This webinar is for adults only due to the content.

Webinar Highlights:

* How young people are getting drugs
* Opioid risk, misuse, withdrawal, and overdose symptoms
* The dangers of Fentanyl
* Naloxone and how it works

Presented by Tiffany Jones, FCPS Substance Abuse Prevention Specialist

Thursday, November 10, 2022, 10-11:30 a.m.

[Register for Everything You Need to Know About Opioids](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEwMTAuNjQ5MDE5ODEiLCJ1cmwiOiJodHRwczovL2JpdC5seS8zZnhWQ0lVP3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.ilmfaPSL2dtrr9qPCesok1RGVFDXSxwpodRZGvQCozA/s/568466388/br/145502677679-l)

**Bullying Prevention**

FCPS is deeply committed to creating a safe and positive school environment where all students can learn. Through school-wide positive behavior approaches and participation in K-12 health and guidance lessons, students are taught to behave respectfully and to resolve conflicts in positive ways.

The Bullying Prevention Webinar seeks to educate listeners on the following:

* FCPS definition of bullying
* Types of bullying
* Differences between bullying and other forms of inappropriate behavior
* How FCPS responds to allegations of bullying
* How parents and schools can work together to prevent bullying

Presenters:

* Stefan Mascoll: Coordinator Student Safety and Wellness, Fairfax County Public Schools
* Joan Lee: Educational Specialist, School Counseling Services, Fairfax County Public Schools

November 18 10:30 a.m. - noon

[Register for Bullying Prevention](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEwMTAuNjQ5MDE5ODEiLCJ1cmwiOiJodHRwczovL2JpdC5seS8zQlNlQjhHP3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.SgVrKp4numEQFfvwTMK4wAxZoQEj9tUFKrdEh-jMKFQ/s/568466388/br/145502677679-l)