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

Week of November 14, 2022

**Calendar**

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

**November 16** – Report Cards distributed through Advisory

**November 18**- Junior meeting through Naviance

**November 21-** Honor Roll Recognition

**November 23-25** - Thanksgiving Holiday (No School)

**November 29** - SOS Program and Screener for 11th grade students (through Advisory)

**Announcements & Information**

**SOS (Signs of Suicide) 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.

**1st Quarter Report Cards & Honor Roll Celebration**

Report cards will be given to students on **Wednesday, November 16th** in Advisory classes.

On **November 21st,** we will be celebrating students who made the 1st Quarter Honor Roll. These students earned either all A’s and B’s or all A’s in all their classes for the first quarter. We would like to congratulate these students on their hard work and dedication to academics.

**Gift Cards Donations for Lewis Families for the Holidays**

If you would like to donate a gift card to a Lewis family in need, please send it to Amanda Hudson in the Main Office. The Student Services Team will ensure that all donations make it to families who will benefit. Suggested locations are grocery stores or retail stores that sell warm coats and clothing.

**Partnering with Parents who speak a language other than English**

Did you know that FCPS has two resources to facilitate home-to-school communication for parents who speak languages other than English? Read below about the **Talking Points App** and the **Parent Phone Lines.**

1. **Talking Points -** New Text and Translation Messaging App

FCPS has recently adopted TalkingPoints, a two-way messaging app that allows parents and caregivers to communicate with teachers and schools. For more information, [visit the FCPS TalkingPoints webpage](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEwMjQuNjU2MDg4MDEiLCJ1cmwiOiJodHRwczovL3d3dy5mY3BzLmVkdS9yZXNvdXJjZXMvcGFyZW50LWNvbW11bmljYXRpb24tb3ZlcnZpZXcvdGFsa2luZ3BvaW50cz91dG1fY2FtcGFpZ24rPSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkifQ.VjfEA3c6PSJ54r_o7wBLLegoN7Uali5YZiDQhJaPIcg/s/568466388/br/146656348507-l).

The app translates messages, so teachers can input messages in English and parents can respond in their preferred language. TalkingPoints supports 125 languages, making it easier and faster for our FCPS families to connect with their schools.

1. **Parent Information Phone Lines** - FCPS language lines are available in 8 languages; parents call and a school employee will assist.

A school system employee will respond to your call in your preferred language within 24 hours, Monday through Friday. The caller will provide you with the requested information, arrange for you to speak with the appropriate school employee, or connect you with the resource that you are looking to find.

To use the parent information phone lines please click [HERE](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9..66IdH-sV5jthju7-FLjJBtjq_FstVyrO6gJFsxea2y4/s/568466388/br/146644022098-l) or call:

* Amharic: 571-423-4957
* Arabic: 571-423-4952
* Chinese: 571-423-4953
* Farsi: 571-423-4954
* Korean: 571-423-4951
* Spanish: 571-423-4950
* Urdu: 571-423-4955
* Vietnamese: 571-423-4956

**Did you miss a recent Parent Meeting that we hosted?**

The Student Services Team hosted three parent meetings recently - Senior Parent Night on 9/29, Hispanic Parent Night on 10/6, and Freshman/New Student Parent Night on 10/19. If you missed one of these meetings, the presentations and materials can be found here: <https://lewishs.fcps.edu/index.php/student-services> . Our next parent meeting will be the Parent Coffee on November 7th at 9:30am.

**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)

**John R Lewis High School Peer Tutoring Center**

The JRLHS Peer Tutor Center (PTC) is open and ready to accept students! Tutoring is offered for math, English, Science, Social Studies, World Languages, and Elective classes. Students can use the link below to sign up for a session during advisory. We offer tutoring in several languages as well. [PTC Session Requests](https://docs.google.com/forms/d/e/1FAIpQLScWqQv3ZjNIpg4MkxM9SiC6O_jaygNtuhyCr0OZv68qCI6AgQ/viewform?usp=sf_link)

**College and Career Center**

Financial Aid Champion, Mrs. Rowsey at Lewis HS every Tuesday, in the College and Career Center from 11:30am-1:30pm. You can also email her to make an appointment or set up a Zoom meeting. Her email: [khrowsey@fcps.edu](mailto:khrowsey@fcps.edu)

College Access Fairfax: <https://collegeaccessfairfax.org/> Upcoming FAFSA and VASA sessions for seniors for Financial Aid.

College Access Fairfax **2023 Scholarships are now available**: <https://collegeaccessfairfax.org/scholarships/>

West Point Academy Cadet visiting Lewis HS on **Tuesday, November 22** from 10:30-11:20 in the College and Career Center. Come pick up a pass to attend this session.

**Opportunity for Sophomores:** The Hugh O'Brian (HOBY) Leadership Seminar is designed to help high school sophomores to recognize their leadership talents and apply them to become effective, ethical leaders in their home, school, workplace and community.

One selected student will have the opportunity to attend a three-day seminar at James Madison University, and participate in hands-on leadership activities, meet leaders in their state, and explore their own personal leadership skills while learning how to lead others and make a positive impact in their community.

Check your October 25 and Nov. 10 email: Leadership Seminar at James Madison University (HOBY). **Deadline to Mrs. Shaw is November 22 at 5:00pm**

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

## Meet the Author Series: The 5 Love Languages of Teenagers: The Secret to Loving Teens Effectively by Dr. Gary Chapman

December 2, 2022 10-11 a.m.

Socially, mentally, and spiritually, teenagers face a variety of pressures and stressors each day. Despite these pressures, it is still families who can influence teens the most, and The 5 Love Languages of Teenagers equips parents to make the most of that opportunity.

Join Dr. Chapman as he shares his insights and thoughts about loving our teens.

[Register for Meet the Author Series: The 5 Love Languages of Teenagers: The Secret to Loving Teens Effectively by Dr. Gary Chapman](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjExMDEuNjYwMTMxMDEiLCJ1cmwiOiJodHRwczovL2RvY3MuZ29vZ2xlLmNvbS9mb3Jtcy9kL2UvMUZBSXBRTFNmSmh0VWNaN29Da2VnSjJTZTlPYmIwVWNGckVSRFF4bXpfSXpoMHZ1WmNLQ3l6X1Evdmlld2Zvcm0_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.Owt9dikIulQygz0Yy4HwfhzqmYWcyKWLJ5BE1KM7Pog/s/568466388/br/147150385073-l)

View the individual event page if you would like to [share this event with others](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjExMDEuNjYwMTMxMDEiLCJ1cmwiOiJodHRwczovL3d3dy5mY3BzLmVkdS9ldmVudC9tZWV0LWF1dGhvci1zZXJpZXMtNS1sb3ZlLWxhbmd1YWdlcy10ZWVuYWdlcnMtc2VjcmV0LWxvdmluZy10ZWVucy1lZmZlY3RpdmVseT91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0ifQ.N35kr9wAwX0Nq4pmslcBDv2sLnh2ZMvdPenL5JN8sfU/s/568466388/br/147150385073-l).

## إستراتيجيات ووسائل لدعم الأسرة للتعامل مع الضغوطات النفسية

**سلسله ندوات مجانية من جزئين مقدمه باللغة العربية عبر الانترنت**

الجمعة الموافق 9 ديسمبر/كانون الأول 2022، الساعة 10 صباحاً

الجمعة الموافق 3 فبراير/شباط 2023، الساعة 10 صباحا

يسر مركز موارد الأباء بمدارس فيرفاكس بالتعاون مع مكتب الخدمات العائلية في منطقة شمال فرجينيا، أن يدعوكم للانضمام لنا في ندوة عبر الإنترنت من جزئين حول التعامل مع الضغط النفسي (التوتر) والعلاقات الأسرية.

الجزء1:

· دور ولي أمر الطالب في فهم تأثير الضغط النفسي على العائلة.

· العوامل النفسية والاجتماعية التي تؤدي الي الضغط.

· أثر الضغط النفسي على طريقه التفاعل بين أفراد الأسرة.

· مهارات التكيّف والتأقلم التي تساعد العائلة على التعامل مع الضغوطات النفسية.

الجزء 2:

· أثر الضغوطات النفسية على الأطفال.

· كيف يمكن أن يتصرف الأطفال الذين يعانون من ضغوطات نفسية.

· استراتيجيات لمساعدة العائلة على دعم أطفالها الذين يعانون من ضغوطات نفسية.

تقديم الأخصائيات بمكتب الخدمات العائلية في منطقة شمال فرجينيا

ساره العامري، مستشارة مُجازة في الصحة العقلية، تتحدث لغتين ومشرفة برنامج.

هنادة زين الدين، مقيمة واستشارية، خدمات الصحة العقلية تتحدث لغتين.

[للتسجيل عبر الانترنت.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjExMDEuNjYwMTMxMDEiLCJ1cmwiOiJodHRwczovL2RvY3MuZ29vZ2xlLmNvbS9mb3Jtcy9kL2UvMUZBSXBRTFNjejN3ek00NUV2SklpaEdBT0pDVWZfcjVJeVpDbll3NEEtZ3oxbHNzeTJ4dC1oQVEvdmlld2Zvcm0_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.8ks4hM1hX5TT6L0vBzqFTLICaCwMQlE56TsU3PF1cxk/s/568466388/br/147150385073-l)

[استعرض هذه الصفحة الخاصة بالمعلومات عن الندوات إذا كنت ترغب في المشاركة مع الاخرين لدعوتهم للتسجيل .](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjExMDEuNjYwMTMxMDEiLCJ1cmwiOiJodHRwczovL3d3dy5mY3BzLmVkdS9ldmVudC9zbHNsaC1uZHdhdC1tamFueWgtbW4tanp5eW4tbXFkbWgtYmFsbGdoaC1hbHJieWgtYnItYWxhbnRybnQtc3RyZXNzLW1hbmFnZW1lbnQtc3RyYXRlZ2llcy1hbmQ_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.9AsVBsRO_PJuoOOR6808HISSyYFXaPhr6Oejyyg-Umk/s/568466388/br/147150385073-l)

## Manejando el estrés serie de 3 partes

Part #2: Estrategias de manejo del estrés **16/12/22** at 10 a.m.

* ¿Qué es el autocuidado?
* ¿Por qué es importante el autocuidado?
* Cómo practicar el autocuidado.
* Técnicas de relajación
* Gestión del tiempo

Presented by:

* Aynalem (Nalem) Valdes, MS.Residente en Consejería de Salud Mental en Servicios Familiares del Norte de Virginia, Centro Multicultural
* Ana Stevenson, MS. Trabajadora Social Clínica Licenciada en Servicios Familiares del Norte de Virginia ,Centro Multicultural

[Compartir este evento con otros](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjExMDEuNjYwMTMxMDEiLCJ1cmwiOiJodHRwczovL3d3dy5mY3BzLmVkdS9ldmVudC9tYW5lamFuZG8tZWwtZXN0cmVzLXNlcmllLWRlLTMtcGFydGVzLXBhcnRlLTItZXN0cmF0ZWdpYXMtZGUtbWFuZWpvLWRlbC1lc3RyZXMtMD91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0ifQ.D85te9jpfMXiD2et8AGZrK33ZfK7Hme7lL0L_ZyZdFY/s/568466388/br/147150385073-l).

[Registro Manejando el estrés serie de 3 partes](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjExMDEuNjYwMTMxMDEiLCJ1cmwiOiJodHRwczovL2RvY3MuZ29vZ2xlLmNvbS9mb3Jtcy9kL2UvMUZBSXBRTFNlY28tdW1VQUh4cFphNFhvZVVEZ25OY2tlMW1vSHZKZlR4SW5GLU02NF83T0l5bHcvdmlld2Zvcm0_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.qROSgY8LKbxlrKxnDH2czlB-NsU4Ebj-Le53AASyWxA/s/568466388/br/147150385073-l)