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

Week of February 6, 2023

**Calendar**

**February 1-10:** Academic Advising for Rising Juniors

**February 13-24:** Academic Advising for Rising Sophomores

**February 20:** Student & Staff Holiday (President’s Day)

**February 23:** NOVA Counselor from 11:20-1:20 am Lewis College & Career Center

**February 27:** ASVAB (Military Test), Lewis HS Lancer Hall 8:30 am (Google form sent 1/12/23)

**Announcements & Information**

**National School Counseling Week - Let’s Celebrate!**

Feb 6-10 is National School Counseling Week, sponsored by the American School Counselor Association. This week focuses on the contributions of nearly 120,000 school counselors within the US school systems and how students are different as a result of what school counselors do. School Counselors help students “Dream Big” which is this year’s National theme. I would like to thank all of our counselors, clinicians, and resource counselors for what they do day to day for our students so they can make progress, achieve and be prepared for post-secondary life. **Please consider taking a moment to thank them as well; we appreciate their tremendous support and impact on our students, school, and community.**

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*Carla Shaw (College & Career Specialist) –* [*cmmcilnaysha@fcps.edu*](mailto:cmmcilnaysha@fcps.edu)

*Maria Worthen (Social Worker) –* [*mrworthen@fcps.edu*](mailto:mrworthen@fcps.edu)

**Congratulations to our Students! (World Languages Credit Exam)**

Congratulations to the following students who earned 1, 2, or 3 World Languages credits from taking the FCPS WL Credit Exam! The FCPS World Languages Credit exam is offered twice per year and students who can earn proficiency in a tested language can earn 1, 2, or 3 high school credits. Congratulations to the following students who passed their exam and earned credit: **Nicole Alba, Liccy Aleman Sorto, Zain Alhelal, Anai Alvarenga, Anderson Avila Sosa, Andrea Balbin Paniura, Manuel Bautista Aguilar, Kayla Boateng, Dreik Bolanos-Pereira, Essi Butu-Agadezukpo, Jordan Cabrera Sanchez, Dereck Canenguez Sorto, Darwin Castro Cortez, Joanna Centeno, Juan Chumbiray Lamas, Genesis Coello-Berrios, Ashley Condezo, Marcos Cordone Tabeira, Maynor Cruz Urbina, Viviana Cuellar-Martinez, Josue Cueva Flores, Dora Cueva-Veliz, Surimana Delgadillo-Valdiviezo, Cristian Escobar De Leon, Leo Fernandez Alvarado, Allisson Fonesca Velasquez, Carlos Garcia, Angel Garcia Murgueytio, Franklin Gomez Matute, Keny Gutierrez Escobar, Silvia Gutierrez Sanchez, Heydi Guzman Lopez, Jalal Haidari, Jaryin Hernandez Diaz, Idalia Hernandez-Ventura, Luz Juarez Zetino, Eden Lagos Mejia, Wendi Lemus Nolasco, Reynaldo Linares Peralta, Dina Lopez Melendez, Breydi Lopez Redondo, Christina Mai, Darianna Mantilla Mora, Maria Marcia Galvez, Yeimi Mejia Aleman, Yander Mejia Hernandez, Allison Mejia Ventura, Hector Melchor Rosa, Nury Mendez-Hernandez, Emely Mendoza, Shayla Merida Veizaga, Sofia Molina, Eily Morel-Torres, Jose Munoz Hernandez, Ishrat Mustafa, Aracely Najar Mejia, Saeeda Noorzad, Danessi Palacios Burgos, Jose Palma Perez, Victor Perez Diaz, Thao Phung, Kenny Portillo Cabrera, Christian Ramirez Tapia, Kimberly Rivera-Juarez, Julian Rodriguez Fernandez, Yorlin Rodriguez Velasquez, Edward San Roman, Keydi Sejas-Camacho, Jose Serrano Diaz, Sindy Serrano Enamorado, Mayrin Sierra-Hernandez, Maria Soriano Munoz, Paris Sullca Huamani, Esteisi Tenorio Argandona, Carlos Vasquez Martinex, Gabriel Vasquez-Cruz, Kimberly Viera-Reyes, Carlos Villeda-Rodriguez, Natsu Yamada, Samuel Zapata Escobar.**

**Report Cards are Coming!**

Students will receive a hard copy of their report card through their advisory class this week. As well, parents/guardians and students can check their report cards next week through SIS.

**Academic Advising**

It is now time for students to begin planning their 2023-2024 class schedules. School counselors will meet with students individually in January and February to discuss student preferences, advise on graduation requirements, and help students determine the best academic schedule for them. **Current Juniors will meet with their school counselors from January 17-24 through their English classes; sophomores will meet from February 1-10 through their Social Studies classes; freshmen will meet February 13-24 through their Health & PE classes.** Our “One Stop Shop” for all courses we offer, course selection sheets, additional opportunities can be found here: <https://lewishs.fcps.edu/student-services/academic-advising>

Parents/Guardians are encouraged to watch this 7 minute video from our school counselors on course selection and graduation requirements: <https://www.youtube.com/watch?v=LTJ3jCquucM>

Students may want to participate in Academy Courses (Nursing, EMT, Cyber, Dance, HVAC, and more). [Learn more and find the calendar of Academy Open Houses](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjAuNzAxNDM5MzEiLCJ1cmwiOiJodHRwczovL3d3dy5mY3BzLmVkdS9hY2FkZW1pY3MvaGlnaC1zY2hvb2wtYWNhZGVtaWNzLTktMTIvY2FyZWVyLWFuZC10ZWNobmljYWwtZWR1Y2F0aW9uLWN0ZS9hY2FkZW1pZXMtYW5kLXNwZWNpYWxpemVkP3V0bV9jYW1wYWlnbis9JnV0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.wZ4yNdXYGPaLbhsS14nQpplOOr1lR4cVv_575l6WDGQ/s/568466388/br/153153193852-l).

### Genesys Works Internship Program for Current Juniors/Rising Seniors Lewis High School has partnered with Genesys Works to provide eligible seniors a paid internship opportunity in our Region. Participants earn between $10,000 and $15,000 through their paid internship during senior year. In order to be considered, rising seniors must have a strong academic record, a desire to work in an office or business setting, be available for a summer long training program, and have enough credits to graduate considering a senior year modified schedule (typically 4 courses). Transportation to internship sites is not provided by the school or business so students should drive or take public transportation. For more information, students may talk with their school counselor or attend an information session. Information sessions are held in the January-March timeframe annually and will be advertised in advance to our students and families through News You Choose. Interested rising seniors would then begin the application process which includes an interview. Genesys Works also provides job training, mentoring, career counseling, and scholarship support to our students.

### Interested students (current juniors) should follow these steps: Step 1: Watch this video: <https://www.youtube.com/watch?v=Sq3_F-t496Y> Step 2: Attend the information session at school on January 30th at 9:30am in the cafeteria Step 3: Fill out the Interest Form to receive the formal application once the window opens: [Genesys Works Class of 2024 - Interest Form (tfaforms.net)](https://secure-web.cisco.com/1kPdIrG2MoHsxoMwS64CFLN3Jm28HQFhxUY412HCpqQ9hMYQbbLN7OjlifBoOqePpYe2Aa9ekX-hb-ftnuS8YgKnIqAIio2NuBwt7eGWzyDftk68WVwZXGkEYIjtxxrB8KbThCtjQsPxINI4Ku3O0VqCH5DoT2iRQHGUIybzNisWxloKLF79NLQQTRVjiIgxBsSvAQektT0DxtLU2fTtNv8d-D4mxiBDcrs_fBvu-5LUyfsKpm0z5wFvrDm7LH4h9qsGwvCe1I2QVLkQwcUH91clge3rW30H76MCYVuYBtw44pan8XdWdhgpLSggz5WGxcrLn80FLfEXGFbIqPKSb44Xv4y9ZligswwUOtih5T-BMSZpmV5qpD9O_b6SnRfdeiRAqJ1L_h0HacT0gSMMs3zGXDrhVzuIALNki1FhnXKTgirKQZFNoa4TEx2bXGAIOh7cHL2cD7DjGg-AcW1gwIg/https%3A%2F%2Fgenesysworks.tfaforms.net%2F4652237%3Ftfa_75%3DNCR).

### College Partnership Program Recruitment

The College Partnership Program (CPP) is an enrichment program that supports students as they explore, apply to and enroll in college. Students attend monthly school-based meetings focused on academic advising, college visits, parent engagement and preparation beyond high school. Students have the opportunity to visit colleges, explore careers, attend SAT prep courses, and attend a three-day summer college experience. CPP is designed to systematically mitigate the impact of barriers to access, opportunity, and attainment and support students who are from populations that are historically underrepresented on college campuses including:

• Students who are the first in family to attend college in the U.S

• Black or African American students

• Hispanic students, of one or more race

• Students with disabilities

• English Learners

• Economically disadvantaged students

**Students interested in participating in the 2023 - 2024 school year College Partnership Program (CPP) must apply by March 10.** The application is linked here:[**http://tinyurl.com/CPPAPP2023**](http://tinyurl.com/CPPAPP2023)Please reach out to Kellie Kirstein, school counselor, at [kmkirstein@fcps.edu](mailto:kmkirstein@fcps.edu) with any questions.

**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)

**Scholarships for Seniors**

The Fairfax County Democratic Black Caucus and John R. Lewis High School Democracy Essay Contest is NOW available in Naviance Student. The topic of the essay must be “The Meaning of Democracy to Me. The contest is open to all 12th grade students at John R. Lewis, regardless of race, ethnicity, religion, gender, or sexual identification. **Application deadline is Friday,** **February 10, 2023**. (3) Awards: $1500; $1000, and $500 will be awarded.

Archer Bailey Gay Memorial Scholarship is NOW available in Naviance Student, this is a fillable scholarship application. **Application deadline is Wednesday**, **February 15, 2023**. (2) $1,000 Scholarships will be awarded.

VHSL Scholarships[**https://www.vhsl.org/scholarships/**](https://www.vhsl.org/scholarships/)

Colonel Charles E. Savedge Award (VHSL) – Awards one $500 scholarship to an individual who has participated in high school journalism for at least two years. This scholarship awards $500 to one college-bound senior who has participated and excelled in school publications (magazine, newsmagazine, newspaper, and yearbook), and for at least two years has demonstrated outstanding personal qualities such as leadership, writing, proficiency, design aptitude, creativity, teamwork, and **c**haracter. **The deadline for receipt is February 24, 2023,** to Mrs. Carla McIlnay-Shaw at: [cmmcilnaysha@fcps.edu](mailto:cmmcilnaysha@fcps.edu)

VHSL Achievement Award– Awards 19 $1,500 scholarships honoring one male athlete, one female athlete, and one academic activities participant in each VHSL classification. Plus, one student from any classification who has overcome incredible odds to make significant contributions to athletic or academic activities. Only students graduating during the school year are eligible for the awards. **Deadline for receipt is March 8, 2023, to Mrs. Carla McIlnay-Shaw at** [cmmcilnaysha@fcps.edu](mailto:cmmcilnaysha@fcps.edu)

Vito E. Perriello Citizenship Award (VHSL) **–** This program awards two $1,000 scholarships for graduating seniors wishing to further their education in medicine or an allied health field at an institution of higher learning, including universities, community colleges, and trade schools. **Deadline for receipt is March 8, 2023, to Mrs. Carla McIlnay-Shaw, at** [cmmcilnaysha@fcps.edu](mailto:cmmcilnaysha@fcps.edu)

Ashraf Hani Sabah Memorial Scholarship Lewis High School Class of 2023. This scholarship aims to award a one-time $1,000 scholarship to 4 graduating Class of 2023 LHS seniors, who best embody the criteria. **Criteria:** To be considered for the scholarship award, an applicant must be a Lewis High School Class of 2023. The applicant should embody generosity, authenticity, determination, and passion in their life. Applicants with backgrounds similar to Ashraf, including immigrants/first-generation Americans who aspire to be traditional college or vocational/technical school students, are encouraged to apply. **Application deadline March 31, 2023**

The Lewis Sports Boosters Scholarship is NOW available in the Career Center and the Activities Office. Pick up the application to see the full eligibility information. **Application deadline is** **April 14, 2023**. Up to (4) $1,000 Scholarships will be awarded. **You must be a current member of the Sports Booster Club as of February 1st.**

**College Access Fairfax:** <https://collegeaccessfairfax.org/> Upcoming FAFSA and VASA sessions for seniors for Financial Aid. College Access Fairfax **2023 Scholarships are now available, Deadline is February 15, 2023**: <https://collegeaccessfairfax.org/scholarships/>

Seniors/Senior Parents, do you need help completing the FAFSA (Free Application for Federal Financial Aid)?

**Family Resources**

**Youth Mental Health First Aid**

Want to better understand mental illness, learn how to help someone experiencing a crisis and possibly save a life? Take a Youth Mental Health First Aid class!Youth Mental Health First Aid (MHFA) is an 8-hour training course primarily designed for adults – family members, caregivers, school staff, coaches, health and human services workers, etc. – who interact with young people ages 12-25. The program gives community members key skills to help a young person who is developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. The course is free for residents of Fairfax County and the Cities of Fairfax and Falls Church. [Learn more and register for Youth Mental Health First Aid here.](https://www.fairfaxcounty.gov/hscode/ereg/Registration.aspx?groupID=47)

**Healthy Relationships Plus**

High school students are invited to join their peers for a 7-week Healthy Relationships class, led by trained young adult facilitators. The interactive Healthy Relationships Plus Program is an evidence-informed small groups program based on core principles of skill-building and awareness. The class uses open dialogue and role playing to engage students in enthusiastic discussions about peer pressure, help-seeking, media literacy, healthy and unhealthy peer and dating relationships, and healthy communication. The program is appropriate for all youth including those who have never been involved in violent or unhealthy relationships. This inclusive class is open to students of differing abilities. The Healthy Relationships Plus Program consists of seven 90 minute sessions from February 14 through March 28. Dinner will be served and participants who attend classes regularly receive gift cards.  [Find more information and register here.](https://anc.apm.activecommunities.com/fairfaxcityrecdept/activity/search/detail/14552?onlineSiteId=0&from_original_cui=true)

**Eating Disorders**

Eating disorders are serious but treatable mental and physical illnesses that can affect people of all ages, races, religions, ethnicities, sexual orientations, body shapes, and weights. While no one knows for sure what causes eating disorders, a growing consensus suggests that it is a range of biological, psychological, and sociocultural factors. Eating disorders are not fads or phases, and can have serious consequences for health, productivity, and relationships. In collaboration with the Fairfax County Health Dept, FCPS has provided more information for parents/guardians here: <https://www.fcps.edu/node/37440>

**Snow Days**

FCPS’ inclement weather procedures will remain the same as last year. **The first five inclement weather days will be traditional “snow days” with no school activities**. After those five days, we will use the flexibility provided by the [Virginia General Assembly](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjExMzAuNjc0Njk4MDEiLCJ1cmwiOiJodHRwczovL3ZpcmdpbmlhZ2VuZXJhbGFzc2VtYmx5Lmdvdi8_dXRtX2NhbXBhaWduKz0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5In0.AkZXEXTxXJAG3awH3h_w0CchrhTcizIrlvcf86Rn3j8/s/568466388/br/149255250883-l) to have unscheduled virtual learning days, whenever possible, to maintain the continuity of learning. Virtual learning on these days will be synchronous/live instruction, following the [inclement weather virtual learning day schedule](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9..B7ntSSlmfJqbvsoOcHCwPIFpOrHzbeEVqW3gp307DLI/s/568466388/br/149255250883-l) (includes a two-hour delay).

**Academic Supports for Our Students**

**Late Bus Days**

Our late bus days are Wednesdays. Students can prearrange meetings with teachers after school and buses are provided.

**Advisory**

Students can get passes from their teachers for the Advisory time to make up tests, work with groups on projects, work with the teacher on content. This is prime time for students who need extra time and support in subjects they are struggling with.

**FREE Tutoring - Tutor.com**

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)

**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)

**Math Honor Society Tutoring**

Students from the Math Honor Society will be offering math tutoring in room 319 on Wednesdays after school. You can also contact a member directly for an alternate time. please find the contact information here: [MHS Tutors' Information](https://docs.google.com/spreadsheets/d/198X55fxFJK9MWs5yU_vP8-M6cE8FNzYvdqnKdr_mOY4/edit?usp=sharing)

[**SOL Remediation for seniors**](https://docs.google.com/spreadsheets/d/1uYHQibWBsnuY_mRJaWqioEC1Negt6l67_6eKObDky0M/edit?usp=sharing)**-**

Seniors who still need a verified credit are scheduled to take the SOL during the week of December 12-15. To prepare them for the SOL, there are remediation sessions set up for Algebra 1, Biology, Earth Science, and World History 1. Students are highly encouraged to avail this opportunity and attend these sessions to prepare for the SOL. Please email the assessment coach, Mrs. Kj Sachdeva at [ksachdeva@fcps.edu](mailto:ksachdeva@fcps.edu)

**The Writing Center**

The Writing Center works with writers through all stages of the writing process, from brainstorming and organizing to revising and polishing. 20-minute help sessions are student-led and are offered in room 247 on BLUE days during A, C, and D lunches. Students wishing to visit the Writing Center for help may scan the QR code on one of the posters around the building or email Mr. Ingram at [clingram@fcps.edu](mailto:clingram@fcps.edu) for more details.

Additionally, Mr. Ingram is looking for students who need service hours to assist with helping other students with their writing. Interested students should also email Mr. Ingram for more info.

**Frequently Used Links**

[FCPS Cares](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9..-Hc1Wzj5XE0NV-ICITQZ7S3gcLWtka7OZ9DXhm1fmiY/s/1806716519/br/141732495119-l?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

[2022-23 Standard School Year Calendar](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9._dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.2FTVGeXMkDPgoMT94-R62EOiO-k-UOmMaK4amwnq_oM/s/568466388/br/149434449986-l)

[Newsletter Subscription Preferences](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9..JhBSzoxg-R9ajnJ21eX54V4xZnD9Znudc96sjpT-3Ak/s/568466388/br/149434449986-l)

[COVID-19 Testing](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.._h_MzGL3BMmSZmE_ivdwMH50oYvUOdqztVT_7mYwVDk/s/568466388/br/149434449986-l)

[COVID-19 Vaccination (Fairfax County Health Department)](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9._dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.d7xDPmLp35fQFQytY05qVTl7U1Eq7E6xdhhAl6vL7I0/s/568466388/br/149434449986-l)

[Mental Health Resources and Emergency Services Information](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9..Vsb-U33xFcPZZNDaU8CA7rfGn3TdT10aPT0gx3qWrwk/s/1806716519/br/141732495119-l?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

[FCPS Parent Resource Center](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9..blKbfXxEBRkNG-aRXTJnMXKa5-WSkK2cDl-AhPQSKRM/s/1806716519/br/141732495119-l?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)