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

Week of February 13, 2023

**Calendar**

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

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

**February 15:** National School Resource Officer Appreciation Day

**February 17:** Pep Rally Day: Flipped Schedule

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

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

**February 23**: Honor Roll Celebration

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

**Announcements & Information**

**College Board National Recognition Program Scholarship Application**

The College Board’s National Recognition Programs’ scholarship applications for students open on Wednesday, February 15. You can find information about these opportunities in the [student flier](https://secure-web.cisco.com/1BuP3gphmRyvKhqXFInWN-iGTJKHZnLTDC3n6_iwKaR99zeD2HOtkkbd-fM68PS66tGcgkK3CTDHiA4U7IluyEo6y8KgsCm6cKXdvXfgeKRhiZM_E8tSRvqJvaGARViTfEgue0o5yb0F7p-q9SIZbNCVUSz4RXx-On3BlGXrB2IyfrIYmrQxnofyavjnTN84WonswHQize2cin1MzATZ-8H4PzBRShlXWbKoJg5cMiZfEfJzYnUxGKDckU5IruZNpuF0G6SOES36CVtTrYe77WRiA8K98ivr4eQq2H-x1vRO11LuTOdnrcMxnJ3mOSFjtJFvgUZHgQQCsxu6Q3gliBUnmhJzdenUesRjg13bfZphjO7zyVHoK7mok2XYfcuVzyy3usfgG91vo-R6hN0MzTW0lj1vK8O8Ar_NztCdFRDoeuqljQy17n1_RG4N2aJpztvh3v1xzrA6PnEptR78Fbw/https%3A%2F%2Fclick.e.collegeboard.org%2F%3Fqs%3Dddedf4e17b76f20cb8ff08c5d55f0d380016493becd43ed836d1a898263b93d7ac8e7402afee78d7cdd1d97a7a60feb1d83af4112b86ad0050fa42758f528362). College Board has identified students who are eligible to apply, and students identified by College Board will receive an email invitation from the College Board. Students are also able to nominate themselves by visiting [bigfuture.org/NRP](https://bigfuture.collegeboard.org/communities-events/national-recognition-programs).

**Friday, February 17 at Lewis HS**

This Friday, we will have a flipped bell schedule. It will be a Gold day and our period rotations will be 2-8-6-4. Students will attend a pep rally at the end of the day. **Academy Students should ignore this change and attend their Academy classes at the regularly scheduled time.** Students are asked to let their Lewis HS teachers know if they miss class due to their Academy schedule, and parents are asked to call our attendance line.

**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.**

**Honor Roll**

We would like to congratulate students who made all A and A/B Honor Roll. Students who received all A’s for the quarter will be invited to a celebratory lunch during their lunch period on Thursday, February 23, and receive a certificate. Students who earned all A’s and B’s will receive a certificate. Congratulations to All! Keep up the awesome work!

**Prom**

The Lewis HS prom will be held in McLean, VA on May 20, 2023. Do you need a prom dress or accessories? Women Giving Back has received new or gently used prom dresses, and they are for any student in FCPS who needs one. They have prom dresses, shoes and accessories. Students are invited to shop at the Prom Boutique, and all of it is **FREE with a Student ID.**

**Location:** 18 Export Drive, Sterling, VA 20164

**Boutique Days and Hours of Operation:**

* 3/6 from 6:00pm-7:30pm
* 3/11 from 11:00am-1:00pm
* 3/13 from 12:00pm to 1:30pm
* 3/20 from 6:00pm to 7:30pm
* 3/27 from 10:00am to 12:00pm
* 4/1 from 11:00am-1:00pm
* 4/3 from 6:00pm to 7:30pm
* 4/6 from 10:00am to 12:00pm
* 4/15 from 11:00am-1:00pm
* 4/24 from 6:00pm to 7:30pm
* 5/1 from 5:00pm to 7:00pm
* 5/8 from 6:00pm to 7:30pm
* 5/13 from 11:00am-1:00pm

**Report Cards - Did you see them?**

Students received a copy of their report card through their Advisory class. If you did not see it, please ask your student for it and/or, look in SIS Parent Vue.

**Standardized Testing**

**WIDA-** English learners with English level 1-4 are required to take the WIDA test. It is a federally mandated test. At this time, we are at 85% completion rate. Please talk to your student if they have taken all four domains of the WIDA test. Students need to come to the Testing Center (Room 242) to take the test.

**End of course SOL testing**- SOL testing will start at the end of April. The test dates will soon be shared with the students and families.

**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).

### 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**

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>

**Healthy Relationships with People and Substances**

Relationships are important components in the development of living a fulfilling life. Valentine’s Day occurs in the month of February, causing a frenzy of purchases and planning between loved ones to show appreciation and love. Forming and maintaining healthy relationships is difficult but vital for those in recovery from drug and alcohol addiction. Healthy relationships are a factor in helping people maintain sobriety (Addiction Center). Bonds and companionship provide emotional support and are effective in increasing health and wellbeing. Emotional support decreases fears and helps people to thrive.

There is value in healthy relationships. Healthy relationships help decrease the chances of people struggling with addictions from engaging in toxic attachments that create feelings of frustration, stress, and conflict. Negative attachments can bring out the worst in people and create feelings that can lead to increased use of alcohol and substance misuse and abuse. Positive relationships encourage growth, comfort, and the creation of emotional bonds that provide feelings of joy and support. Open communication and commitment are two of the best ways to foster the ideal type of relationships most people strive for.

Common values to develop in healthy relationships include:

● honesty

● reciprocity

● effort

● respect

● safety & security

● laughter

● acceptance

● healthy boundaries

● unconditional love

● friendship

● non-judgmental

As the world celebrates love, it is important to do our part in the creation of positive partnerships, social circles, and healthy connections. Encourage the support and inspiration of those that may be silently vulnerable and struggling to feel safe.

Resources:

[Healthy Relationships](https://www.addictioncenter.com/treatment/healthy-relationships/)

[Substance Abuse & Intimate Relationships](https://www.aamft.org/Consumer_Updates/Substance_Abuse_and_Intimate_Relationships.aspx)

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.

For further Information & support

Kori Joseph, MA, CSAC

Substance Abuse Prevention Specialist

KTjoseph@fcps.edu

**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)

**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=)