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

Week of February 27, 2023

**Calendar**

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

**March 2:** 2-hour Early Release for Students

**March 3:** Student Holiday/Staff Professional Development Day

**March 10:** CPP (College Partnership Program) Application Deadline

**March 14:** Teen Substance Abuse Presentation - Lewis Library (6:00pm)

**March 15:** NOVA Counselor from 10:20-11:20am Lewis College & Career Center

**March 20:** County-wide virtual Military Night

**March 21:** Senior Parent Meeting (“100 Days”) at 6:00pm in the LHS Auditorium

**April 25:** College Planning Night at Lewis HS 6:00-7:30pm

**Announcements & Information**

**Congratulations to our Students! (Public Health Youth Ambassadors)**

Congratulations to the following students who completed the FCPS Public Health Youth Ambassadors Program. The PHYA program is a free educational program that trains local high school students from the African, African-American and Hispanic communities as community health workers. They will attend a ceremony on March 1st in Rockville, MD. **Aylen Amargo, Endurance Awuku-Larbi,Erika Cerritos, Katie Chavarria, Milcah Debas, Sarah Diriye, Camila Escobar-Franco, Mailyn Hernandez, Alexandra Jarquin, Allison Orozco de Paz.** For more information and to see a photo of our Inaugural Class, click here: <https://www.fairfaxcounty.gov/health/public-health-youth-ambassador-program-graduates-inaugural-class>

**2-Hr Early Release - Thursday, March 2 at Lewis HS**

This Thursday, we will have a 2-hour Early Release for students. It will be a Gold day and the class period order will be 2-4-8-6. **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. Academy students received an email this week about the schedule.

**Teen Substance Abuse - Lewis Pyramid Parent Presentation**

**Tuesday March 14, at 6 pm** a parent presentation will take place in Lewis library. Childcare will be provided during the presentation. The topic will be preparing families for the difficult conversation about drugs. A representative from the CSB and an SRO will be present too.

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

**Class of 2023 Parent Meeting (“100 Days”)**

There are about 100 days remaining of school until graduation! School staff will host a meeting for all senior parents/guardians and students one evening soon to discuss all things graduation. The meeting will be at Lewis HS at 6:00pm.

**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

### 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**

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 Planning Night**

April 25 6:00pm-7:30pm, at Lewis auditorium and Spanish presentation in Lancer Hall. Come hear how to begin planning for college. College representatives will present and answer questions. Students are welcome to come with their parent/guardian.

**Scholarships for Seniors**

VHSL Scholarships applications can be found here:[**https://www.vhsl.org/scholarships/**](https://www.vhsl.org/scholarships/)

* 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)

2023 Vulcan Materials Company Foundation Scholarship

* This is a **NOMINATED** scholarship. The scholarship will award a graduating senior a college scholarship payable at $2,000.00 per year for tuition and related expenses for up to four years.

•Graduating Senior who has resided in Northern Virginia for at least the four years immediately preceding his/her nomination. •Financial Need•Academic accomplishment and ability•US Citizenship•Extracurricular activities

•Preference will be given to applicants who plan to attend a college in Virginia

* Essay Prompt: Sharing your accomplishments and reason for applying for the scholarship Check Naviance for more information. **Application deadline March 23, 2023,** to Mrs. Carla Shaw at 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. Check Naviance for the application. **Application deadline March 31, 2023**

The Lewis Sports Boosters Scholarship

This 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 Board National Recognition Program Scholarship Application

The College Board’s National Recognition Programs’ scholarship applications for students opened 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).

**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>

**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. [**https://www.fcps.edu/resources/online-tutoring-services**](https://www.fcps.edu/resources/online-tutoring-services)

**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=)