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# Mantua PTA News 2020, Issue 2

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## September 15, 2020 | Issue 2

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### Important Dates

September 17 (Thursday): Virtual PTA Meeting, 7pm.

September 18-25: Register for Chat and Chew.

September 22 (Tuesday): Back to School Night and Meet the Specialists, 6-8pm.

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### Class Schedules

<https://mantuaes.fcps.edu/academics/virtual-academic-schedules>



## Back to School Night (BTSN) Meet the Specialists - RESCHEDULED

Mantua Elementary School's **Back to School Night (BTSN) Meet the Specialists**, has been rescheduled from Wednesday, September 16, 2020 to **Tuesday, September 22, 2020 from 6:00 pm to 8:00 pm.**

We have changed the date to not conflict with Frost Middle School's BTSN. At this virtual meeting, there will be further information about the curriculum, grading, attendance, and discipline from the administration. As well as an opportunity to connect with our Specialists teachers.

## SR&R Updates and Parent Acknowledgement Form

Reminder, parents and guardians, please review the Student Rights and Responsibilities and related resources at [www.fcps.edu/srr](http://www.fcps.edu/srr). After reviewing the information, **fill out the SR&R Parent Acknowledgement Form using the link at the bottom of this email.** This form must be filled out once for each student in your family.



The survey will also be on the Mantua school website for families to fill it out there, too.

Link: <https://forms.gle/tmP1trFsQUoYarGe6>



## Welcome to the 2020-21 School Year!

We know it will be like no other but we are excited for our children to be "back in school" engaged in learning with their fantastic teachers. Please join the PTA in helping keep our community strong and supporting our teachers and students. Our first meeting will be virtual on **Thursday, September 17 at 7pm** (link is forthcoming). All are invited!

Mantua, strong together, even when apart!

Mantua PTA President

## Kid Mask With PTA Membership!



Our PTA Membership Drive is in full swing! Don't forget to sign up to become a PTA member for the 2020-2021 school year. This year, we are excited to give out one youth size Mantua Raccoon mask with your membership (while supplies last). Masks will be available for members soon! Stay tuned!

<https://mantuapta.new.memberhub.store/store?fbclid=IwAR0IYZ4ir09uAuWl1ZVB77M5jXWlj8lsE9bfN4cINGHXGvC-FDGr2wRJcJs>

## Mantua Elementary Stronger Together Yard Sign - Order now!

We all know this year will look very different. We might not be able to take that "first day of school" pic as our kids get on the bus, but that doesn't mean we can't start the year off with our same Mantua ES pride! This year the PTA is excited to announce our MES **Spirit Your Yard** sign. Not only is it perfect for a first day of school picture, but there will be other "Spirit Days" throughout the year where we can display our Mantua pride. Support our PTA, as well as help build our community spirit! "Strong Together Even When Apart."



<http://mantuapta.org/action.html>



## Online Classes through Enrichment Matters

Unfortunately, there will be no Mantua Enrichment program this year; however, we are advertising a selection of 4-week online courses that are being offered through Enrichment Matters. Students from all fifty EM schools will be eligible to register and EM will offer additional sections where possible. There will be multiple 4-week sessions run throughout the year and we will advertise in advance of each registration period. Given that many classes do not currently work with Mantua's bell schedule, EM will be revisiting start times for the second 4-week session.

- Information Open House on **9/24 at 7PM**
- Registration from 8AM on 9/28 through midnight on 10/5
- Classes run 10/12 - 11/7

Please see <https://enrichmentmatters.com/virtual-enrichment/> for a link to course offerings and open house registration information.

Questions email [enrichment@mantuapta.org](mailto:enrichment@mantuapta.org)

## Chat 'n' Chew Registration

Chat 'n' Chew has gone virtual for students in grades 3-6! Have one (or a few) budding book lovers in your house? Want to build literacy skills? Just feel like reading a good book and hanging out with friends? Join Mantua's popular book club and spend one lunch hour a month from December to March discussing great books with new friends. Parent volunteers lead groups of 6-8 kids in virtual discussions and fun activities. Registration runs **18-25 September** and is \$30 per registrant. Four books will be selected by school librarians and provided to participants for them to keep. Questions, email Jen Greanias at [chatnchew@mantuapta.org](mailto:chatnchew@mantuapta.org). We can't wait to read with you!



[www.memberplanet.com/s/mantuaelementaryschoolpta/2020-21clubs](http://www.memberplanet.com/s/mantuaelementaryschoolpta/2020-21clubs)



## Reflections Program

The Reflections Arts Program encourages students to explore the arts and express themselves by providing positive recognition for their artistic efforts. Students create original works of art in response to a student-selected theme. The theme for the 2020-2021 school year is "I Matter Because..."

Students may submit their artwork in one or more categories:

Dance Choreography      Film Production      Literature  
 Music Composition      Photography      Visual Arts (2-D or 3-D)

Please search for "Reflections" in the Mantua PTA Facebook page for rules for each category.

<https://www.facebook.com/groups/MantuaPTA/permalink/1750797595096941>

## Mantua Drama Club Activities

This uncertain year leaves Mantua Drama Club "on hiatus," but we have some fun virtual ideas planned to keep you engaged with theater and acting! We are also open to your ideas! We are tentatively planning an online scavenger hunt, a trivia night, a movie watch party, and a costume/set design contest. Let us know if you are interested in any of these fun theater related activities via this google form: [Mantua Drama Club Events 2020](#) Your whole theater loving family is welcome to participate! Please fill out for each student if you have more than one child interested. No need to have prior experience with Drama Club to participate - invite your friends!



Questions, email Lauren Brennan [drama@mantuapta.org](mailto:drama@mantuapta.org)



## Raccoon Runners is Going Virtual!

While we won't be meeting in person like in years past, participants will have access to coaches and videos, with the goal of completing a 5k run/walk at the end of the program. Mantua ES's Raccoon Runners is a positive youth development program for 3rd through 6th graders, empowering them to be true to themselves through lessons in positive body image, health and nutrition and social awareness. Raccoon Runners are strengthened over a 9 week period through various fitness activities while training for a 5K run. Registration fee includes a t-shirt, an online training log, interaction with other Raccoon Runners via an approved school program, a route for a virtual 5k in the neighborhood with a medal awarded upon completion and email contact with coaches. Registration opens at **9am, Friday Sept 18** via the link below.

[www.memberplanet.com/s/mantuaelementaryschoolpta/2020-21clubs](http://www.memberplanet.com/s/mantuaelementaryschoolpta/2020-21clubs)

## 5th and 6th Grade Virtual Chorus

5th and 6th grade elementary students are invited to participate in the Woodson Virtual Area Chorus! Interested students can register by October 2, will then be invited to a google classroom to participate and a virtual concert will debut on December 3. Please [use the link](#) for details and to [register](#).



Questions, email Frost Choir Director, Meredith Lee at [malee1@fcps.edu](mailto:malee1@fcps.edu) or Woodson Choir Director, Amy Moir at [almoir@fcps.edu](mailto:almoir@fcps.edu).

<http://www.mantuapta.org/documents/df/2020-21/flyers/woodson-pyramid-elem-chorus.pdf>

## Join a Girl Scout Troop - Virtual or in-person



Join a Girl Scout Troop, join us for a virtual info meeting **Tuesday October 6th at 7pm** to learn more about Girl Scouts!

For more information contact:

Ali [johnemwills@gmail.com](mailto:johnemwills@gmail.com) or <https://www.facebook.com/groups/1720905478057563> or contact Michele at [mrandall@gscnc.org](mailto:mrandall@gscnc.org) or 703-372-4352

## Troop 1533 Boys' Troop Join Scouting Night

Are you interested in joining Scouts BSA? Troop 1533B is a boys troop chartered to the Mantua PTA for boys ranging from 6th grade to 12th grade. We have been affiliated with the school for 52 years, and over that time have

had close to 75 boys from our troop earn the highest rank of Eagle Scout. We have planned a year long program with virtual activities and small outdoor skills training events that comply with local and national guidance about safety during the pandemic for those who are comfortable.

We are also affiliated with Girls Troop 1533G, a very active, new Girls' Troop also chartered by Mantua PTA, so we are scouting family friendly. Please find us at Troop 1533 - Welcome or <https://www.facebook.com/troop1533/> to find out more. In addition, there will be a live event on **Tuesday, September 22nd at 7:30 PM** for boys and parents to learn more about the Scouts BSA program and the Fairfax troop - Go to <https://facebook.com/events/871036643424190/>, and click on the link.

## Join Cub Scouts

Is your child bored, and looking to have fun with other kids? Mantua's Cub Scout Pack 1533 is accepting new members in grades K through 5, both boys and girls! All den meetings are currently being held socially-distanced outdoors (or in some cases by video link). We welcome you to attend our den meetings to see if you would like to join.

Questions email: [cubmaster@pack1533.org](mailto:cubmaster@pack1533.org).



## Learn About Your Neighborhood BSA Girl Troop

In 2019, Scouts BSA responded to parents' requests for the opportunity for girls to benefit from the multi-age leadership and outdoor skill training that has been helping young men gain leadership skills for more than 100 years. Troop 1533G is chartered to the Mantua PTA and currently has 16 girls ranging from 6th grade to 12th grade. One of our girls will earn the highest rank, Eagle, in the next 2 months, and three are on track to earn it by February. The girls have designed a year-long plan of outdoor and skills-training activities that comply with local and national guidance about safety during the pandemic. We recently returned from a white water rafting and camping trip that employed these safety measures but still helped these young ladies learn to cook and camp under the stars.

Please find us at: <https://troop1533.trooptrack.com/>

<https://www.facebook.com/troop1533/> : There will be a live Facebook event on Tuesday, September 15th from 7-7:30 PM.

Questions email: [girltroop1533@gmail.com](mailto:girltroop1533@gmail.com)

Girls and parents can learn more about the Scouts BSA program, the Fairfax troop, and our outdoor program.

<https://www.facebook.com/events/320317366079723/>

**10% OFF**  
**VINTAGE FOOTBALL TEES**  
 (Items 3537, 6937, 6137)  
**Coupon Code: SEP20E**  
 Online purchases only. Cannot be combined with any other offer.  
 Valid: 09/01/20 - 09/30/20

**MONTHLY SPIRITWEAR COUPON FOR September, 2020**

Visit our Spiritwear Store the entire month of September to take advantage of this coupon!

## Raise Funds for Mantua ES by Linking Your Rewards Card

It's time to re-link your Harris Teeter VIC cards to Mantua!

This is a really easy fundraiser- once you link your card to our school you'll be helping to raise money every time you shop. And even better? We'll do the work for you! Go

to <https://www.memberplanet.com/s/mantuaelementaryschoolpta/vic> to fill in your VIC card information and we'll do the rest!

Encourage friends & family to do the same!

## Parent Information Relating to Special Education

All these opportunities are **FREE** unless noted.

In most cases **you must register** if registration information is provided.

The FCPS **Parent Resource Center** is still **open**, and it continues to provide direct assistance to families, educators, and community members. The staff there can help you find answers and solve problems.

[prc@fcps.edu](mailto:prc@fcps.edu) 703-204-3941

### Una introducción a la prevención del suicidio

Martes, sep. 15, 6:30-8:00 pm,

Aprenda sobre la prevención del suicidio, incluidos los factores de riesgo, las señales de advertencia y cómo mantenerse a salvo.

Regístrese: <https://ncactsl091520.attendase.com>

### disAbility Rights and Resources Expo

Wed. Sep. 16, 10 am-5 pm, Online

It will include, "Know Your Rights" workshops on disability benefits, special education, and rehabilitation as well as ways to interact in a virtual exhibit.

Register: <https://www.dlcv.org/event/disability-rights-expo>

### **Social Emotional Learning for Children with ADHD in Quarantine**

Wed. Sep. 16, 1 pm, With Replay Link

Learn strategies to help children feel and show empathy and make and keep positive relationships so that they can be more socially and emotionally competent.

Register: [https://goto.webcasts.com/starthere.jsp?ei=1361051&tp\\_key=5efa7cb133](https://goto.webcasts.com/starthere.jsp?ei=1361051&tp_key=5efa7cb133)

### **Seizure Alert Dogs and Devices: What You Need to Know**

Sep. 16, 7:00 pm, Online

Learn about seizure alert dogs and the process for getting one, and get an overview of the available seizure alert devices and how to choose one.

Register: <https://epilepsywdc.org/events/seizure-alert-dogs-and-devices-what-you-need-to-know-sept-16/>

### **Autism 101**

Thu. Sep. 17, 11-noon,

Learn basic information about autism, accepted therapies and interventions, how to access services, and long term developments.

Register: <https://asn.nonprofiteasy.net/PublicPages/Event/Details.aspx?eid=34434>

### **Collaborative & Proactive Solutions: 1-2 Day Training**

Thu. & Fri. Sep. 17 & 18, 8:40 am-4:15 pm **\$99-\$159**

Gain an overview of the CPS model, along with the nuances of assessment and engaging kids in solving the problems that affect their lives.

Register: <https://www.eventbrite.com/e/collaborative-proactive-solutions-2-day-virtual-training-registration-108761990040>

### **10 Ways to Stop Power Struggles & Start Motivating Your Kids**

Fri. Sep. 18, 10:00-11:30 am, OR 6:30-8:00 pm,

It's time to stop the yelling and power struggles with toddlers and teens. Learn how to create stress-free home life with practical strategies that work.



Register: [https://docs.google.com/forms/d/e/1FAIpQLSeRCwQHVLUFdkeaDeUqIzHFCxpAWzoa\\_UMumevKSy7N\\_Sarkw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeRCwQHVLUFdkeaDeUqIzHFCxpAWzoa_UMumevKSy7N_Sarkw/viewform)

### **How to Help Your Elementary School Aged Child with Learning Differences Conquer Distance Learning**

Mon. Sep. 21, 7:00-8:30 pm

This webinar will help parents guide their children to build a toolkit of strategies to make distance learning more effective and less stressful.

Register: <http://bridgestherapyandwellness.com/events/>

### **Parenting Children of Color with Dr. Jamell White**

Wed. Sep. 23, 7-8 pm, via Zoom **\$20**

Learn about and discuss with other parents the unique issues in raising children of color with special needs and the impact of the current race-related events on children.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh7nbhkse626d33a&oseq=&c=&ch=>

### **Setting the Stage for Good Behavior: Routines, Procedures & Expectations**

Thu. Sep. 24, 10 am-3 pm,

Gain an overview on establishing and maintaining routines, procedures, and expectations, as well as strategies to teach and reinforce these lessons.

Register: <https://docs.google.com/forms/d/e/1FAIpQLSfekSCsrBimWJg=>

### **Helping Children and Adolescents Effectively Deal with Social and Emotional Challenges**

Thu. Sep. 24, 6:30-9:00 pm, Online **\$25**

Social skills and emotional regulation CAN be taught. Learn tools to use when children struggle with prosocial skills, motivation, or poor self-esteem.

Register: <https://www.eventbrite.com/e/chesapeake-childrens-conference-september-24-25-registration-90855205365>

### **NAMI Ending the Silence for Parents & Caregivers**

Mon. Sep. 28, 6:30 pm,

An educational presentation by a parent, and a hopeful personal story by a young adult who experienced a mental health condition while in school.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh9jhb6g2d883c9c&oseq=&c=&ch=>

### **Bridging the Distance: Accommodations and Technology for Overcoming Remote Learning**

Tue. Sep. 29, 1 pm, With Replay Link

Learn about effective accommodations and tech tools to support students with ADHD and learning disabilities for remote learning.

Register: [https://goto.webcasts.com/starthere.jsp?ei=1360306&tp\\_key=d4b32453ed](https://goto.webcasts.com/starthere.jsp?ei=1360306&tp_key=d4b32453ed)

### **Talk Saves Lives for Firearms Owners**

Tue. Sep. 29, , 6:30-8:00 pm, Online

Suicide can be prevented. Learn about suicide prevention, including common risk factors, warning signs, and how to stay safe, specifically for firearms owners.

Register: <https://ncactsl09292020.attendease.com>

### ***Plan Ahead* — Fall 2020 Transition University Virtual Training**

Sun. Oct. 11-Mon. Nov. 23, *5 Week Online Course*

This self-paced course for parents of school aged children with IEPs includes the major topics needed to plan now for their child's future adult life.

Register: <https://bit.ly/2ztNrbN>

### ***Plan Ahead* — Parent Child Journey interactive Zoom Discussion Groups**

10 Weekly 1-hour meetings on Mon. Wed. or Thu. Starting in Oct. **\$150**

A child behavior expert will lead a discussion and trouble-shoot participants' implementation of the ten course topics.

Register: <http://www.parentchildjourney.com/journey/>

### **Support Groups for Parents**

All these support groups are open to newcomers, most are online, and they are free, except where noted. No diagnosis is required to participate. Participants are typically given the opportunity to share their story,

experience support, and glean guidance (as desired) from group members regarding both community and school resources. Confidentiality is respected.

**Alpha Moms** This support group for adoptive parents meets monthly in McLean. Contact: [robin4brady@gmail.com](mailto:robin4brady@gmail.com)

**Autism Dads** meets one evening monthly typically in the past in Falls Church. Contact: George Buzby at 571-419-1257 or [gbuzby@aol.com](mailto:gbuzby@aol.com)

**Autism Society of Northern Virginia Virtual Support Group** 2nd and 4th Saturday of the month, 1:00-2:30 pm via Zoom. Meeting ID: 83085728013

### **Business Networking Event for Special Needs Parents**

Alternate Fridays, May 29 and following, 9:00-10:30 am *Via Zoom*. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

**CHADD:** Children & Adults with Attention Deficit/Hyperactivity Disorder

- **Burke CHADD Support Group for Parents, Caregivers and Family Members** Last Thursday of the month at 7:00 pm. Contact Kim Griffin: [kimberlyrgriffin@yahoo.com](mailto:kimberlyrgriffin@yahoo.com)
- **Loudoun County CHADD Parent Support** 3rd Tue. morning of the month in Sterling. Contact: Bonnie Little 571-306-2932 or on Facebook @loudounahdhsupport
- **West Fairfax CHADD Evening Parent Support Group** 3rd Thur. of each month at 8:00 pm Contact: Cathy, [ocgreulich@aol.com](mailto:ocgreulich@aol.com)
- **West Fairfax CHADD Morning Parent Support Group** 1st Tues. of each month at 8:00 pm. Contact: Cathy, [ocgreulich@aol.com](mailto:ocgreulich@aol.com)

**CSB Family Support Group at Gatlan Center** 2nd and 4th Wed. of each month 6-7:30 pm via Zoom Contact: [Samar.Chwairy@fairfaxcounty.gov](mailto:Samar.Chwairy@fairfaxcounty.gov) or call 703-799-2882.

**D.A.D.S.** Dads Appreciating Down Syndrome 3rd Tue. each month, 7-9 pm via Zoom. Contact: George [gbuzby@aol.com](mailto:gbuzby@aol.com) or call 703- 545-6089.

**Dr. Dan's Support Group for Parents Raising Challenging Children** meets via Zoom on Mondays, 1-2 pm, Register: <http://survey.constantcontact.com/survey/a07eh2rnzqrk9vdghmb/a0179kbgrhbj1/questions>

**Epilepsy Parent Support Group & Discussion Series** meets monthly on the 4th Thursday, 7:00-8:30 pm. Register: <https://epilepsywdc.org/events/epilepsy-parent-support-group-discussion-series-virtual/>

**Fairfax Juvenile Court Parent Support** for problems including runaway behavior, truancy, alcohol/drug abuse, and serious behavioral problems at home, at school, or in the community. Sign up for a phone consultation at <https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile>

**Grupo de Chat para Padres:** Unete a nuestro nuevo **GRUPO DE CHAT mediante la aplicación de WhatsApp** y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al GRUPO: <https://bit.ly/2VoU2vw> (Chat Group for Latino Parents: Join our new CHAT GROUP through the WhatsApp application and you will be able to keep up to date with everything that PEATC Latino is doing.

**NAMI:** National Alliance on Mental Illness builds better lives for affected families. Arlington Parent Support Group meets two Sundays a month at 7:00-8:30 pm. Contact: Michelle Best [mczero@yahoo.com](mailto:mczero@yahoo.com)

**OCD Family Support Group** 1st Mon. of each month, 7:30 pm. Contact: [familygroupocd@verizon.net](mailto:familygroupocd@verizon.net) or call 202-215-5859.

**Parent Café** (for all Fairfax County parents and guardians) meets via Zoom in English on Mon. 7:45-9:15 pm, and en español, miércoles, 7:00-8:30 pm. Register at least 24 hours in advance 703-324-7720 or [parentingeducation@fairfaxcounty.gov](mailto:parentingeducation@fairfaxcounty.gov)

**Parents in a Pandemic** is for families of children or young adults with developmental and/or behavioral challenges. They meet twice monthly, 5:30-6:30 pm on Tuesdays. Contact Diane Manning [dmonnig@thearcofnova.org](mailto:dmonnig@thearcofnova.org) .

**Parents of Autistic Children (POAC-NOVA) Parent Support Group** meets on Saturdays occasionally. Contact: Brianne Russel-Morris [administrator@poac-nova.org](mailto:administrator@poac-nova.org).

## How to Submit an Announcement to the PTA News



Please [complete this form](#) to have a Mantua ES- or Mantua PTA-related announcement placed in the weekly Mantua PTA News, on our [Facebook page](#) and/or on [MantuaPTA.org](http://MantuaPTA.org).

The form guides you through all the pieces of information we need to put out complete announcements.

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