Mantua PTA News 2020, Issue 9 Fairfax County Public Schools sent this bulletin at 11/05/2020 06:29 PM EST

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November 5 (Thursday): Virtual PTA Meeting, 7pm (see link below).

Important Dates

November 11 (Wednesday): Two Hour Early Release, Veterans Day. **School Issued Laptop Help**

November 7 (Saturday): Discovery Garden, Fall Clean-up Party, 11am - 1pm.

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If you are experiencing difficulties with your child's school issued laptop, please remember to refer to the self-help page and ticketing service. Self-help page: https://www.fcps.edu/return-school/technology-support-families

Parent/Student Ticket Page: https://itweb.fcps.edu/itsupport/ **Run for Rocky Reminder** We are so thrilled to see all the great photos from

our Virtual Run For Rocky, and we are so proud of all of our students for their hard work! And we are proud of our community, because we have MET and EXCEEDED our fundraising goal! But we're not stopping there because our fundraiser is

open until this Friday, November 6th at the end of the day. We still have large raffle prizes to give away once the fundraiser ends and teacher prizes, so keep those donations coming in to support our school. We thank you so much for your support! We knew this year was going to be a little different, but last week proved we are Mantua Elementary: Stronger Together Even When Apart! https://www.memberplanet.com/campaign/mantuaelementaryschoolpta/r unforrocky2020

Virtual PTA Meeting The PTA meeting will take place Today at 7pm. You can connect using this link: https://us.bbcollab.com/guest/5bcc0f94412d4d6

289cd7a926ae08d06 **Mantua Raccoon Masks Available!** You asked, we listened! Mantua Raccoon masks are

Discovery Garden Fall Clean-up Party November 7

You can still get one free with membership too. Pick up instructions will be emailed after purchase.

now for sale in youth and adult sizes on our website.

Come and join the Mantua Garden Committee as we put our Discovery Garden to "bed" for the year. We will meet on Saturday, November 7 from 11:00 am - 1:00 pm at the Mantua ES gardens above the playground for planting some bulbs to greet everyone next spring and general garden cleanup. This a great morning to get some fresh air while we social distance with friends. No gardening

experience is necessary and tools and supplies will be provided by the committee. Remember to bring drinking water and a mask.

• Classes run 11/16 - 12/19

Questions, email garden@mantuapta.org. We hope to see you on the 7th! Oct. 27th Return to School Parent Meeting with Principal Fernandez The <u>presentation</u> and <u>recording</u> for the meeting with Mrs. Fernandez held Oct. 27th, 2020.

meeting-principal-fernandez **Classes Through Enrichment Matters** Enrichment Matters will be offering another set of 4-week online courses that begin November

https://mantuaes.fcps.edu/announcements/oct-27th-return-school-parent-

16! Students from all fifty EM schools will be eligible to register. • Registration from 8AM on 11/8 through midnight on 11/13

Check out https://enrichmentmatters.com/virtual-enrichment/ for a link to

course offerings. Questions, email enrichment@mantuapta.org.

Outstanding Employee Awards Nominations Nominations are now open for 2020-2021 Outstanding Employee Awards! Use this Google form to submit a nomination for Mantua Outstanding Employee in the categories below. You may nominate an employee in one or more categories. All that is required for a preliminary nomination is a paragraph or two about how this employee demonstrates exceptional work in the criteria for

Outstanding New Teacher Outstanding Principal Outstanding Leader

Outstanding Professional Employee Outstanding Operational Employee

Deadline to submit a nomination is Nov 13, 2020. For questions, contact

Award Liaison Susan Song. **Scarecrow Scavenger Hunt Results** Thank you to all of the families that decorated and displayed scarecrows last weekend! What a fun and creative community we have here. Many families were able to get out and enjoy finding all of the scarecrows too. Prizes will be delivered to favorites, most creative and most spirit this week. Pictures are posted on our <u>Facebook page</u>. They were all fantastic! Thank you for participating! And now drumroll ... favorites chosen by you:

that category. Categories currently open for nominations: Outstanding Teacher

Curbside library pick up is now open! Click this link (must be logged into an FCPS Google account) in order to get information on curbside library pick up. There are step by step instructions, links to our catalog and how to videos so that your child can participate. https://sites.google.com/ fcpsschools.net/mantualibrary/home?authuser=0 If you are not receiving emails saying holds are ready then have your child check their FCPS Gmail account and/or check your SPAM folder.

Favorite: Emmet, Everything is AWESOME!

Most Creative: Scared Crow Running from Four Legged Friend

Most Creative: All Stars, This One Should be a Slam Dunk!

Favorite: Scarecrow in the Graveyard

Honorable Mention: He Rules the Night!

Honorable Mention: Out of this World!

Honorable Mention: Wedding Day

Library Curbside Pick Up

Most Spirit: On Acosta

(mahawk@fcps.edu).

Most Spirit: Scarecrow At Night

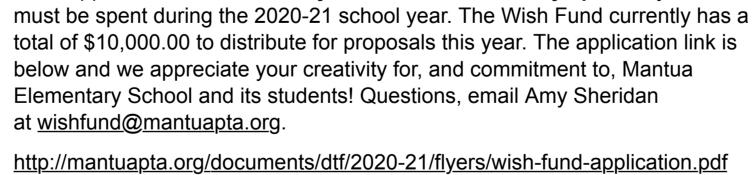
Do you have a great idea that will positively impact our school community? The generous support of Mantua ES families, community supporters, faculty, and staff enables us to operate the Mantua PTA Wish Fund, an internal grant-awarding program founded in 2014. This grant is designed to fund valuable projects that benefit our school. A few of the past awarded projects are: The outside track An installed refillable water station

The PTA encourages teachers, staff, and current PTA members to submit Wish

Fund applications are due **Friday**, **November 13**, **2020 by 5pm**. Project funds

Calling for Ideas for the Wish Fund

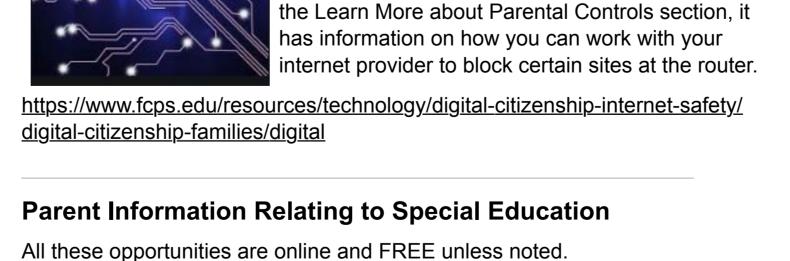
Questions, email Katie Marmol (kgmarmol@fcps.edu) or Michelle Hawk



Balls and equipment for recess

Snap circuits for Science classes

Supplies for the Garden Committee



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

Support Groups for Parents and Youth are at the end of this list.

events.

Tue. Nov. 6, 10:00-11:30 am

Fri. Nov. 13, 10:00-11:30 am

Wed. Nov. 18, 7-8 pm

8563

Support Groups for Youth

Ongoing and On Demand events and courses follow this monthly list of

Technology Tip of the week

Interested in learning more about blocking sites and

how parents can have more control on this? The

following FCPS web page gives some information

on this. Click on the link below and scroll down to

When other events become available they will be posted at: https://fairfaxcountysepta.org/upcoming-community-events/ The FCPS Parent Resource Center Library now has a contact free procedure for lending their materials. prc@fcps.edu 703-204-3941 **Upcoming Community Events:**

How to Find Balance with Technology — Digital Citizenship Series Part 1

Learn how to help your children find ways to use boundaries within their life online which may include school, friends, and other parts of their world.

Register: https://docs.google.com/forms/d/e/1FAIpQLSchzRMyF

WXDHy28pdUmyIM-WOuz6bndsg8_1wtibUBhVHylg/viewform Placing Real Estate in a Special Needs Trust Fri. Nov. 6, 10:00 am-noon, Webinar Learn how property can be handled and leveraged in Special Needs Trusts to increase housing for individuals with disabilities. Register: https://thearcofnovatrust.org/event/fffp-placing-real-estate-in-a- special-needs-trust-webinar/ Exceptional School Fair Sun. Nov. 8, 11 am-3 pm, This event showcases private day schools, boarding schools, and therapeutic services for children with special needs.
Register: http://exceptionalschoolsfair.com

Wrightslaw Special Education Law and Advocacy
Tue. Nov. 10, 11 am-7 pm, Online \$195 includes 3 texts

Learn about special education law, rights, and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy. Register: https://www.eventbrite.com/e/wrightslaw-special-education-law- and-advocacy-conference-tickets-79738404715?aff=ebdssbonlinesearch/
2020 Autism Hope Summit Fri. Nov. 13, 9 am-4 pm
This conference will include a keynote, 3 concurrent sessions with 12 presentations, a resource fair and a closing Q&A panel of self-advocates. Register: https://web.cvent.com/event/db1e29b0-d2db-45fd-a88b- 41d8c291ef1b/summary **Hot Topics That Concern You the Most** — Digital Citizenship Series Part 2 Fri. Nov. 13, 10-11:30 am Share your top concerns about technology and your child, so that we may provide sound advice and resources.

Register: https://docs.google.com/forms/d/e/1FAIpQLSchzRMyF_WXDHy28pdUmylM-WOuz6bndsg8_1wtibUBhVHylg/viewform
The Autism Umbrella

brain, and how to manage it alongside ADHD.

Register: https://www.additudemag.com/webinar/hps-and-adhd/?

Understanding Tourette Syndrome and Co-Occurring Conditions

Register: https://us02web.zoom.us/meeting/register/tZApc-qurD0uGtQgvDXWPZcFac03PRv-w0xq **Innovations in Epilepsy Treatment and Care** Tue. Nov. 17, 7 pm Gain an overview of the newest treatment options including medication, surgery, devices and diet; and a review of current research, including how to be involved. Register: https://epilepsywdc.org/news/announcing-virtual-epilepsy- **Helping Police and First Responders Better Communicate with People** with Autism Wed. Nov. 18, noon-1:30 pm Lunch webinar by the Virginia Autism Council. Register: https://cvent.me/WL3zQ7 Why Are You So Sensitive? Understand How Sensory Processing Sensitivity Affects the ADHD Brain
Wed. Nov 18, 1 pm, With replay access
Learn about the symptoms of Sensory Processing Sensitivity, how it affects the

Learn about tic disorders, which may accompany ADHD, OCD, or anxiety, along with tips on how to help your student with virtual learning.

Register: https://register.gotowebinar.com/register/4195614734972573966 Organized Chaos: Executive Functioning Strategies for Learning in a Variety of Environments Wed. Nov. 18, 7:30-9:00 pm
Learn key strategies and tips for K-12 students on time management, physical and digital organization of workspace, ergonomics, and planning.

Register: https://us02web.zoom.us/webinar/register/9216032881733/WN_QC3XN7kyRuGRJQ1UzzMD0g Challenging Behaviors: ABCs of Behavior & How to Respond
Thu. Nov. 19, 10:00-11:30 am OR 6:30-8:00 pm
Learn how to teach self-control strategies along with tips on how to proactively prevent challenging behaviors.

Register: <a href="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/viewform.google.com/forms/d/e/vi Advanced Training in the Collaborative and Proactive Solutions Model Fri.-Sat. Nov. 20-21, 9 am-4 pm, Online \$200
Direct teaching, interactive case studies, and Q&A will provide an in-depth orientation to key themes, assessments and treatment facets of this model. Register: https://campaign.gmdpages.com/4children-dr-greenes-2-day-

workshop/ ADHD Anger, Tantrums, and Mood Shifts: Effective Treatments for Emotional Dysregulation Tue. Nov. 24, 1 pm, With replay link Learn the causes of, and effective treatments for emotional dysregulation, a common and under-appreciated challenge for many children with ADHD. Register: https://www.additudemag.com/webinar/anger-management-adhd/ Ongoing and On Demand Dyslexia & the IEP: How to Make Sure the IEP Is in Tip-Top Shape Webinar, available 24/7 Access: https://www.youtube.com/watch?v=frehRL58UTs **Parent Child Journey** Online course; content available for one year \$200 (scholarships available) This program is to help parents identify the source of their child's challenging behavior and learn what they can do about it. For parents of children ages 3-Information: http://www.parentchildjourney.com/journey/ Accommodations for Recreational Classes and Camps with Fairfax **County Parks**

Accommodations include physical accessibility, ASL interpreters, assistive

To request accommodations, email gary.logue@fairfaxcounty.gov or 703 324-

devices, sensitivity training for classmates, and staff training.

Scholarships for Classes with Fairfax County Parks

Children of families that receive public assistance (medicaid, free school lunch, SNAP, TANF) are eligible to take one set of classes per quarter for a \$15 registration fee. Information: https://www.fairfaxcounty.gov/parks/scholarships **NAMI Basics** This 6-session course is for adults who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms (including ADHD and ÁSD). Register: https://publiccourseapi.nami.org/Learner/Login?ReturnUrl=%2F Wrightslaw Special Education Law and Advocacy Training Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy. Info: https://www.wrightslaw.com/webex/law.adv.index.htm \$50-\$90

The Parent Playbook — 9 Module Online Course on Autism From the VCU Autism Center for Excellence & Virginia Autism Council. An introduction on Autism Spectrum Disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm **Support Groups** 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

Autism Social Club for teens and young adults with ASD meets virtually Saturdays, noon-1:00 pm. Contact: Dr. Nicci Dowd autismsoclub@gmail.com
Back to School Online Support Group meets the 2nd Tues. each month at 6:30 pm. Talk with peers and get ideas. Register: https://docs.google.com/forms/d/e/1FAIpQLSeMCUsoJt-4SQnLkFR0Ij7OtV3WcEbEAA7got97KAG_Yi2omQ/viewform

Heads Up and **Talk It Out** — Teen and Parent Recovery Groups
These are concurrent virtual groups for teens (ages 14-17) who are working through emotional, mental health or substance use challenges and their parents every Thursday 6-7 pm.
Info: https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out **Stronger Together** meets alternate Tuesdays, 7-8 pm, starting Oct. 6. This peer support group is for youth ages 14 – 22. Parents, caregivers, and guardians meet elsewhere at the same time, and both groups are facilitated by professionals. Register: https://www.eventbrite.com/e/2020-21-stronger-together-peer-support-groups-tickets-119246035101? **Teen Topics,** for teens with and without ASD, meets some Saturdays, 4:00-5:00 pm to learn and practice social and life skills and to build independence. RSVP <u>Director@ASNV.org</u> . **Support Groups for Parents**

Alpha Moms This support group for adoptive parents meets monthly in

Autism Dads meets one evening monthly. Contact: George Buzby at 571-

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

McLean. Contact: robin4brady@gmail.com

419-1257 or gbuzby@aol.com

call 303-903-9972.

call 703-799-2882.

<u>group</u>

Business Networking Event for Special Needs Parents Alternate Fridays, 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/

• Alexandria CHADD Parent Support Group 4th Mon. of each month at

6:30 pm. Contact: Alyssa ADHDParentMountVernon@gmail.com or

• 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/Burke CHADD Parent Support Group 1st & 3rd Thur. of each month at 8 pm Contact: Cathy, ocgreulich@aol.com

CSB Family Support Group at Gatlan Center 2nd and 4th Wed. of each

month 6:00-7:30 pm via Zoom Contact: Samar.Chwairy@fairfaxcounty.gov or

CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder

via Zoom. Contact: George 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/a0179kbgrhnj1/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/

D.A.D.S. Dads Appreciating Down Syndrome 3rd Tue. each month, 7-9 pm

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 Family Recovery & Support Group meets weekly via Zoom on Mondays

fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-

Grupo de Chat para Padres: Unete a nuestro nuevo GRUPO DE CHAT

6:30-7:30 pm for family and friends of those receiving CSB services for

addictions. Contact: Natalie.Holmes@fairfaxcounty.gov www.

Heads Up and Talk It Out — Teen and Parent Recovery Groups

Fairfax Juvenile Court Parent Support for problems including runaway

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.)

parents every Thursday 6-7 pm. Info: https://www.fairfaxcounty.gov/community-services-board/recovery/heads- up-talk-it-out NAMI: National Alliance on Mental Illness builds better lives for affected

These are concurrent virtual groups for teens (ages 14-17) who are working

through emotional, mental health or substance use challenges and their

8:30 pm. Contact: Michelle Best mczero@yahoo.com Parent Café (for all Fairfax County parents and guardians) meets via Zoom in English on Mon., 7:45-9:15 pm, for African Americans on Thu. at 6:00-7:30 and en español, miércoles, 7:00-8:30 pm . Register at least 24 hours in advance by email: <u>BuildingStrongerFamilies@fairfaxcounty.gov</u> or 703-324-7720

families. Arlington Parent Support Group meets two Sundays a month at 7:00-

Parents in a Pandemic is for families of children or young adults with developmental and/or behavioral challenges. They meet twice monthly, 5:00-6:00 pm on Tuesdays. Contact Diane Manning dmonnig@thearcofnova.org.

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

Parents of Autistic Teens meets some Sat. of each month. Contact: Maria Dubuc 703-970-3676 or Admin@ASNV.org Stronger Together meets alternate Tuesdays, 7-8 pm, starting Oct. 6. This

peer support group is for parents, caregivers and guardians of youth ages 14 –

facilitated by professionals. Register: https://www.eventbrite.com/e/2020-21-

22. The youth meet separately at the same time, and both groups are

stronger-together-peer-support-groups-tickets-119246035101?

Please consider donating to the food drive started last spring by Luis Uribe Gamboa, our fabulous Parent Liaison, who has provided the following list of items most needed:



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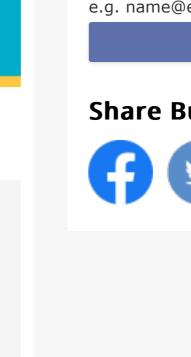
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