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mantua pta newsletter

January 5, 2021 | Issue 19

Important Upcoming Dates

January 17 (Monday) - Martin Luther King Jr. Day, no school.

January 20 (Thursday) - End of Second Quarter - 2-hour Early Release.

January 21 (Friday) - Student Holiday (Teacher Workday).



PTA Meeting Update

The next PTA meeting will take place virtually on **Thursday, February 3 at 7pm.**

There will be no January meeting.

Return to School

FCPS believes that in-person instruction is best for our students and we are committed to keeping our schools open, following the guidance of US Secretary of Education Cardona, the CDC, the American Academy of Pediatrics, and the Fairfax County Health Department.

It is possible that short-term closures of classrooms will be necessary, and you will be contacted by your school should this happen. Please remember that your children should be bringing their laptops home from school every day.

Here are some important health reminders:

As with any illness, please keep your child home from school if they are not feeling well.

Please make sure that your child has plenty of well-fitting masks, and remind your child to wash their hands frequently during the school day. Schools have plenty of soap and hand sanitizer available and additional masks should your child need them. If your child has not been vaccinated, please take advantage of the clinics across the region.

If your child is symptomatic and awaiting test results, please have your child/student stay home until they receive their results. We are aware that test results are taking longer than expected due to the holiday.

If your child has been in contact with someone who has tested positive but is asymptomatic, please stay home until you have received a negative test result.

Anyone who is asymptomatic and was not exposed to anyone with COVID but chose to take a COVID test, does not need to wait for test results to come to school.

As always, please follow the [process outlined on the website](#) should your child test positive. If your child tested positive for COVID during the holidays and has been cleared by a medical professional or the Health Department, you do not need to notify your school.

We are aware of the recent CDC announcement that changes the recommended quarantine and isolation periods and we are working with the Fairfax County Health Department to determine how this impacts schools. For now, we will be following our existing guidelines regarding [returning to school or work following an exposure](#). Please be aware that the Fairfax County Health Department will only be contacting close contacts via email due to the significant increase in cases. Guidance regarding quarantine will be provided to those contacts in the email communication.

[StreamIN/CheckIN](#) is available for students who are paused, quarantined, or isolated due to COVID-19 through the school, Health Department or a medical provider.

Diagnostic testing for symptomatic students will be available following our regular schedule starting Monday, January 3. Visit our website for [site locations and schedules](#). Please remember that these testing sites are located at schools that are in session. We continue to anticipate high demand for testing and ask that you have patience. Appointments are not needed for student diagnostic testing but registration in the [secure online portal](#) is required. Students will need to provide their FCPS student ID number. Please be aware that this is a very fluid situation based on demand and we will post updates regarding capacity and updates to the schedule on the website and FCPS Twitter accounts. ***The Gatehouse testing site is for staff only.***

Optional screening testing through LTS for vaccinated and unvaccinated students with parent/guardian permission resumes Monday, January 3. All student COVID-19 testing requires parent/guardian permission and registration in the [secure online portal](#). Refer to our [website](#) for more information about optional screening testing for students.

Finally, attendance policies have not changed and can be found on our [website](#).



Art Room Volunteers Needed

Come help us out in the Mantua Art Room! Please click the link below to sign up. No experience necessary! We need help with cutting paper, refilling glue bottles, framing artwork, hanging artwork, filling paint cups and more! You may help either teacher, no matter who your child has. We have many different slots to choose from, all we ask is that you check in with the front office when you arrive. These volunteer opportunities will be scheduled when students are not present in an effort to minimize concerns related to COVID. Thank you so much for your time, we appreciate it!

~Mrs. Shirley and Mr. Lorenzi~

<https://www.signupgenius.com/go/20F0C4AA9AC22A6FF2-mantua5>

Mantua Reflections County Awardees

The Fairfax County Council PTA announced this year's awardees: <https://www.fccpta.org/post/reflections-awards-2021-2022>

The county-level judges evaluated more than 250 entries. With nine Finalists, Mantua participated in 5 of the six arts categories and 3 of the four grade divisions. Three awards are given in each category and division.

All FCCPTA awardees will have their entries submitted to the NoVa District PTA Reflections program. Watch for those results coming late winter!

Congratulations to our County awardees! We wish them the best of luck at the District Level!

MUSIC COMPOSITION

* Merit Award (bronze): **Ela Patel** (Primary Division), Change for the Future

LITERATURE

* Outstanding Interpretation (gold): **Simran Shah** (Primary Division), I Will Change The World By Protecting Endangered Animals

PHOTOGRAPHY

* Outstanding Interpretation (gold): **Leya Pattel** (Primary Division), My Vote

VISUAL ARTS

* Award of Excellence (silver): **Lydia Tetreault** (Middle School Division), Cap Rainbow

* Merit Award (bronze): **Aishani Banerjee** (Intermediate Division), Changing the World with Humanity

Upcoming Frost MS Events for 6th Grade Families

Please mark your calendars for our Rising 7th Grade Orientation on January 27th and the Frost Family Festival on February 16th. More information is included below on each of these events and a full list of our upcoming activities can be found [here](#).

The Rising 7th Grade Orientation is for current 6th grade students who will be attending Frost in the 22-23 school year and their parents. This will take place virtually on January 27th at 6:30 PM. During this event you will hear from administration and school counselors who will provide an overview of Frost Middle School, course selection opportunities and the selection process. The link for this event will be sent in mid-January to all families.

We will also be having the **Frost Family Festival** (in-person) on February 16th beginning at 5:30 PM. This is a great opportunity to have dinner, get a school tour, and visit elective classes to help confirm desired course selections.

Parent Resources and Events

All these opportunities are **FREE** unless noted. In most cases **you must register** if registration information is provided.

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

Research Study — The Use of Communication Devices by Young Children with Autism

Drexel Univ. is recruiting parents and providers for a focus group on the use of communication devices by children (ages 24-72 mos.) with autism.

Interest form: <https://tinyurl.com/EPICfocus>

IDD Research Study with Spanish Speaking Families — *En español*

Young adults with ID and their families are sought for interviews on COVID-19 materials for adults with intellectual disabilities. \$50 gift card

Screener: <http://www.COVID19educationalmaterials.thehennegroup.com>

Estudio de investigación de IDD con familias hispanohablantes

Se busca a los adultos jóvenes con DI y sus familiares para una entrevista sobre los materiales de COVID-19 para adultos con discapacidad intelectual. Tarjeta de regalo de \$50

Formulario de interés: www.COVID19educationalmaterials.thehennegroup.com

Plan Ahead — Guiding Exceptional Parents Book Discussion

Wed. Jan. 12, 7:30 pm

In ***What Happened to You?*** the authors provide a profound shift for understanding behavior and trauma, as well as insights on kids with ADHD.

Register: <https://guidingexceptionalparents.com/maryland-book-club-registrations/>

What Is Your Child's Sensory Profile? Strategies for Supporting Children with ADHD and SPD

Tue. Jan. 4, 1 pm, with replay link

Gain insight into how to parent a child with ADHD and SPD by using a sensory profile, sensory supports, and fostering co-regulation.

Register: <https://www.additudemag.com/webinar/sensory-processing-disorder-adhd-support-child/>

Screen Time and Mental Health in Youth

Wed. Jan. 5, 7:30-9:00 pm, **\$10**

Learn the latest research findings on digital addictions, mental health in children, and what to do when excessive screen time becomes a problem.

Register: <https://www.rosscenter.com/event/screen-use-and-mental-health-in-youth/?>

Instilling Hope: A Brain Based Approach to Understanding FASDs and other Neurobehavioral Conditions

Thu. Jan. 6, 7-8 pm

This approach to fetal alcohol spectrum disorders (FASDs) will lead to more understanding and accommodations with less anxiety and stress.

Register: <https://register.gotowebinar.com/register/4837034644522865935>

ADHD Medication Workshop for Parents of Children and Adolescents

Thursdays Jan. 6, 13, & 20, 8-9 pm, with related ADHD video course

Learn best practices for medication trials and discontinuation trials as well as ways to manage medication side effects and uneven medication coverage.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5gx97c2c76ff1&oseq=&c=&ch=> **\$250-\$0**

Estate Planning and Legal Authority For Parents

Fri. Jan. 7, 10 am-noon

Learn how to establish an estate plan that will protect your future adult child's inheritance while retaining their eligibility for public benefits.

Register: https://us06web.zoom.us/webinar/register/WN__SWqK1mKQZu3WWrMXTNXUQ

Focus on Inattentive ADHD: The Under-Diagnosed and Under-Treated Subtype

Mon. Jan. 10, 1-2 pm, with replay link

The academic, social, and emotional difficulties of children with undiagnosed inattentive ADHD can be avoided with appropriate treatment.

Register: <https://www.additudemag.com/webinar/inattentive-adhd-subtype-diagnosis-treatment/>

The Power of Involving Families — En español

El poder de involucrar a las familias Lun. el 10 enero, 7 pm Descubra cómo la construcción de relaciones entre los padres y las escuelas que involucran a las familias de los estudiantes con discapacidades tiene un impacto positivo en los estudiantes. Registrarse: <https://bit.ly/3kLrKIQ>

IEP University (IEPU) — self-paced course Mon. Jan. 10 to Mon. Jan. 24, with access 24/7 Get accurate and useful information around IEP development and meetings with this self-paced online training that emphasizes practical strategies. Register: <https://www.eventbrite.com/e/iep-university-iepu-registration-208119550177>

Teaching Collaborative Problem Solving to Children and Adolescents Tuesdays, Jan. 11, 18, & 25, 7:30–8:30 am

\$250-\$0 Understand the reasons to use this approach and how to implement it to solve problems inherent in some children's underdeveloped skills. Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5jd3o431c9f0d&oseq=&c=&ch=>

Reading Comprehension and Autism Wed. Jan. 12, 6:00-7:10 pm

Access: <https://www.lcps.org/page/140009>

Breaking the Autism Code Wed. Jan. 12, 6:30-7:30 pm, Autism F.I.R., S.T. 131 Elden St. #302, Herndon Author Cindy Lang Walsh will present her book and share information on autism. Register: <https://autismfirstus.com/events/>

Executive Functioning and Dysregulation: Understanding and Supporting Neurodiverse Students Wed. Jan. 12, 7:00 -8:30 pm Reasons for dysregulation, such as anxiety, inflexibility, or slow processing speed, will be discussed and then effective ways to develop self-regulation. Register: https://labschool-org.zoom.us/webinar/register/9516279319586/WN_VFfOa4E9RZ2e7f6ORCkCrQ

Practical Strategies for Parents of Neurodiverse Children — 6 session class Thursdays, Jan. 13 to Feb. 17, noon-1:30 pm, **\$300-\$450** suggested The *Raising Orchid Kids* class is for parents of children, ages 3-12, who have developmental, behavioral, or learning challenges. Register: <https://www.raisingorchidkids.com/raising-orchids-core-course>

SSI and SSDI Basics Thu. Jan. 13, 6:30-7:30 pm Learn who is eligible, the difference between SSI and SSDI, how income affects these benefits, and who qualifies for Medicaid and Medicare. Register: <https://peatc.org/event/ssi-and-ssdi-basics/>

How to Care for YOU in 2022: Self Care and Kinship Caregivers Fri. Jan. 14, noon-1 pm Connect with other kinship caregivers on how to enhance self care, and find ways to solve problems with community partners for children in

your care. Register: <https://register.gotowebinar.com/register/493919733968249100>

Preschool Child Find Chats: Developing Skills Through Play and Routine Tue. Jan. 18, 6:30-8:00 pm Share and discuss ways to develop your preschool child's skills through play and incorporating developmental activities into daily routines. Register: <https://www.lcps.org/Page/180231>

Raising Problem Solvers vs Direction Followers Tue. Jan. 18, 7:30-8:30 pm, with replay link **\$10** Consider how to give your child tools to strengthen his or her brain to build the habits and routines that allow them to take ownership of tasks. Register: <https://www.eventbrite.com/e/raising-problem-solvers-vs-direction-followers-tickets-224758517777>

From Referral to Eligibility: A Deeper Dive Wed. Jan. 19, 6:30-7:30 pm Learn important details about the initiation procedures for special education services, including timelines for referral, evaluation, and eligibility decisions. Register: <https://www.eventbrite.com/e/special-education-workshop-series-registration-220218598757>

Supported Decision-Making in Special Education - Start Early! Wed. Jan. 19, 6:30-7:30 pm Learn about supported decision-making, why it's important, and how it can have a positive impact on your child's present and future. Register: <https://www.eventbrite.com/e/supported-decision-making-in-special-educationstart-early-registration-221030828157>

Ask an Advocate Wed. Jan. 19, 6:30-7:30 pm, [131 Elden St. #302, Herndon](#) This discussion of what "appropriate" and "special" mean in a special education setting can help parents advocate for their child at school. Register: <https://autismfirstus.com/events/>

Disability is Not a Dirty Word Wed. Jan. 19, 7:00-8:30 pm Focusing on strengths, differences, and self determination can reshape the way we see our autistic children and help them live the life they want. Register: <https://xminds.org/event-4571374>

Parenting a Defiant Child: Won't? or Can't? Wed. Jan. 19, 7:-8 pm, with replay link Learn how to respond to a child who feels threatened in ways that will help your child calm down and learn how to solve their problems. Register: <https://register.gotowebinar.com/register/4669016072289323276>

The Message of Behavior: What Is Your Child Trying to Communicate? Thu. Jan. 20, 6:30-8:30 pm Identifying and assessing the function of behavior is critical to finding the most effective strategies for interventions and change. Register: <https://bit.ly/3xpo3Hi>

Collaborative & Proactive Solutions: 2-Day Virtual Training Thu. & Fri. Jan. 20 & 21, 9:45 am-5:15 pm, **\$99-\$159** Participants will learn how to use the Assessment of Lagging Skill and Unsolved Problems, and how to solve problems collaboratively. Register: <https://www.eventbrite.com/e/2022-collaborative-proactive-solutions-2-day-virtual-training-registration-163491961859>

Depression in Children and Teens: What You Need to Know Thu. Jan. 20, 1:00-2:30 pm **\$0-\$15** Coupon code: DEPRESS This overview will include diagnostic criteria, treatment options, and how parents can support children and youth with depression. Register: <https://adoptionsupport.org/event/syf-webinar-depression-in-children-and-teens-what-you-need-to-know/>

The Healing Power of Play Thu. Jan. 20, 5-7 pm, Free copy of *Playful Parenting* by Lawrence J. Cohen Explore playful parenting concepts and their usefulness in disarming fear and building connection with your child. Register; <https://adoptionsupport.org/event/for-northern-virginia-families-the-healing-power-of-play-workshop/>

Disability Benefits: Medicaid Waivers in Virginia — In Spanish

Beneficios por Discapacidad: Exenciones de Medicaid de Virginia Jeu. 20 de ene. 6:30-8:00 pm Los beneficios del gobierno están disponibles para ayudar a las personas con discapacidades. Obtenga información sobre los beneficios de exención de VA Medicaid; quien es elegible; y cómo aplicar. Registrarse: <https://peatc.org/event/beneficios-por-discapacidad-exenciones-de-medicaid-de-virginia/>

Educational Interventions and Support for Children Affected by Prenatal Alcohol Exposure (PAE) Thu. Jan. 20, 7-8 pm About 1% - 5% of school-aged children in the U. S have PAE. Learn best practices for improving their engagement, functioning, and learning at school.

Register: <https://register.gotowebinar.com/register/3261379506028352015>

Thank Goodness It's Financial Fitness Friday Fri. Jan. 21, 10:00-11:30 am A certified financial planner will answer questions related to financial planning for families of individuals with a debilitating condition.

Register: https://us06web.zoom.us/meeting/register/tZ0sdeqprj4iHNZium_OIABjEFZOf06nQyhX

Human Sexuality 101 for Teens — for 8th-12th Graders with I/DD Mondays, Jan. 24-Apr. 18, 6:00-7:30 pm, plus 3 parent meetings, **\$850** This series helps teens with I/DD learn about sexuality and gain advocacy skills to be able to make healthy choices and prevent abuse. Register: [email EaseEducates@gmail.com](mailto:EaseEducates@gmail.com) or 703-598-2010

Let's Talk About Sex: Sexual Health and Wellness Training — for Parents of Students with Disabilities Mon. Jan. 24, & Mon. Jan. 31, 6:30-8:30 pm Gain tips on how to talk with your child because it is critical to your child's health and safety, via instruction in social, safety and self-care skills. Register: <https://bit.ly/3Ei8xp8>

Nurturing Parents — 8 class course in English Wednesdays, Jan. 26 to Mar, 16, 6-8 pm Parents of children of all ages will receive support in managing stress, family rules and expectations, and strengthening relationships. Register: [https://scanfamilies.org/classes-workshops/Nutriendo a los padres](https://scanfamilies.org/classes-workshops/Nutriendo-a-los-padres) — curso de 8 clases en español/Mié. 26 de ene. al 16 de mar. 6-8 pm Los padres de niños de todas las edades recibirán apoyo para controlar el estrés, desarrollo infantil, reglas y expectativas familiares y fortalecimiento de las relaciones. Registrarse: <https://scanfamilies.org/classes-workshops/>

New Advances in Treating ADHD Tue. Jan. 26, 7:30 pm Consider how genetic testing may help in the selection of ADHD medication, and how to maximize its effectiveness and minimize side effects, Register: <https://www.eventbrite.com/e/new-advances-in-treating-adhd-tickets-228380039847>

Ready or Not, Here They Grow! — In English and Spanish; Listos o No, Nuestros Pequeños Crecen! Thu. Jan. 27, 6:00-7:30 pm, En ingles y español Learn about developmental milestones, why they are important, and what to do if your child's pattern is different. Aprenda sobre los hitos del desarrollo, por qué son importantes, y qué hacer si el patrón de su hijo es diferente. Register/Registrarse: <https://bit.ly/3uO5u4M>

The Power of Reset: Get Your Parenting Back on Track Thu. Jan. 27, 7:00-8:30 pm **\$0-\$20** Explore how to reset your parenting, using simple brain science, easy-to-implement tools, and tips for connection. Register: <https://thesycamoreschoolva.org/events/the-power-of-reset-get-your-parenting-back-on-track/>

FASD in Schools Thu. Jan 27, 7-8 pm Students with prenatal exposure to alcohol (fetal alcohol spectrum disorder) can benefit from trauma-informed supports which will be covered. Register: <https://for-medfamiliesforward.org/event/fasd-in-schools/>

Strengthening Families — For parents of Youth ages 10-14 Thursdays Jan. 27 to Mar. 10, 6-8 pm Strengthen your family bond with games, projects, and discussions of topics such as family stress, tobacco use, peer pressure, and more. Register: <https://scanfamilies.org/classes-workshops/>

Anxiety in Children and Adolescents Thu. Jan. 27, 8:00–9:30 pm, **\$35-\$0** This discussion of anxiety in children and family systems will include how to do child exposure therapy and parent accommodation reduction. Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eis5kyzw22401193&oseq=&c=&ch=>

Everything You Need to Know About Marijuana in 1 Hour Fri. Jan. 28, 10-11 am Only about 20% of youth are doing it. Learn more: legalization vs decriminalization, the ways marijuana can be consumed, and THC vs CBD. Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

LCPS Mental Health & Wellness Conference Sat. Jan. 29, 9 am-noon, Lightridge HS, [41025 Collaboration Dr](#), Aldie Sessions include topics on anxiety, suicide prevention, community resources, etc. Register: www.navigatethepathl.com/

Ongoing and On Demand

The Arc@School Advocacy Curriculum \$99 for 6 months Build up your special education knowledge, know the law, and learn to advocate for the services and supports your child needs at school. Purchase: <https://thearcatschool.org/advocacy-curriculum/>

Family Coaching — *8-12 week program* Work weekly one-on-one with a coach to identify individualized goals and create a targeted family plan. Register: <https://a109092.socialsolutionsportal.com/apricot-intake/e8afd273-4daa-4525-a1f1-b8ee33528344>

Fairfax County's Pre-Notification 9-1-1 Program Enroll now in this new public safety program for individuals with disabilities. Details & Registration: <https://www.fairfaxcounty.gov/911/emergency-health-profile>.

Special Education During a Pandemic Learn what the laws specify that schools should provide, and how you can best support your child. Access: <https://drroseann.com/special-education-during-a-pandemic/>

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>

Accommodations for Recreational Classes and Camps with Fairfax County Parks Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training. To request accommodations, [email gary.logue@fairfaxcounty.gov](mailto:gary.logue@fairfaxcounty.gov) or 703 324-8563

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 ASD). Register: <https://www.nami.org/Videos/NAMI-Basics-OnDemand>

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. An introduction on Autism Spectrum Disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services. Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm

Ongoing Community Support Groups for Youth & Parents

All these support groups are open to newcomers, 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 to be respected

AAC Parent Group meets occasionally on Saturdays. Contact:

Amanda amandam@skillbuildersllc.com or 703-941-7757 ext. 316

African American Culturally Focused Virtual Parent Café meets Thursdays, 6:00-7:30 pm. Register at least 24 hours in advance by [email BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or 703-324-7720

Alpha Moms This support group for adoptive parents meets monthly in McLean. Contact: robin4brady@gmail.com

Arlington Epilepsy Support Group, a list-serve, can be accessed at ARLEpilepsy@googlegroups.com

Autism Dads meets one evening monthly. Contact: George Buzby at 571-419-1257 or gbuzby@aol.com

Autism Society of NoVA Support Group meets on the 2nd Saturday of the month, 1:00-2:30 pm via Zoom. <https://us02web.zoom.us/j/9466001682>; Meeting ID: 946 600 1682; One tap mobile (301) 715-8592

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/>

Cafés Virtuales Para Padres: Miércoles de 7:00-8:30 pm. Registrarse con al menos 24 horas de anticipación: BuildingStrongerFamilies@fairfaxcounty.gov o 703-324-7720

CHADD: Children & Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** 4th Mon. of each month at 6:30 pm. Contact: Susan, ADHDParentMountVernon@gmail.com or call 303-903-9972.
- **Loudoun County CHADD Parent Support** 3rd Wed. evening of the month. Contact: Bonnie Little 571-306-2932 or on Facebook

@loudounahdhsupport

- **West Fairfax/Burke CHADD Parent Support Group** 1st & 3rd Thur. of each month at 8:00 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 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 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>

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>

Family F.I.R.S.T. Fridays Autism Support Group meets on the 1st Friday monthly, noon-12:45 at Gum Spring Library 24600 Millstream Dr. Stone Ridge
Family Recovery & Support Group meets weekly via Zoom on Mondays 6:30-7:30 pm for family and friends of those receiving CSB services for addictions. Contact: Natalie.Holmes@fairfaxcounty.gov www.fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-group

Formed Families Together consists of monthly peer support groups for adoptive, kinship, and foster caregivers and parents. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

Virtual support group meets the 1st Sunday evening monthly.

In-Person support group meets the 3rd Wednesday evening monthly.

Grupo de Chat para Padres mediante la aplicación de WhatsApp. Podrás mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al group: <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.)

Grupo de Educación y Apoyo a Padres en Española se reúne el cuarto sábado de cada mes, de 10 a 11 am en Zoom en <https://us02web.zoom.us/j/9466001682> ID de reunión: 946 600 1682

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>

Kinship Café meets online 6:30-8:00 pm the 2nd Wednesday of the month for those raising the children of relatives and friends. To attend, call 703-324-7720 or email BuildingStrongerFamilies@fairfaxcounty.gov

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

NAMI Family Support Group meets on the 1st and 3rd Wednesdays on Zoom for parents of children living with mental health challenges including ADHD, ASD, etc. <https://zoom.us/j/94509229914>

NAMI Parent & Caregiver Support Group meets on the 4th Thursday monthly. Email namicva.org or call 804-285-1749

OCD Family Support Group meets the 1st Mon. of each month at 7:30 pm. Contact: ela.mike@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 by email BuildingStrongerFamilies@fairfaxcounty.gov or 703-324-7720

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. Register: <https://thearcofnova.org/jun-dates-for-virtual-parent-support-group-meetings/>

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

REACH Parent Support Group meets monthly to support parents of individuals with developmental disabilities who also have mental health or behavioral issues. Contact: Dr. Pourmand mojgan.pourmand@eastersealsucp.com

Children Ages 5-11 Now Eligible to VaxUP!



This week marked a pivotal moment in the COVID-19 pandemic. Children ages 5-11 are now eligible for the COVID-19 vaccine. FCPS is collaborating with the Fairfax County Health Department, Inova, and the Virginia Chapter of the American Association of Pediatricians to offer community-wide access to vaccines as soon as possible. Vaccines are expected to be available at mass vaccination sites really soon. Check with your local

pharmacy or pediatrician for appointment availability. Up-to-date information about vaccination opportunities [will be available on our website](#).

In the meantime, you may have questions about the vaccine. We talked with local pediatricians to answer some of the most common questions. First, we asked how the vaccine works and about its safety. Hear what they have to say in this [short video](#).

- [Return to School - COVID-19 Vaccination for Children Ages 5-11](#)
- [Message from the Superintendent](#)
- [FCPS Nov. 3 newsletter](#)

How the School Year Calendar is Developed



The school year calendar is created with community feedback while also ensuring compliance with federal and state laws and policies. To understand the process and the framework FCPS is using, [watch this video](#) or [visit the FCPS website](#). The School Board has final approval on the calendar and is scheduled to vote on January 27.

Join the PTA!

Please visit our webpage at MantuaPTA.org and click **JOIN PTA NOW!** Dues are \$20 per family and get you discounts on PTA sponsored clubs. Our dues fully support our free programs so that every penny of our fundraisers goes right back into the classrooms. Follow us on Facebook to get the inside scoop on all our events and programs - <https://www.facebook.com/groups/MantuaPTA/> - Can't wait to get started!



Any changes in dismissal transportation need to be requested by emailing the Mantua Attendance (Mantuaelem.attendance@fcps.edu) by 11:00am, so the office has time to relay that change to the classroom teacher. No early dismissals will be permitted after 3:30pm.

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.



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