# News You Choose

Mantua PTA News 2020, Issue 10 Fairfax County Public Schools sent this bulletin at 11/09/2020 06:00 PM EST



### November 9, 2020 | Issue 10

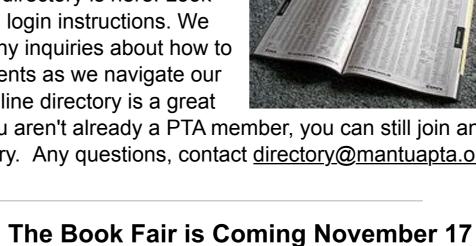
**Important Dates** 

November 11 (Wednesday): Two Hour Early Release, Veterans Day. November 13 (Friday): Spirit Day – Picture Day. Dress up in your picture day

### PTA Members: The online directory is here! Look

best! November 13 (Friday): Wish Fund applications due by 5pm. **PTA Directory** 

for an email this week with login instructions. We know there have been many inquiries about how to get in touch with other parents as we navigate our virtual school year - the online directory is a great resource to help you. If you aren't already a PTA member, you can still join and have access to the directory. Any questions, contact <u>directory@mantuapta.org</u>



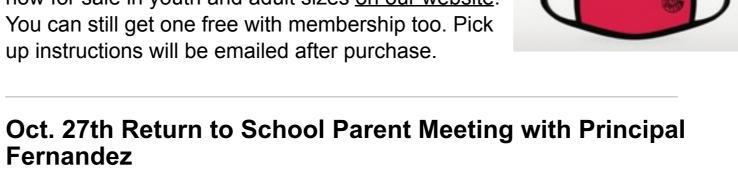
Fernandez

We may not be able to enjoy the Thanksgiving luncheon together, but you can still browse the Mantua Book Fair and support the library! The book fair is virtual this year, you'll find teacher wish lists, recommended reading and even some erasers! Watch next weeks newsletter for more information! Questions about the book fair, email Jenn Ros at bookfair@manutapta.org.

## You asked, we listened! Mantua Raccoon masks are

Mantua Raccoon Masks Available!

now for sale in youth and adult sizes on our website. You can still get one free with membership too. Pick up instructions will be emailed after purchase.



27th, 2020. https://mantuaes.fcps.edu/announcements/oct-27th-return-school-parentmeeting-principal-fernandez

**Classes Through Enrichment Matters** Enrichment Matters will be offering another set of

The <u>presentation</u> and <u>recording</u> for the meeting with Mrs. Fernandez held Oct.



• Registration from now through midnight on Check out https://enrichmentmatters.com/virtual-enrichment/ for a link to course offerings. Questions, email enrichment@mantuapta.org.

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 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

Outstanding New Teacher Outstanding Principal Outstanding Leader

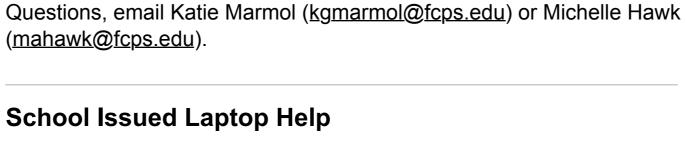
Outstanding Professional Employee Outstanding Operational Employee

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

Award Liaison Susan Song. **Library Curbside Pick Up** Curbside library pick up is now open! Click this <u>link</u> (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. <a href="https://sites.google.com/">https://sites.google.com/</a> fcpsschools.net/mantualibrary/home?authuser=0

If you are not receiving emails saying holds are ready then have your child

that category. Categories currently open for nominations: Outstanding Teacher



remember to refer to the self-help page and ticketing service.

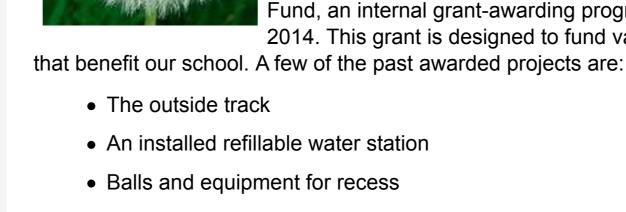
Parent/Student Ticket Page: <a href="https://itweb.fcps.edu/itsupport/">https://itweb.fcps.edu/itsupport/</a>

check their FCPS Gmail account and/or check your SPAM folder.

Calling for Ideas for the Wish Fund Do you have a great idea that will positively impact our school community? The generous support of Mantua ES families, community supporters, faculty,

If you are experiencing difficulties with your child's school issued laptop, please

Self-help page: <a href="https://www.fcps.edu/return-school/technology-support-families">https://www.fcps.edu/return-school/technology-support-families</a>



events.

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

 An installed refillable water station Balls and equipment for recess Snap circuits for Science classes Supplies for the Garden Committee

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

at wishfund@mantuapta.org. http://mantuapta.org/documents/dtf/2020-21/flyers/wish-fund-application.pdf

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

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

must be spent during the 2020-21 school year. The Wish Fund currently has a total of \$10,000.00 to distribute for proposals this year. The application link is

below and we appreciate your creativity for, and commitment to, Mantua

Elementary School and its students! Questions, email Amy Sheridan

Parent Information Relating to Special Education

All these opportunities are online and FREE unless noted.

### Support Groups for Parents and Youth are at the end of this list. When other events become available they will be posted at:

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

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

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

**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

Share your top concerns about technology and your child, so that we may providé sound advice and resources. Register: https://docs.google.com/forms/d/e/1FAIpQLSchzRMyF\_WXDHy28pdUmylM-WOuz6bndsg8\_1wtibUBhVHylg/viewform The Autism Umbrella
Fri. Nov. 13, 10:00-11:30 am
Register: https://us02web.zoom.us/meeting/register/tZApcqurD0uGtQgvDXWPZcFac03PRv-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-education-series/ **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 Wed. Nov 18, 1 pm, With replay access Learn about the symptoms of Sensory Processing Sensitivity, how it affects the

brain, and how to manage it alongside ADHD.

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

Understanding Tourette Syndrome and Co-Occurring Conditions

Wed. Nov. 18, 7-8 pm 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\_QC3XNZkyRuGRJQ1UzzMD0g

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: https://docs.google.com/forms/d/e/
1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm\_name= **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-dayworkshop/ 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

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 devices, sensitivity training for classmates, and staff training.

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

**Scholarships for Classes with Fairfax County Parks** 

**Support Groups** 

common and under-appreciated challenge for many children with ADHD.

Register: https://www.additudemag.com/webinar/anger-management-adhd/
Ongoing and On Demand

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 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: <a href="https://www.wrightslaw.com/webex/law.adv.index.htm">https://www.wrightslaw.com/webex/law.adv.index.htm</a> \$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 services. Access: https://vcuautismcenter.org/te/courses/parent\_playbook.cfm

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

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. Support Groups for Youth

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/1FAIpQLSeMCUsolt-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 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: <a href="https://www.eventbrite.com/e/2020-21-stronger-">https://www.eventbrite.com/e/2020-21-stronger-</a>

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

All these support groups are open to newcomers, most are online, and they are free, except where noted. No diagnosis is required to

**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 Director@ASNV.org **Support Groups for Parents Alpha Moms** This support group for adoptive parents meets monthly in McLean. Contact: robin4brady@gmail.com Autism Dads meets one evening monthly. Contact: George Buzby at 571-419-1257 or 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

Alternate Fridays, 9:00-10:30 am *Via Zoom.* Connect with fellow special needs

**Business Networking Event for Special Needs Parents** 

practices. Contact: https://thearcofloudoun.org/networking/

call 303-903-9972.

call 703-799-2882.

**CHADD**: Children & Adults with Attention Deficit/Hyperactivity Disorder • Alexandria CHADD Parent Support Group 4th Mon. of each month at 6:30 pm. Contact: Alyssa ADHDParentMountVernon@gmail.com or

parents and business owners, build your referral network, and share best

@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

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

• Loudoun County CHADD Parent Support 3rd Tue. morning of the

month in Sterling. Contact: Bonnie Little 571-306-2932 or on Facebook

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-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

**Epilepsy Parent Support Group & Discussion Series** meets monthly on the

4th Thursday, 7:00-8:30 pm. Register: https://epilepsywdc.org/events/

at https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile

fairfaxcounty.gov/community-services-board/recovery/family-support-virtual-<u>group</u> 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

WhatsApp application and you will be able to keep up to date with everything

(Chat Group for Latino Parents: Join our new CHAT GROUP through the

that PEATC Latino is doing.)

parents every Thursday 6-7 pm.

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.

**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

Info: https://www.fairfaxcounty.gov/community-services-board/recovery/headsup-talk-it-out 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

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: 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, 5:00-6:00 pm on Tuesdays. Contact Diane Manning dmonnig@thearcofnova.org.

Parent Café (for all Fairfax County parents and guardians) meets via Zoom in

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

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

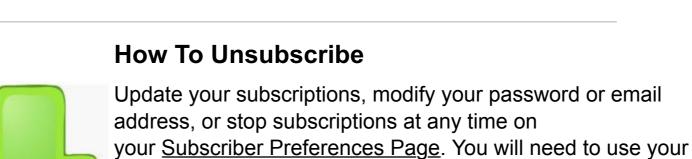
Parents of Autistic Teens meets some Sat. of each month. Contact: Maria

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



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

email address to log in. If you have questions or problems



complete announcements.



with the subscription service,

visit subscriberhelp.govdelivery.com.

9107 Horner Court, Fairfax, VA 22031 | Main Office: 703-645-6300

Attendance: <u>703-645-6363</u> | <u>Web</u> | <u>PTA Web</u> | <u>Twitter</u>

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