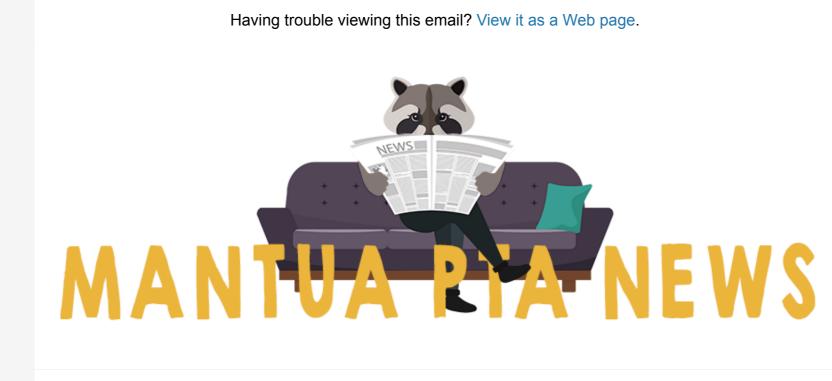
News You Choose

Mantua PTA News 2020, Issue 11 Fairfax County Public Schools sent this bulletin at 11/17/2020 04:05 PM EST



November 17, 2020 | Issue 11

Important Dates Nov 25-27: Thanksgiving Break – No School

The Book Fair is Here!

It's time for our annual book fair and we're going virtual! Same great books and games, but now you can shop from the comfort of home. Our amazing librarians have included their recommended reading and be sure to check out the teacher wishlists! This year, our book drive will benefit Berry Creek Elementary in California. The school and most of the families' homes were destroyed in the Paradise fire. Contact Jenn Ros at bookfair@mantuapta.org with questions.

https://www.bookwormcentral.com/school-online-store.php?id=00324020-DDCE-4FF5-9541-F78F3A71E167&pro_id=160&school_code=mantua

for Grades 2-6 due Tuesday, December 1st by 11:59pm. Fairfax County Public Schools provides a continuum of gifted services for students. While some levels of these services are provided to all students, other students must be considered eligible through a school/district committee. If you wish to refer your child for consideration for these additional services, the deadline is Tuesday, December 1st by 11:59pm.

Advanced Academics Level IV Referral Form

More information and a link to the referral form is located at <a href="https://www.fcps.edu/academics/academic-overview/advanced-acade programs.

Please submit the form or any questions to Eva Bousbouras, Advanced Academics Resource Teacher, at vsbousbouras@fpcs.edu. **PTA Directory**

PTA Members: The online directory is here! Look

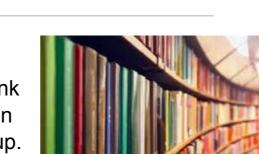
for an email with login instructions. We know there have been many inquiries about how to get in touch with other parents as we navigate our virtual school year - the online directory is a great resource to help you. If you aren't already a PTA member, you can still join and have access to the directory.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

You asked, we listened! Mantua Raccoon masks are now for sale in youth and adult sizes on our website. You can still get one free with membership too. Pick

Library Curbside Pick Up 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

up instructions will be emailed after purchase.



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

(mahawk@fcps.edu).

School Issued Laptop Help

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/

Parent Information Relating to Special Education All these opportunities are online and FREE unless noted. In most cases you must register if registration information is provided.

Ongoing and On Demand events and courses follow this monthly list of events. Support Groups for Parents and Youth are at the end of this list. When other events become available they will be posted at: https://fairfaxcountysepta.org/upcoming-community-events/

for lending their materials. prc@fcps.edu 703-204-3941 Helping Police and First Responders Better Communicate with People with Autism 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 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.

The FCPS Parent Resource Center Library now has a contact free procedure

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/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm_name="https://docs.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dloGexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dlogexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dlogexRfOTWG524QjqH-yZuaY014excUQg/viewform?utm.google.com/forms/d/e/1FAIpQLSe5zNKcjWR7bbI9dlogexRfOTWG524QjqH-yZuaY014excJWg524QjqH-yZuaY014excJWg524QjqH-yZuaY014excJWg524QjqH-yZuaY014excJWg524QjqH-yZuaY014excJWg524Q 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- 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
Disclaying 2 the TER How to Make Sure the TER Is in Tip-Top Shape

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
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 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

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/1FAIpQLSeMCUsoJt-4SQnLkFR0Ij7OtV3WcEbEAA7got97KAG_Yi2omQ/viewform
Hoads Up and Talk It Out — Teen and Parent Recovery Groups 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 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 Director@ASNV.org.

Support Groups for Parents **Support Groups for Parents**

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

Alpha Moms This support group for adoptive parents meets monthly in

McLean. Contact: robin4brady@gmail.com

@loudounahdhsupport

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

6:30 pm. Contact: Alyssa <u>ADHDParentMountVernon@gmail.com</u> or call 303-903-9972. • Loudoun County CHADD Parent Support 3rd Tue. morning of the month in Sterling. Contact: Bonnie Little 571-306-2932 or on Facebook

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 call 703-799-2882.

• West Fairfax/Burke CHADD Parent Support Group 1st & 3rd Thur. of

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

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

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/

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-

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

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

Fairfax Juvenile Court Parent Support for problems including runaway

<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 (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.) **Heads Up** and **Talk It Out** — Teen and Parent Recovery Groups These are concurrent virtual groups for teens (ages 14-17) who are working

parents every Thursday 6-7 pm. Info: https://www.fairfaxcounty.gov/community-services-board/recovery/heads- <u>up-talk-it-out</u>

NAMI: National Alliance on Mental Illness builds better lives for affected

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

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



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The form guides you through all the pieces of information we need to put out complete announcements. **How To Unsubscribe** Update your subscriptions, modify your password or email

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