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# mantua pta newsletter

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December 7, 2021 | Issue 16

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## Important Upcoming Dates

**Monday, December 20th - Friday, December 31st** - Winter Break, no school.

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## **Parent Education Session - Safe and Secure Online**

Parent Education Session Mantua PTA presents Safe and Secure Online **Wednesday, December 8th at 6:30-7:30pm** (Virtual - link below) Lars McCarter, a cybersecurity professional and fellow Mantua parent, will present internet safety strategies for children. This presentation is developed by the Center for Cyber Safety and Education and focuses on teaching parents about the risks of online activity.

The presentation will focus on:

(1) Internet Safety - protecting children from adult content; (2) Gaming Safety - protecting children from predators and bullying on gaming platforms like Roblox, Fortnite, etc.; and (3) Social Media Safety.

This presentation is intended for adults. If you have any questions or topics that you would like discussed, please contact Hope Sanders, [hopesand1@yahoo.com](mailto:hopesand1@yahoo.com).

<https://us02web.zoom.us/j/84940533944?pwd=ZHpndGxjZVE5OWdMWFk0eU52Sks3UT09>

Meeting ID: 849 4053 3944 Passcode: 454228

One tap mobile +13126266799,,84940533944#,,,,\*454228# US (Chicago)  
+16468769923,,84940533944#,,,,\*454228# US (New York)

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## Picture Day for Retakes Scheduled December 14

December 14, representatives from Strawbridge Photo Studios will be at Mantua to offer re-takes for students and staff.

If your student was absent on the original picture day, or you would like a second photograph opportunity, please mark your calendars for December 14.

Order envelopes for re-takes are available in the main office, please just tell your child to ask their teacher for one, and the school will arrange to give it to them.

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## Parent referrals for the Level IV (full-time) Advanced Academics Program (AAP)

Parent referrals for the Level IV (full-time) Advanced Academics Program (AAP) are due no later than **December 15**. This is a hard and fast deadline which may not be extended. For more information about the levels of AAP services offered in FCPS or the process for referring your child for AAP, please visit [www.fcps.edu](http://www.fcps.edu) and search "AAP" or contact Kathy Van Dyke, Mantua's Advanced Academics Resource Teacher (AART) at [kkvandyke@fcps.edu](mailto:kkvandyke@fcps.edu).

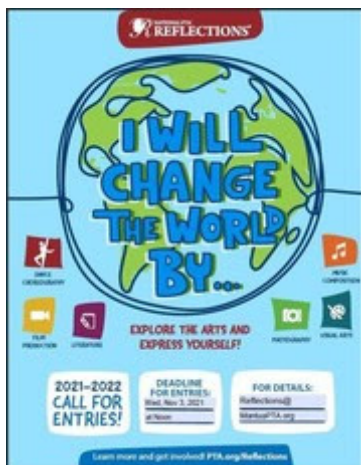


## Art Room Volunteers Needed

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>



## Reflections Team Winners

The Mantua Reflections Team is excited to announce the winners at our school level for this year's contest!

We wish the winners best of luck at the District Level! Stay tuned for info on the awards ceremony!

Miki Welck (Coordinator) and Karen Cheng

The winners are:

## PRIMARY

Literature - Simran Shah

Music - Ela Patel

Photography - Leya Patel

Visual Arts - Reenad Refaat

## INTERMEDIATE

Film - Elena Cassasa

Literature - Abigail Stern

Photography - Genevieve Cheng

Visual Arts - Aishani Banerjee

## MIDDLE

Visual Arts - Lydia Tetreault



### **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](#)

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## **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 Mantua Elementary PTA Facebook Page**

Let's get social! Don't forget to join the Mantua Elementary PTA Facebook page! Not only is a great place to ask questions and connect with other families, we hope to keep it up to date with important events and dates throughout the year.

<https://www.facebook.com/groups/MantuaPTA/?ref=share>

### **Join the PTA!**

Please visit our webpage at [MantuaPTA.org](http://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](mailto: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.

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## Parent Resources and Events

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

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

### *Research Study* — **African American Parents' Views on Parenting a Child with Autism**

This survey is for Black or African American parents of a child, age 17 or younger, with ASD. \$20 Amazon gift card for a completed survey.

Survey: <https://www.surveymonkey.com/r/childrensnationalautism>

Contact: Ms. Ware at [66ware@cu.edu](mailto:66ware@cu.edu) for questions

### **Wait! Help Your Child with ADHD to Be Less Impulsive**

Wed. Dec. 1, 2 pm

Learn what treatments can help, how to increase positive interactions, help your child to be more aware, and practice alternative behaviors.

Register: <https://register.gotowebinar.com/register/46381117071331341>

### **Your Voice Matters**

Wed. Dec. 1, 6-7 pm

Parents will explore the value of their gifts, expertise, and contributions, and will learn effective approaches to advocating for their child.

Register at <https://www.eventbrite.com/e/your-voice-matters-registration-181324746197>

### **The Power of Family Engagement: How Involved Parents Can Foster a Child's Self-Advocacy Skills**

Thu. Dec. 2, 1 pm, with replay link

How engaging with your child outside of the classroom leads to increased chances of attending college, developing a career, and life preparedness

Register: <https://www.additudemag.com/webinar/self-advocacy-skills-students-adhd-family-engagement/>

### **Preparing for the Unexpected: Challenges of the Military Family**

Fri. Dec. 3, 10:00-11:30 am

How to prepare for an off-cycle move and other common challenges, along with resources for storms, deployments, separations, and loss.

Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

### **Understanding the Application and Appeals Process for SSI & SSDI**

Fri. Dec, 3, 10:00-11:30 am

Learn about these two government benefit programs, their purposes, and how to qualify for coverage, as well as when and how to apply or appeal.

Register: [https://zoom.us/webinar/register/WN\\_AgkFEHvkTaiX79EDV2L6EQ](https://zoom.us/webinar/register/WN_AgkFEHvkTaiX79EDV2L6EQ)

### **Mount Vernon Sensory Friendly Holiday Family Day**

Sat. Dec. 4, 9-11 am Regular programming 10 am-3 pm.

Discover how the holiday season was commemorated in the 18th century through family-friendly activities including take-home crafts.

Tickets: <https://www.mountvernon.org/en/ticketing> \$ varies

### **Growth Mindset for Writing — for 4th & 5th Graders**

Sat. Dec. 4, 1:30-3:00 pm, [6849 Old Dominion Dr. #200 McLean](#)

Students can learn math strategies to work through challenging problems and reduce anxiety when they get stuck.

Register: <https://www.eventbrite.com/e/using-growth-mindset-strategies-for-writing-4th-5th-graders-tickets-177581349597>

### **Access to Spy**

Sun. Dec. 5, 8-10 am

The International Spy Museum has set private hours so families with autistic members can visit with less noise, fewer people, and designated quiet rooms.

Register: [https://tickets.spymuseum.org/admissions/folderView.aspx?node\\_id=11159&](https://tickets.spymuseum.org/admissions/folderView.aspx?node_id=11159&)

## **Integrated Care for People with Intellectual and Developmental Disabilities**

Wed. Dec. 8, Fri. Dec. 10, OR Tue. Dec.14, 1-4 pm

The White House Director of Disability Policy will explore the challenges & opportunities of building an optimal, integrated care system for people with ID/DD.

Register: <https://www.eventbrite.com/e/integrated-care-for-people-with-intellectual-and-developmental-disabilities-tickets-196075074827>

## **The Intersection of Learning Differences and Racial Identity**

Wed. Dec. 8, 7 pm

Ways for parents and school professionals to best support children of color with developmental or learning challenges will be addressed.

Register: [https://labschool-org.zoom.us/webinar/register/3116279318760/WN\\_46n1LxpmTXygc\\_csHdsXw](https://labschool-org.zoom.us/webinar/register/3116279318760/WN_46n1LxpmTXygc_csHdsXw)

## **Prevention of Abuse in Youth Serving Organizations**

Wed. Dec. 9, noon-1:30 pm

Learn eight research based prevention goals for child safety, and how to assess risk, identify organizational vulnerabilities, and institute mitigating practices.

Register; [https://www.scanva.org/take-action/calendar/?mc\\_cid=5a7ef843f9&mc\\_eid=27bfab95d7](https://www.scanva.org/take-action/calendar/?mc_cid=5a7ef843f9&mc_eid=27bfab95d7)

## **Advanced Training in Collaborative & Proactive Solutions**

Thu. & Fri. Dec. 9 & 10, 9:00 am-4:30 pm, **\$395**

Participants will learn how to use the Assessment of Lagging Skill and Unsolved Problems (ALSUP), and how to solve problems collaboratively.

Register: <https://aepconnections.com/webinar-registrations/advanced-training-in-collaborative-proactive-solutions/>

## **Buying A New Electronic Device for your Child? What Every Parent Needs to Know**

Fri. Dec. 10, 10:00-11:30 am

Learn about developmental factors to consider, how to proactively prepare and establish boundaries with your child, and how to respond to difficulties.



Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

### **Holiday Family Game Night Celebration**

Fri. Dec. 10, 6:30-7:30 pm,

This kid-friendly, holiday-themed event for foster, adoptive, and kinship families will include a sweater decorating contest and online games.

Register: <https://2021virtualholidayfamilygamenight.eventbrite.com>

### **Let's Talk About Sex: Sexual Health and Wellness** — for Parents of Students with Disabilities

Mon. Dec. 13, 6:00-8:30 pm

It may be uncomfortable to talk with your child about sexuality and puberty, but doing so is critical for your child's health and safety. These tips can help.

Register: <https://bit.ly/3CLV3RJ>

### **Good Enough Parenting with Tweens**

Mon. Dec.13, 8:15-9:15 pm

Topics such as healthy screen use, emotional development, self esteem, limit setting, peer relationships etc. will be addressed via Q & A.

Register: <https://www.eventbrite.com/e/good-enough-parenting-series-2-with-tweens-registration-183620984307>

### *How to Speak so that Schools Will Listen (and Listen so that Schools Will Speak) **in Spanish***

#### **Cómo hablar para que las escuelas escuchen (y escuchar para que las escuelas hablen)**

Lun. el 13 Dic. 7:00 pm

Aprenda a reconocer y prevenir las barreras a la comunicación y a establecer acuerdos sobre problemas difíciles.

Registrarse: <https://bit.ly/3HtXpZd>

### **Optimizing Executive Functions in Children and Adults with ADHD**

Tue. Dec. 14, 2 pm, with replay link

Learn more about activities that foster the development of executive functions and situations that impair limit their use.



Register: <https://www.additudemag.com/webinar/executive-functions-adhd-children-adults/>

### **Future Financial Planning for People with Disabilities: A National Study on What's Working and What's Not**

Tue. Dec. 14, 2 pm, with replay link

Future financial planning can be overwhelming. This webinar will discuss challenges as well as solutions to help with planning efforts.

Register: [https://thearc-org.zoom.us/webinar/register/6016363977149/WN\\_9rK\\_qppJSaqGhwLwtIU0xgIster](https://thearc-org.zoom.us/webinar/register/6016363977149/WN_9rK_qppJSaqGhwLwtIU0xgIster)

### **Navigating the Holidays with Your Special Needs Child**

Tue. Dec. 14, 6-8 pm, Fortnightly Library, 768 Center St. Herndon

This discussion and Q & A group allows parents to learn from other families and gain practical tools to help your child.

No Registration

### **Talk Saves Lives**

Wed. Dec. 15, 7-8 pm

Suicide can be prevented. Learn how by recognizing common risk factors and warning signs, and by learning appropriate responses.

Register: <https://ncaacts12152021.attendase.com>

### **Special Needs Trusts**

Fri. Dec. 17, 10:00-11:30 am

Learn about the role of a Special Needs Trust in maintaining government benefits while ensuring your (adult) child's future needs are met.

[https://zoom.us/webinar/register/WN\\_XqHqRprKQDCChNyAug2maw](https://zoom.us/webinar/register/WN_XqHqRprKQDCChNyAug2maw)

### **Caregiver Night Out**

Thu. Dec. 30, 6:30-9:00 pm \$\$

Respite care for children with ID/DD will be provided by ABA providers.

Register: 703-857-2157 x 501 or [jmcdonald@thearcofloudoun.org](mailto:jmcdonald@thearcofloudoun.org)

### **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](https://vcuautismcenter.org/te/courses/parent_playbook.cfm)

### **Ongoing Community Support Groups**

#### **for 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](mailto: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](mailto:robin4brady@gmail.com)

**Arlington Epilepsy Support Group**, a list-serve, can be accessed at [ARLEpilepsy@googlegroups.com](mailto:ARLEpilepsy@googlegroups.com)

**Autism Dads** meets one evening monthly. Contact: George Buzby at 571-419-1257 or [gbuzby@aol.com](mailto: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. Regístrese con al menos 24 horas de anticipación: [BuildingStrongerFamilies@fairfaxcounty.gov](mailto: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](mailto: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](https://www.facebook.com/loudounahdhsupport)
- **West Fairfax/Burke CHADD Parent Support Group** 1st & 3rd Thur. of each month at 8:00 pm Contact: Cathy, [ocgreulich@aol.com](mailto:ocgreulich@aol.com)
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**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](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>

**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

**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. Podras 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, 10-11 am en Zoom en <https://us02web.zoom.us/j/9466001682> ID de reunión: 946 600 1682

**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](mailto: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](mailto: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>

**OCD Family Support Group** meets the 1st Mon. of each month at 7:30 pm.  
Contact: [ela.mike@verizon.net](mailto: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](mailto: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](mailto: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](mailto:mojgan.pourmand@eastersealsucp.com)

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## 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.

