

NOVEMBER 2020 - WEEK OF NOVEMBER 9th

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LBSS CALENDARS

[Events Calendar](#)

[LBSS Parents Academy](#)

PTSA MEETINGS

2020-2021
via Zoom at 7 p.m.
November 18th
February 10th

QUICK LINKS

[LBSS PTSA WEBSITE](#)

[JOIN LBSS PTSA](#)

[LBSS WEBSITE](#)

[LBSS PTSA OFFICERS AND COMMITTEES](#)

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PTSA PRESIDENT REMARKS

Message from PTSA President

This is an exciting week!! Lake Braddock opens up for a concurrent instruction pilot with nine teachers, 26 class periods and approximately 200 students returning to in-person instruction or remaining virtual, this pilot is a major muscle movement for our community. The work LBSS leadership, staff and faculty are doing is just that...they are the foundation for our future educational construct.

I've talked about being the light rather than simply searching for the light. What the leadership, staff and faculty are doing is just that...they are and our children's future.

There are three others I'd like to mention for BEING the light. Teachers Davis May (High School Mathematics teacher) David Wickham (Middle School Science teacher) volunteered to be PTSA representatives for the faculty, and Madee Cabrera has volunteered to be a student representative. They are not just here to raise their hand or do something...they are taking action...they are shining a light.

With appreciation, Bob

PTSA MINI GRANT AWARDS

FALL PTSA MINI GRANT AWARDS ANNOUNCED

The PTSA Mini Grants Committee received 17 applications this fall. Applications came from teachers of varying grade levels and subjects. After review, 10 were funded for the total amount of \$2,790. The awarded items ranged from books, FCPS approved digital resources and classroom enrichment materials. The Mini Grants Committee will open up the spring round of applications in January 2021. The Mini Grants Committee will open up the spring round of applications in January 2021.

Thank you everyone for supporting the PTSA Mini Grants work!

Thank you to everyone who applied and congratulations to our Lake Braddock Secondary School PTSA Fall Mini Grant Award recipients!



Lake Braddock Secondary School PTSA Mini Grant Award Recipients Fall 2020

Susanne Cook, Special Education Speech - Language Pathology
Dana Gorman, English 8
Robin Houlahan, English and History Department
Jennifer Laverdy, World Languages
Davis May, High School Math Department, Algebra 2 Teacher
Kara Nocito, Middle School Special Education, Social Studies
Meredith Rockefeller, English Department
Cory Walker, Middle School Social Studies
Pat Ward, High School Social Studies – US Government
Anne Wardinski, Marketing Department
Joseph Wieland, Middle School Science





Upon learning that the high school government teachers would each be able to purchase the book, "Permission to Feel, The Power of Well-Being and Success" with their awarded Mini Grant, Patrick Ward commented, "I am deeply grateful for the funding received for things that profoundly matter to my colleagues and me, particularly, the responsibility to ensure that every student enjoys a school. Your support helps create a road map for successful social-emotional instruction -- online, in person, or through a hybrid working together, we can create a stronger future for our community where every student is achieving and graduates from high school and life." Teachers Robin Houlahan and Meredith Rockefeller are excited to be able to apply their Mini Grants towards new research in Humanities Class which is in its first year at Lake Braddock. Kara Nocito echoed the appreciation expressed by the other award winners, "I upgraded tech tools! Thank you to the PTSA for the opportunity!" Dr. Susanne Cook, Speech-Language Pathologist said, "Thank you for looking forward to using the material with my students."

Special thanks to Xiaomei Cai, PTSA Mini Grants Chairperson and her committee members: Mary Houck, VaLoris MacDowell, Michele Riccio, who evaluated each application that was received.

We look forward to seeing the creative ideas that teachers submit for the Spring Mini Grants! It's never too early to start!

SENIOR SPOTLIGHT: JAKE SIZEMORE

SENIOR SPOTLIGHT ON JAKE SIZEMORE

Jake Sizemore, a senior at Lake Braddock, plays multiple instruments and sings as a solo artist and as the guitarist and vocalist of the rock band [Trio 111](#) and in 2019, he performed over 50 times for charity events, weddings, for state and local politicians and at festivals and local venues. At Lake Braddock, Jake is in small group special education academic classes and has been a member of the Advanced Guitar ensemble and the men's chorus since his seventh middle school student in twenty years to be selected to perform at Lake Braddock's Unplugged Show. Jake has significant challenges communicating but his perfect pitch, impressive memory for music, and incredible stage presence has given him a path to a bright future. #abilityindisability - the importance of looking at everyone for what they can do, not what they can't do. His story illustrates the importance of full inclusion of all members of every aspect of society.

Bruin Senior Spotlight on Jake Sizemore



My Favorite LBSS Memory is when I got to perform the Hendrix version of Star Spangled Banner on stage during the Piece of My Heart play and playing as part of My Heart band during the play.

My Favorite Class is Chorus because I love my friends and do shows like Dessert on Broadway. People in chorus treat me like family and I make good friends in chorus.

LBSS Extracurriculars: Guitar ensemble, rock band, and theatre

Other Extracurriculars: I also do a lot of performing at school at School of Rock. I'm in a rock band called Trio 111 and we play a lot of gigs and have an EP coming out on Spotify. We have 9 original songs. I also play acoustic guitar and singing.



When Jake was two years old, he was diagnosed with autism. The doctor who diagnosed him told his mother he was "so low functioning" she should put him in home therapy in conjunction with placement in the FCPS preschool autism class. He started teaching himself to play the keyboard at the age of 3, the guitar at age 11 in front of 200 people at the Autism Society of Northern Virginia's Arts for Autism Gala. Since then he has performed at numerous events, including at the Autism Society's 25th Anniversary Symposium and in front of thousands of people at the DC Walk Now for Autism on the National Mall. In 2015, he auditioned on Broadway for "Sweeney Todd" with Andrew Lloyd Webber.

Bruin Senior Spotlight on Jake Sizemore



Inspiration: Dr. Cook, my speech teacher. She has inspired me to help everyone like Dr. Cook.



everyone. I want to help everyone like Dr. Cob
Advice to Underclassmen: Don't let anyone
You can do anything you try to do. Always be
yourself. You are awesome. Always be kind to
are different than you.

Hobbies: Playing and writing music, playing
Future Plans/Ambitions: I want to go to mu
be in a band and be a rock star!



In 2015, Jake was Fairfax County Public School's first ever National winner of the Council for Exceptional Children's "Yes I Can Award" and his original song, Excellence in the National PTA Reflections Contest. In 2017, Jake's second original song, "My Guitar, My Story" won Outstanding Interpretation at the Virginia Music Summit. In the summer, he received a Dean's Award for his participation in the Berklee College of Music Vocals Summit.

A Few of Jake's Music Highlights Accomplished Musician

My Favorite Music Memory was playing *Unplugged* with my sister *Leah* during her senior year. She learned to play the cajon so she could do *Unplugged* with me before she graduated.

My Most Enjoyable Music Moment was when my band *Trio 111* and I played at the *Bite of Braddock Tailgate party* at Homecoming. I was proud to represent my school that I am a great musician and I can rock out and we played our own songs.



In nominating Jake for this week's Senior Spotlight, Erin St. Louis said, "He spreads joy in our community with his amazing musical talents. He's overcome a lot of challenges, but he still finds time to play music. He's performed at our cul de sacs, birthday serenades and just walks the neighborhood singing and saying hi to all the kids. During his cul de sac concerts he puts out a tip jar and asks for donations to help local restaurants."

During the pandemic, Jake has used his talent to make a positive impact on struggling local businesses. He has held regular live stream and driveway concerts to support Epicure Café, Caboose Commons, ECHO's Food Bank, Centreville Dance Academy, University Mall Theatres and Britepaths. In addition, since school was cancelled, he has made cards and cards for his classmates, teachers, and friends to help everyone stay connected. He has sent over 400 hand-written letters to send good wishes and happy birthday wishes to everyone in our community.

More of Jake's Music Highlights

My Proudest Accomplishment at Lake Braddock was making it into the Guitar Ensemble in 8th grade and when I got to audition on Broadway Rock: The Musical

My Most Challenging Music Moment was when I didn't make it into the Rock House band the first two times I tried out. You can only try out once and I was very disappointed I didn't make it in. But, I kept working hard to be a better musician and then I finally made it in and got to play lots of gigs on my summer tour to California.



Facebook: [MusicMindedJake](#) and [Trio 111 Band](#)
Website: [Trio111band.com](#) and [www.musicmindedjake.com](#)
YouTube: [Jake Sizemore Music](#) and [Trio 111 Band](#)
Instagram: [MusicMindedJake](#) and [trio_111_band](#)

REFLECTIONS MUSIC COMPOSITION SPECIAL ARTIST WINNING SONG

Here is the winning song that Jake wrote last month for the PTA Reflections Contest. The lyrics are incredibly powerful and share a very personal story. Please listen closely to the lyrics. There's no denying his song is a perfect illustration of how Jake uses his music to effectively communicate. Listen by clicking here: ["I Matter for All"](#)

In this world
I matter for all I'm not
a boy with words, locked
The boy with autism, something to be fixed
I'm a limited view, not a boy with gifts

Words I say are secondary
Can you see past the ordinary?
Words don't define my sanity
Joy is my role in my family
I matter for all of my humanity
I matter for all of my humanity

Tears and fires

The beat, the groove, that's my mold
Can you feel the music, in my soul?
Autism doesn't mean, I'm off key
And its not all that matters about me
In music I find my harmony
In music you hear my humanity

Hold a mirror on you
It's me you see
Tears and Fires
Strengths and Desires
All that's in you
Is in me too

Tears and fires

"I Matter for All"
by Jake

Strengths and desires	Tears and fires	The world
I have it all, can you see?	I have it all, can you see?	Is where I
Tears and fires	Tears and fires	I matter fo
Strengths and desires	Strengths and desires	I matter to
It's all in you and it's all in me	It's all in you and it's all in me	I matter fo
I should matter to you	I should matter to you	I matter
Cuz I matter to me	Cuz I matter to me	I matter
I should matter to you	I should matter to you	For you
Cuz I matter to me	Cuz I matter to me	

Jake's advice to underclassmen is, "Don't let anyone tell you no. You can do anything you try to do. Always believe in yourself. You are awesome and different than you."

Jake, YOU ROCK!! He has a bright future ahead of him and plans to attend music school and continue his musical career in a rock band. We hope to inspire everyone as he serves as a role model of strength, musical talent, kindness, philanthropy, and perseverance. JAKE

Do you know of a senior who we should spotlight in a future eNews? Please email eNews and let us know! Please provide their name and about why you think they should be featured, highlighting some of their accomplishments. We plan to make this a weekly feature so we can all help members of our senior class better and celebrate their accomplishments!

Special thanks to Michael Volkman, Carson Sturgeon, and Jake Sizemore for inspiring us and being willing to be the first three seniors featured!

PTSA FUNDRAISERS - Help us help you!

BRUINS CARE MORSE CODE BRACELETS

We are super excited that our bracelets have arrived!! Same day pickup is now available. These were custom made and we only have a limited quantity.

If you have not ordered yet, it's not too late to get your limited edition Bruins CARE Morse code bracelet. Show your school spirit with this purple, gold, and white pattern means "Bruins CARE" in Morse code and is an attractive reminder of our school vision.

These bracelets make great gifts so consider getting more than one! Celebrate the end of the first quarter or save it for a holiday present. Looking for a gift? Or, do as I did and treat yourself!

Order yours today by clicking [here!](#)
Contact [Andrea Edelstein](#) with any questions.



Packaged in a purple organza drawstring bag perfect for gifting!



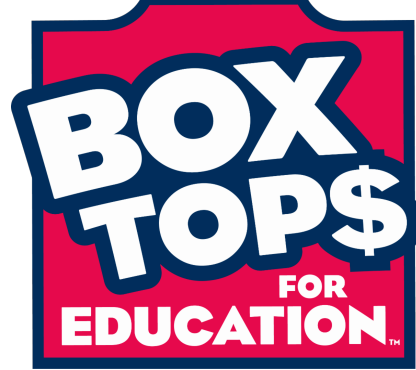
GOODR SUNGLASSES

LBSS PTSA is proud to partner with the LB Crew Boosters to offer custom Lake Braddock branded GoodR sunglasses! These sunglasses feature a laser etched paw print and Lake Braddock Bruins on the inside of the frame. To order, [click here!](#) They are \$25 each. Five dollars from each purchase and the rest of the proceeds will support the LB Crew team! Questions? Contact [Sara Carlson, LB Crew Boosters PTSA](#)



BOX TOP\$ FOR EDUCATION

No more clipping. No more sending Box Tops to school. All you need is your phone. Download the new Box Tops App and choose Lake Braddock Bruins. Scan your store receipts to find participating products. The app will automatically credit LBSS PTSA Box Tops earnings on your account.



LBSS COMMUNITY PARTNERS

LBSS PTSA is proud to welcome our first four annual local business partners to our newly launched [LBSS Community Partners Program](#): [Waraku & Cards](#), [No-Guilt Disney](#), and our newest partner [World Karate](#) Throughout the school year, please let them know that you are part of the LBSS community. Each Partner will donate a portion of the proceeds from your purchase to our PTSA! Special thanks to Jersey Mike's in Ravensworth for sponsoring eight percent of the sales from those nights back to our PTSA!



LBSS Community Partners



TONIGHT... and then the first Monday of Every Month for the Rest of the Year!

Monday Nights at Subway

Kings Park Shopping Center*
8960 Burke Lake Road
Springfield, VA

SUBWAY

*This Location Only

From 5 – 9 pm, on the first Monday of each month for the remainder of this school year, Subway in Kings Park will donate 10% of your purchase back to the LBSS PTSA! Be sure to inform the cashier that you are part of the LBSS Community! To kick things off, we will get started this Monday, November 9th even though it is the second Monday of the month.

2020: November 9, December 7

2021: January 4, February 1, March 1, April 5, May 3, June 7

<http://lbspspta.org/programs/communitypartners>

Interested in Learning Cardio Kickboxing?

World Karate is an LBSS Community Partner



Twinbrooke Shopping Center
9537 Braddock Road
Fairfax, VA
www.wkfairfax.com



Throughout the 2020-2021 school year, when you go to World Karate mention that you are part of the LBSS Community to get a 30 day free trial for Tiny Tigers, Beginner Tae Kwon Do, or Cardio Kickboxing with 50% of all future registration fees to be donated to the LBSS PTSA.

<http://lbspspta.org/programs/communitypartners>

All LBSS community members will receive one month of free classes for the following programs, with 50% of all future registration fees to be donated to LBSS PTSA!

- Tiny Tigers (ages 3-5)
- Beginner Tae Kwon Do (ages 6 and up)
- Cardio Kickboxing (teens and adults)

For more information about the above programs, please visit: [World Karate Programs](#) or visit World Karate's [website](#)

Craving Sushi or Ramen?
Support our partner, Waraku!
[Click here for their website!](#)

Waraku is an LBSS Community Partner



Twinbrooke Shopping Center
9539 Braddock Road
Fairfax, VA
www.fairfaxwaraku.com



Throughout the 2020-2021 school year, when you go to Waraku...

when you go to Waraku mention that you are part of the LBSS Community and they will donate a portion of your payment back to the LBSS PTSA!

<http://lbssptsa.org/programs/communitypartners>

In the Mood for Pho?
Support our Partner, Pho Saigon 75
[Click here for their website!](#)

Pho Saigon 75 is an LBSS Community Partner

Phở Sài Gòn 75

Twinbrooke Shopping Center
9535 Braddock Road
Fairfax, VA
www.phosaigon75.com



Throughout the 2020-2021 school year, when you go to Pho Saigon 75 mention that you are part of the LBSS Community and they will donate a portion of your payment back to the LBSS PTSA!

<http://lbssptsa.org/programs/communitypartners>

Looking for a fun way to honor or celebrate special occasions?
Purchase a Yard Sign to surprise your family, friends, teachers, co-workers, or coach!



No-Guilt Yard Signs is an LBSS Community Partner



Celebrate someone special with a yard sign!



Mention that you are part of the LBSS Community and they will donate a portion of your payment back to the LBSS PTSA!

Mention that LBSS PTSA referred you and No-Guilt Yard Cards will donate \$10 of your purchase to the PTSA throughout the year.
For more information, visit: [No-Guilt Yard Cards](#)

Do you want to book a vacation?



Look no further than [No-Guilt Travel!](#) They can help you with all of your travel needs! Start planning your vacation. Make sure you mention the LBSS Community Partners program and they will donate a percentage of your payment back to us.

No-Guilt Yard Cards and No-Guilt Travel are owned and operated by an LBSS Family!

We are continuing to welcome more local businesses into our program. Contact [Alice Chu](#) with questions or to

FUNDRAISING COMMITTEE

Looking for a way to make an impact for LBSS's students, teachers and the greater community? Have a creative idea to raise funds for LBSS programs and scholarships for graduates? Don't know where to channel? Then the Fundraising Committee is the place for you!! To join, please contact Alice Chu at fundraising@lbspts.com

PROCEEDS FROM LBSS PTSA FUNDRAISERS

Unless otherwise specified, the proceeds from LBSS PTSA fundraisers will go towards scholarships; educational grants, events, and programs; teacher and general school support.

CLASS OF 2021 INITIATIVES

SENIOR YARD SIGNS

Order your [Class of 2021](#) Lake Braddock [Yard Sign](#) today using the online form below! Signs are 24 x 24 and look like the image below. We have sold out and are now accepting pre-orders so we know how many to order in the next batch. They will be delivered before Thanksgiving.



CELEBRATING SENIORS PLANNING COMMITTEE

A committee has been formed to celebrate our seniors throughout the year. The committee co-chairs are Julie Shedd and [Julie Shedd](#). Interested in learning more? Contact [Julie Shedd](#)

Senior Portrait Deadline: November 18th

Choose your Senior Portrait by the November 18th deadline or the studio will choose for you which portrait will be used.

SENIOR YEARBOOK ADS

Help your senior remember the good times. Create a senior ad to be published in the 2021 yearbook! We've lowered the prices considerably. Ads will be available until Dec. 1 (or until we have sold out), so don't wait! Go to www.yearbookordercenter.com and use school code 5061 to get started. Email [Mrs. Poquis](#) if you have questions.

CLASS OF 2022 FUNDRAISER - DEADLINE: NOVEMBER 20

SUPPORT THE CLASS OF 2022!

LBSS CLASS of 2022 FUNDRAISER

Charleston Wrap has
over 2,500 items to
choose from!!

GIFT WRAP
GOURMET FOODS
PERSONALIZED GIFTS
KITCHEN ITEMS
MASKS
AND SO MUCH MORE!

Help support Lake Braddock's Class of 2022 by shopping at Charleston Wrap for this year's fundraiser. 2500+ items from gift wrap, to tasty goodies for everyone... shipped right to your door. Get your holiday shopping done early! Sales close Nov 20th.

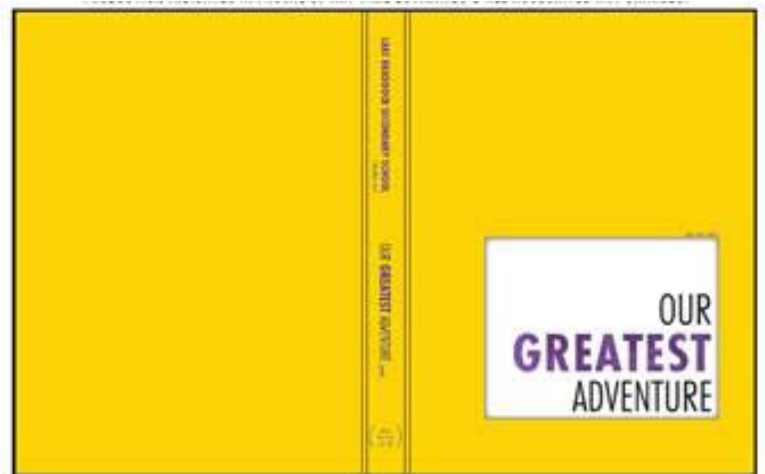
[Click here to go directly to the site!](#)

Contact Class of 2022 sponsor, [Daniela Daniels](#), with any questions.

HIGH SCHOOL YEARBOOK

High School Yearbook

Order in 2020 and get the discounted rate of \$65!



The 2021 high school yearbook is currently available for purchase. You can [order here!](#) and use school code **5061**. The discounted price of \$65 is available until 11/15/20. Don't wait! Yearbooks make great gifts!

Note: the Middle School has a separate yearbook for grades 7 - 8. We will share information about that as soon as we have it.

Coca-Cola Gives Back!

Coca-Cola Gives Back to LBSS

We are excited to share that our school is part of the Coca-Cola Give program. This opens up Lake Braddock SS to new funding opportunities for student recognition. The best part? Donations don't come out of your own pocket. When you make Coca-Cola purchases, you simply enter the code and receive a donation. We currently have \$27.30 for this quarter. Thank you to all who contributed over the past week by entering their codes. I noticed someone donating caps with codes on a local Facebook group and she claimed them, picked them up and entered them to get the donation. opportunities to get codes from caps. This works similar to the Boxtops program where you enter codes for things you are already purchasing. and Honest Tea may be some of the brands you didn't realize are part of this program. We are not suggesting that you buy anything you don't want.

So... how does it work?

1. Go to Coke.com/give
2. Sign in and choose Lake Braddock SS
3. Scan or enter product codes from participating Coca-Cola products.

Every purchase of your favorite Coca-Cola products is an opportunity to give back to Lake Braddock SS!



NATIONAL SCIENCE HONOR SOCIETY - DEADLINE: NOVEMBER 13th

National Science Honor Society

Application Deadline: November 13, 2020

Science National Honor Society is an academic honor society in which Lake Braddock Students can assist around the community, tutor students in service, or any other scientific undertaking. Due to the online learning environment this year, hours per

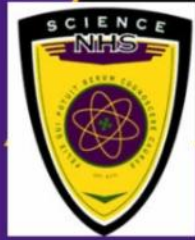
SCIENCE NATIONAL HONOR SOC



Requirements to join include:



Scan to open application!



1. **Must be a junior or senior.**
2. **Must have and maintain a 3.75 (weighted) grade point average.**
3. **Junior must be enrolled in at least one honors or AP science course.**
4. **A senior member must be enrolled in at least one AP science course or have completed two AP science courses prior to their 12 th grade year.**

Sponsor: Mrs. Cathy Lukow

Please click [this link](#) or scan the QR code to fill out the form to apply. To fill out the form, please sign in through your account. Thank you, SNHS Officers

NATIONAL HONOR SOCIETY: APPLICATION DUE NOVEMBER 22nd at 5 pm

National Honor Society

Application Deadline : November 22, 2020 at 5 pm

National Honor Society

Requirements to join include:

1. **Must be a sophomore, junior or senior**
2. **Must have a 3.5 cumulative GPA**
3. **Application must be completed and submitted by November 22nd at 5 pm.**

An invitation to join is not required!



**Please contact Faculty Advisor:
Mr. Andrews at
rlandrews@fcps.edu with
questions.**

The [National Honor Society Application](#) (a Google Form) is now posted on the LBSS Website.

Peer editing day will be on November 16th at 10:50 am on Google Meets.

If you have any questions, please contact rlandrews@fcps.edu

JOIN OUR PTSA TODAY!

Family Engagement Month

November is Family Engagement in Education Month. This month is an opportunity to recognize the importance of family and schools and the work being done through the Commonwealth to ensure that we work together to create better futures for all children.

If you haven't already, it's a great time to join the



JOIN FOR YOUR CHILD



We appreciate everyone who has already joined our PTSA this year! If you haven't joined yet, **parents, students, teachers, staff, administrators** should [click here](#) to join the LBSS PTSA today!

Contact [Melissa McCarthy](#) with any questions.

LBSS PTSA COMMUNICATIONS

STAY IN TOUCH!

We recently launched a new website where you can stay current on all that we are doing. Bookmark it at www.lbssptsa.org and

We have a social media presence!

Follow us on **twitter**

Join our private Facebook group



Follow our public Facebook page

Get [contact information](#) for our PTSA board members and committee chairs!

We hope to get our eNews distributed on a weekly basis throughout the school year. We tried to highlight the things we felt were most important that you might encourage you to read the weekly "News You Choose" that the school sends out on Fridays to stay current on other LBSS

Have any eNews you would like published?
Please contact: [Andrea Edelstein](#)
enews@lbssptsa.org

Lake Braddock SS PTSA | www.lbssptsa.org | 9200 Burke Lake Road
Burke, VA 22015

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