

## OCTOBER 2020 - WEEK OF OCTOBER 26th

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If viewing from a mobile device, the above links will not work.

### 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](#)

[CLASS OF 2021 YARD SIGNS](#)

[BRUINS CARE](#)

### PTSA PRESIDENT REMARKS

#### Message from PTSA President

You're kidding!! We are in the last week of the first quarter already??? This year is moving too fast...or not fast enough depending on your perspective! I really love the way students, parents, teachers, administrators and staff, and organizations have adapted to our current environment. In most cases, students adjusted incredibly well to virtual learning! Where there are challenges remaining, there are a host of individuals and resources to help. The school leadership venues to answer parent and student questions. Another Parent Academy venue to ask questions of the Lake Braddock leadership is scheduled for this week at 6pm.

Even organizations and communities are engaged in ways to reach out and connect. Last weekend, in conjunction with a South Run community yard sale, Lake Braddock Secondary School PTSA, Crew Boosters and Athletic Boosters were represented selling spirit wear to foster a sense of school community! There was also a fundraiser for Socktober collections. What an awesome way to develop and reinforce a sense of school community.

What I mentioned above is a small fraction of what is going on in our school and communities. THAT is what good schools and community do. THAT is our strength as a community!!

And congratulations to Lake Braddock SS for being recognized by GreaterSchools.org "as one of 2,158 public high schools in the nation to earn the 2020 award for preparing students to enroll in college and continued success.

With appreciation, Bob

### SENIOR SPOTLIGHT: Carson Sturgeon

#### SENIOR SPOTLIGHT CARSON STURGEON

# Bruin Senior Spotlight on:

## Carson Sturgeon



**My Favorite LBSS Memory was:** training and playing on the varsity team before COVID-19 hit earlier this year cutting off my season short.

**My Favorite Teacher is:** CPT Guardo is a teacher I will always remember. He is the JROTC instructor at LBSS. He is an inspirational leader, role model and is passionate about what he does. I enjoy working out with him, and his personal stories.

**LBSS Extracurriculars:** JROTC, Varsity Soccer, Gre

**Advice to Underclassmen:** "Enjoy the high school experience yourself out there and join extra curricular activities."

[BRACELETS](#)

[BRUINS GOODR SUNGLASSES](#)

[LBSS COMMUNITY PARTNERS](#)

[BOX TOPS FOR EDUCATION](#)

[MIDDLE SCHOOL AFTER SCHOOL PROGRAMS](#)

[SPECIAL ED SEPTA EVENTS](#)

[FCPS FREE MEALS](#)

[FCPS CARES](#)

[NEWS YOU CHOOSE SIGNUP](#)



Follow us on [twitter](#)

## Hobbies: soccer and community service

Carson Sturgeon, a senior this year, is an active duty military child who has moved 11 times in the last 18 years. He plays competitive soccer at the Road Youth Club and is a defender and also plays for LBSS' varsity team. He started playing soccer at the age of three and has played on teams in Colorado, and Poland. While living in Poland and Slovakia for his schools he played soccer, basketball, volleyball and ran track at tournaments in Russia, Poland, Slovakia, Germany, Hungary, Austria, Czech Republic, and Ukraine. He began attending LBSS in his junior year and was a part of the Green Club and is also with JRTOC.

He also has a heart for service. In Poland he volunteered for the Sisters of Charity soup kitchen. In Slovakia, he volunteered at a nursing camp for orphaned children. When moving to Burke last year he started volunteering for [ECHO](#) Inc, in Springfield. When the COVID-19 pandemic were short of volunteers in the food room, he and his brother went every Friday to load shelves, and bag groceries. His work continued through the summer and he now goes on weekends to help unload donation trucks and stock shelves. After university he plans to commission in the military.

### Carson has volunteered countless hours at ECHO over the past year.

Carson takes a quick break for a photo opp with his brother, LBSS sophomore Nicholas and their father.

But, Carson could more frequently be spotted stocking shelves with donated items.

Though he is only entering his second year at Lake Braddock, Carson quickly found a role model in CPT Guardo, the JRTOC instructor. "I will always remember CPT Guardo, "he is inspirational, a leader, role model and is passionate about what he does. I enjoyed working with him and hearing his personal stories." One of his favorite memories at Lake Braddock was training and playing soccer for the varsity team before COVID-19 season short. He said, "I hope we are able to play again for the 2021 season".

### Soccer, JRTOC, and tutoring are a few things Carson enjoys.



Carson has a bright future ahead of him and plans to attend a four year university and then commission in the military. Carson's advice is to, "enjoy the high school experience, put yourself out there and join extracurricular activities".

Congratulations Carson. I am sure many would ECHO my sentiments that you are doing amazing things for our community and we appreciate you will continue to accomplish great things on the soccer field, in school and serving our country in the years ahead.

\*\*\*\*\*  
 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 gain inspiration as we get to know the members of our senior class better and their accomplishments! Special thanks to Michael Volkman and Carson Sturgeon for inspiring me and being willing to be the first two seniors in this segment.

**PTA REFLECTIONS THEME CONTEST**

**PTA REFLECTIONS THEME SEARCH CONTEST  
 DEADLINE October 31, 2020**



Do you have an idea for a future theme? The National PTA Reflections is asking students to come up with a theme for the 2022-2023 school year. Five state finalists will be chosen and will advance to the national round. The winners will be selected in February. Good luck!

[Click here](#) to submit your suggestion!

**Coca-Cola Gives Back!**

**Coca-Cola Gives Back to LBSS**



and with your help, Coca-Cola will donate towards a fund for Lake Braddock SS special projects and student recognition!

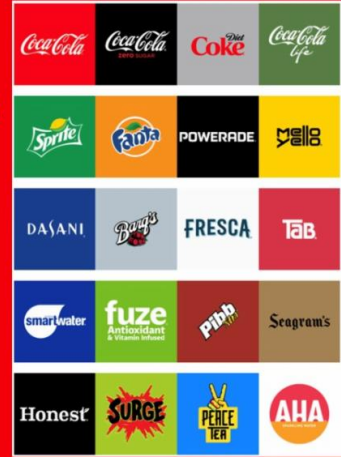
We are excited to share that our school is part of the Coca-Cola Give program. This opens up Lake Braddock SS to new funding opportunities for special projects and student recognition. The best part? Donations don't come out of your own pocket. When you make Coca-Cola purchases, you can

use codes [here](#) and our school receives a donation. Help LBSS make the most of this program!

## So... how does it work?

1. Go to [Coke.com/give](http://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!



### NATIONAL PRINCIPALS MONTH

### NATIONAL PRINCIPALS MONTH

# National Principals Month



#THANKAPRINCIPAL  
National Principals Month  
[PRINCIPALSMONTH.ORG](http://PRINCIPALSMONTH.ORG)



Thank you, Dr. Smith for all you do for the Lake Braddock Secondary School community!

### PTSA FUNDRAISERS - Help us help you!

### BRUINS CARE MORSE CODE BRACELETS



We are so excited that our bracelets have arrived!! Same day pickup is now available.

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 blue bracelet's 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 stocking stuffer! Looking for a birthday gift? No further!

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



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### GOODR SUNGLASSES

LBSS PTSA is proud to partner with the LB Crew Boosters to offer custom Lake Braddock branded GoodR sunglasses! These sunglasses feature polarized lenses with 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 pair goes to the PTSA and the rest of the proceeds will support the LB Crew team! Questions? Contact [Sara Carlson, LB Crew Boosters President](#)



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### 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! Shop at participating stores and scan your receipts to find participating products. The app will automatically credit LBSS PTSA Box Tops earnings online! Sign up today!



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### 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](#) & [Pho Saigon 75](#), [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 by purchasing from them. Each Partner will donate a portion of the proceeds from your purchase to our PTSA!



### LBSS Community Partners



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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://lbspsa.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](#)

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

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

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**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://lbspsa.org/programs/communitypartners>

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**Last Week for Spirit Nights At Jersey Mike's**

**October Spirit Nights at Jersey Mike's**



Ravensworth Shopping Center\*  
5250-G Port Royal Road  
Springfield, VA  
\*This Location Only!



Every Wednesday and Thursday in October  
**4-9 pm**  
Mention that you are part of the LBSS Community and they will donate a portion of your payment back to the LBSS PTSA!

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

they will donate a portion of your payment back to the LBSS PTSA!  
Grab some dinner and lunch for the next day!

\*\*\*\*\*

**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!

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

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### 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 now! Make sure you mention the LBSS program and they will donate a percentage of your payment back to LBSS PTSA!

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

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

### 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 have the energy that you 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](mailto:fundraising@lbspts.com)

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### PROCEEDS FROM LBSS PTSA FUNDRAISERS

Unless otherwise stated, the proceeds from LBSS PTSA fundraisers will go towards scholarships; educational grants, events, and programs; teacher and family engagement; 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 of signs and are now accepting pre-orders so we know how many to order in the next batch. They will be delivered before Thanksgiving. Don't miss out!



\*\*\*\*\*

### CELEBRATING SENIORS PLANNING COMMITTEE

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

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### SENIOR PHOTOS REMINDER

November 10-12 from 3 - 8 pm

Victor O'Neill Studios has confirmed additional dates of November 10-12. You can sign up [here!](#) Pictures will be held in the Cafeteria. Seniors should enter Lake Braddock at Door 7 from the back of the building. They will then exit from Door 6 in order to avoid traffic.

**Important Information about the yearbook pose:** Fairfax County is no longer allowing any shared clothing for the senior portraits. For the yearbook, dress shirts/tops work well for the camera; jackets and ties are optional. Please note that the photographer will not provide tuxedos and drapes due to COVID-19.

Gown images will be taken in the spring.  
Questions or concerns? Contact [Theresa Poquis](#)

### 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 so take advantage of this offer! Ads will be available until Dec. 1 (or until we have sold out), so don't wait! Go to [www.yearbookordercenter.com](http://www.yearbookordercenter.com) and use school code 5061 to get started. Email [Mrs. Poquis](mailto:Mrs.Poquis) if you have questions or need assistance.

### SAVE THE DATE - 10/30

The school is planning something for seniors on the afternoon of 10/30 (it's an early dismissal day). Details will be emailed soon! Thanks to the Class of 2022 who volunteered to donate items and/or help!! We still need a few parent volunteers. Signup genius can be found in the Senior Parents email sheet.

**CLASS OF 2022 FUNDRAISER**

### 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, and something 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.

**SOCKTOBER: Now through November 7th!**

### SOCKTOBER Donate now through November 7th

**SOCKTOBER**

DONATE NEW PAIRS OF SOCKS - ALL SIZES ACCEPTED!  
3 DROPOFF LOCATIONS  
NOW THROUGH NOVEMBER 7th

Lake Braddock Main Entrance

South Run  
9714 Rolling Ridge Drive  
Fairfax Station

Glory Days Grill  
9526 Old Keene Mill Rd  
Burke

The Lake Braddock Athletic Leadership Classes appreciate your support!!

All donations will go to local homeless shelters

The Lake Braddock Athletic Leadership classes are once again leading a community service project called Socktober! This year, in addition to partnering with the Pyramid in our pyramid, we are also partnering with Robinson to make a greater impact. We are competitive on the fields and courts but compassionate in our community.

Donate NEW UNOPENED socks - all sizes welcome and appreciated! This year, all donations will go to the New Hope Housing Organization and the Katherine Center.

For more details, follow @AthleticLBSS on Twitter!

For your convenience, there are three dropoff locations this year. Look for the Socktober donation boxes at LBSS in front of the main entrance, Glory Days Grill, and South Run Ridge Drive Fairfax Station.

Thank you to everyone who has donated or will donate new socks to this important cause!

**SPIRIT WEEK - October 26 - 30th**

**LBSS SPIRIT WEEK**  
10/26 - 10/30

LAKE BRADDOCK SGA

LAKE BRADDOCK BRUINS

**OCTOBER SPIRIT WEEK**

OCTOBER 26-30

MON **MASK ON MASK OFF**  
Take a picture in your mask and tag SGA

TUES **SNOOZE FEST**  
Wear your PJS!!!

WED **ONE NIGHT ONLY**



Show your support for Breast Cancer Awareness and wear pink!!! *Bring your pet to school day*  
**THURS**  
Take a picture of you and your pet at virtual learning!  
**FRI**  
Show us your school spirit by wearing purple or yellow!!!

Thanks to the Lake Braddock SGA, this week will be Spirit Week! Just because most of us will continue to be doing school virtually, doesn't mean we can't sh

## LBABC VIRTUAL 5K



The Lake Braddock Athletic Booster Club (LBABC) is partnering with Potomac River Running to sponsor the inaugural 2020 Bruin Nation Fall 5K Virtual Challenge. The race will start on October 29 and complete anytime October 30 - Nov 1.

With the pandemic impacting sports' seasons and traditional revenue opportunities, this event is a critical fundraiser for this school year.

We need Bruin Nation's support to continue our work on behalf of all the student athletes, coaches, athletic trainers, teams, and facilities.

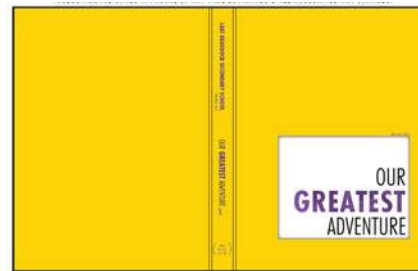
The goal is to have over 250 participants join the virtual challenge. Every participant will receive a T-Shirt and Bib.

[Click here to register.](#)

If you are unable to participate but still want to support the LBABC Virtual 5K, you can also make a donation by [clicking here!](#)

## HIGH SCHOOL YEARBOOK

**High School Yearbook**  
Order in 2020 and get the discounted rate of \$65!



### High School Yearbook

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 only available while supplies last, so 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 get it.

## NATIONAL SCIENCE HONOR SOCIETY

### 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 with community service activities, tutor students in service, or any other scientific undertaking. Due to the online learning environment this year, hours per semester will be reduced.

## Science National Honor Society

### Requirements to join include:

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 12th grade year.

Deadline to Apply:  
November 13<sup>th</sup>





Sponsor: Mrs. Cathy Lukow



Please click [this link](#) and fill out the form to apply. To fill out the form, please sign in through your FCPS student account. Thank you.

NATIONAL HONOR SOCIETY

### National Honor Society

#### TO APPLY:

Application Deadline: November 22, 2020

# 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 22<sup>nd</sup> at 5 pm.

*An invitation to join is not required!*



Please contact Faculty Advisor:  
 Mr. Andrews at  
[randrews@fcps.edu](mailto:randrews@fcps.edu) with  
 questions.

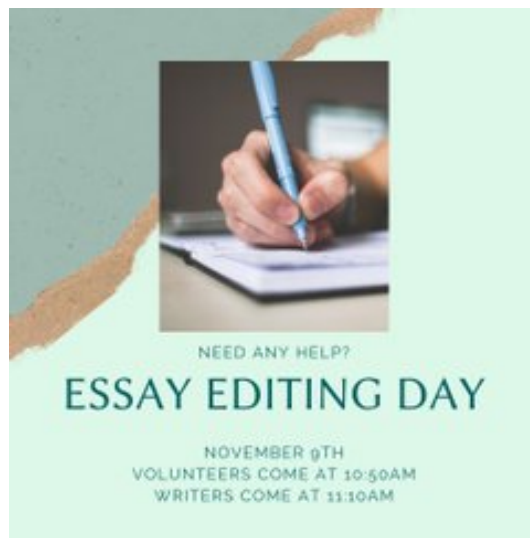


The [National Honor Society Application](#) (a Google Form) is now posted on the LBSS Website.

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

The application deadline is Sunday November 22 at 5:00PM. If you have any questions, please contact [randrews@fcps.edu](mailto:randrews@fcps.edu)

**NHS ESSAY EDITING DAY**



STUDENTS WILL HAVE A CHANCE FOR MEMBERS OF THE NHS TO COME AND EDIT ESSAYS FOR STUDENTS FOR SERVICE HOURS!  
 ANYONE WHO NEEDS HELP WITH THEIR ESSAYS FROM 9-12TH GRADE CAN GET HELP ON ANY TYPE OF WRITING, INCLUDING COLLEGE ESSAYS!  
 IF YOU WANT TO BE A VOLUNTEER WANT YOUR ESSAYS REVIEWED, PLEASE FILL OUT OUR GOOGLE FORM LOCATED ON OUR BIO  
**BY NOVEMBER 5TH 3PM**

**DIRECTORY**

**2020-2021 LBSS PTSA Directory**

## The LBSS PTSA Directory is now available!

### 3 Ways to Access the App:

- Login to [www.atozconnect.com](http://www.atozconnect.com)
- Download on the App Store for Apple phones and devices
- Get it on Google Play


Search AtoZ Connect

### Verification Wizard


- Login at the beginning of every school year to complete this simple step.
- Review, update, and confirm household information

### School Directory on the Go

- You can easily view the online directory anytime, anywhere by logging into your secure account
- Search anyone in the directory by phone, address, first or last name, or grade.



**SCHOOL DIRECTORY**  
LOGIN NOW



Lake Braddock Secondary  
**PTSA**  
everychild.onevoice.®

The LBSS PTSA Directory is now updated with the 2020-2021 registered LBSS parents/guardians and students! Check it out! You can access it through clicking [here](#) or by downloading the AtoZ Connect app. Choose Lake Braddock (zip code = 22015). There's lots of great info in there and search capabilities name and favorite searches can be saved. But, first verify your information once you log in! You don't need to add yourself - your information should be in the system during the school registration process.

## Early Release Days 2020-2021

On early release days, there will be no period 4. Periods 2, 6, and 8 will be 75 minutes long.

There will be 6 early release days this school year: 10/30, 11/11, 1/22, 3/5, 3/26 and 6/11.

Reminder: 10/29 is PSATs for Juniors, asynchronous learning for HS, and a normal day for MS.  
10/30 is a 2 hour early dismissal and the end of the first quarter.  
11/2 and 11/3 are student holidays (no school)  
11/11 is a 2 hour early dismissal in honor of Veteran's Day.

### LBSS - JOIN THE PTSA

#### JOIN OUR PTSA TODAY!

We appreciate everyone who has already joined our PTSA this year! If you haven't joined yet, **parents, students, teachers, staff, administrators and** 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](http://www.lbssptsa.org) and visit frequently!

We have a social media presence!

Follow us on 

 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 not see elsewhere. We strongly encourage you to read the weekly "News You Choose" that the school sends out on Fridays to stay current on other LBSS news.

Have any eNews you would like published?

Please contact: [Andrea Edelstein](mailto:Andrea.Edelstein@lbssptsa.org)

[enews@lbssptsa.org](mailto:enews@lbssptsa.org)

Lake Braddock SS PTSA | [www.lbssptsa.org](http://www.lbssptsa.org) | 9200 Burke Lake Road  
Burke, VA 22015

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