

eNews



JANUARY 2021 - WEEK OF JANUARY 18th

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PTSA President Remarks - Bob Gaylord

Message from PTSA President

"I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin but by the content of their character"

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate, only love can do that."

"We must walk on in the days ahead with an audacious faith in the future,"

Quotes by Martin Luther King Jr.

Why is it so hard?

Diversity, inclusion, equity, compassion, empathy and grace.

We can do better...and should never rest until we do.

With appreciation, Bob

Princeton Review Practice ACT and SAT

Princeton Review
Online Practice ACT and SAT Test
January 23, 2021

Last day to register: Wednesday, January 20th



LBSS PTSA is partnering with The Princeton Review to offer an online practice version of the SAT and ACT exams for LBSS high school students (9th to 12th grade) on Saturday, January 23, 2021 from 9 Contest

AVID

LB Choir News

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<u>Class of 2027</u>

Staff Shoutout

Computer Science Seminar

Join or Donate to the PTSA!

PTSA Communications

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

LBSS CALENDARS

Events Calendar

LBSS Parent Academy

PTSA MEETINGS

2020-2021

via Zoom at 7 p.m. February 10th

QUICK LINKS

LBSS PTSA WEBSITE

JOIN LBSS PTSA

LBSS WEBSITE

LBSS PTSA OFFICERS AND COMMITTEES

CLASS OF 2021 YARD SIGNS

BRUINS CARE BRACELETS

BRUINS GOODR SUNGLASSES

LBSS COMMUNITY PARTNERS

BOX TOPS FOR EDUCATION

COCA COLA GIVES

FCPS CARES

a.m. to 12:30 p.m.

Students will receive a presentation at the beginning of the test with step-by-step directions on logging it, as well as a walkthrough of some important info about the test. Our liaison from Princeton Review will be live to help resolve login issues, and students will receive follow-up resources after the test from Princeton Review with a free score consultation option. On the morning of the test, students with testing accommodations will have the option to select Time and a Half or Double Time for the test.

Registration fees to take the online practice exams will be \$5 for current LBSS PTSA members and \$15 for non-PTSA members. It's not to late to join the PTSA and get the discounted rate - just <u>click here</u>!

To register for our Princeton Review online practice SAT and ACT exams <u>click here!</u>

LBSS PTSA Virtual Auction

LBSS PTSA's Spring Virtual Auction March 1 - 26, 2021

LBSS PTSA will be holding a Virtual Auction March 1-26th.

We will be hosting a committee meeting tomorrow night, January 19th at 7:30 pm and would love for you to join us via Zoom. If you are interested in joining the committee, please email us and put "Auction" in the subject.

If you own, frequent, or know of a business or organization that may be willing to donate items for the auction (e.g., products or services, gym memberships, travel packages, sports memorabilia, gift cards) or have items to auction (e.g., handicrafts, gift baskets, etc.) and/or are interested in assisting with the auction, please contact Carol Parrott!

Some of the auction items already confirmed include:

- Bluemont Experience package, which includes a season pass to Great Country Farms, and tasting experiences at Bluemont Vineyard and Dirt Farm Brewery (valued at \$331!)
- 4 Grounds Passes: **Mount Vernon**
- 2 Tickets: **Escape Room**
- 4 Tasting cards: **Paradise Springs Winery**
- 3 \$250 gift certificates towards estate planning with **The Geller Law Firm**
- Interactive experience with **Virginia Speaker of the House, Eileen Filler-Corn**
- **NBC4** Swag Bag and interactive experience with one of their news anchors
- Principal for a Day at Lake Braddock SS

MIDDLE SCHOOL AFTER SCHOOL PROGRAMS

LBSS YEARBOOKS

 $\frac{\text{SPECIAL ED SEPTA}}{\text{EVENTS}}$

FCPS FREE MEALS

NEWS YOU CHOOSE SIGNUP

LBSS PTSA Social Media





Follow us on twitter

- Deluxe Yard Card: No Guilt Yard Cards
- Sessions with Roneyfield Photography
- **Club Pilates** 5 classes, socks, & water bottle
- LBABC Basket of Spiritwear
- Oriental Trading Gift Card
- Fancy Nails Pedicure
- o College Essay Prep: Julia Byrd Essay Coach
- College Test Prep Classes and Materials:
 Princeton Review and NOVASTAR Prep
- Whiskey Barrel Adirondack Chair and Table
- **Anytime Fitness** Gift Cards
- Trader Joe's Gift Basket
- Unique Bakery Gift Certificate
- Squisitos Gift Card
- o Paint Your Heart Out Gift Card
- Evolution Basketball -1 week basketball camp

Senior Spotlight: Maggie Edwards

SENIOR SPOTLIGHT Maggie Edwards

Senior Maggie Edwards is our spotlighted senior this week! Maggie and her triplet brothers, Lee and Preston, are active members of the Lake Braddock Class of '21.



The Lake Braddock Chorus program has been an integral part of Maggie's life during the past four years. Her favorite memories are all the late night rehearsals, early morning sectionals, hours after school in the chorus library, and lunch-time jam sessions in the cafeteria. She shared, "Chorus was definitely the best part of high school for me, and I'll remember it forever." A big part of that experience has been LB High School Choral Director, Ms. Andrea Harmon. Maggie emphasized, "Thanks to her, I've had a community to learn and grow in throughout my four years of high school." As announced in last week's eNews, Maggie and three of her classmates were recently named to the 2020 Virginia Music Educators Association (VMEA) Senior Honors Choir!



Andrea Harmon nominated Maggie for this week's senior spotlight. "I met Maggie when she was a freshman, during my first year at Lake Braddock. She demonstrated straight away an exceptional attention to detail and dedication to her music learning. In the last four years, Maggie has become a fierce leader of the music department, and an extraordinary co-president of our student board. Maggie's dedication to the LB Choral Program has been vitally important: she doesn't only want to make it best for our choir members; she wants to share those efforts by giving back to the community. The performances that Maggie has worked tirelessly to arrange, both in person and more recently virtually, for the Heatherwood Retirement Community, demonstrate to my students such an important lesson the gift that their music can be for others and how important it is to share it."



Chorus Board President, Beth Cassady reiterated what an important role Maggie has had on the choral program. "Maggie is always one of the first to sign in on our monthly board meetings, smiling, very organized, gives a thorough report each month, and is just truly a great student leader! She works with the community senior centers putting together shows and finding ways for the chorus to bring joy to the residents. Her recent holiday show was absolutely fantastic! The chorus student board knows they can count on Maggie to help them solve problems and make tough decisions too. She is someone they have looked up to and can always rely on!"



In addition to Chorus, Maggie has participated in the LB Theatre program. "I really found my place in both of these programs and without them, I don't think I would have liked school nearly as much as I did. Going from singing in the beginners choir freshman year to being chorus student board president senior year was such a rewarding experience that I'm very grateful for."

Maggie also gets enormous satisfaction from volunteering! The majority of her volunteer time has been spent at Sunrise Senior Living Center and other nursing homes and organizing concerts for their residents. "Helping the residents has become something really important to me, and I have found ways to continue to do so during quarantine by organizing and putting together virtual concerts!"



When asked what inspires her, Maggie shared, "I'm inspired by the empathy I see in others. When I see people giving, caring, and doing things outside of themselves, it's inspiring, and I aspire to become more altruistic." This is consistent with her favorite quote, from Taylor Swift, "No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind."

It was also reinforced in her advice to underclassmen.

"Focus on the things that are really important to you.

Grades are important, but so are the relationships you form with other people, and the kind of person you decide to be outside of school."

After graduating in June, Maggie will be starting college this year and aspires to become a nurse! "It's crazy and seems very surreal that high school is finally almost over, but I'm definitely looking forward to starting this new chapter of my life."

Congratulations, Maggie!! Learning more about you has been music to our ears! We know you will continue to accomplish great things in the years ahead and wish you all the best as you finish your senior year and pursue your nursing career!!!

Do you know of a senior who we should spotlight in a future eNews? Please email <u>eNews</u> and put Senior Spotlight in the subject. Please provide their name and a brief explanation about why you think they should be featured, highlighting some of their accomplishments. This weekly feature helps us each gain inspiration as we get to know the members of our senior class better and celebrate their accomplishments.

Students of the Month

Bruin Pride wants you to know that, despite our social distancing, we still want to celebrate and recognize our students and our staff. Each month, staff are able to recognize students who have demonstrated characteristics of our Shared Vision. The four main attributes of our theme #BruinsCARE are connected, adaptable, resilient, and engaged. Read more about the attributes here.

Congratulations to our December Student of the Month Winners - Engaged:

• 7th grade: **Daniel Fthenos**

• 8th grade: Samarah Jahangir

• 9th grade: Riley Jane Caunter

• 10th grade: Jack Sander

• 11th grade: Jenna Mae Chanchu

• 12th grade: Ethan Feil

January's theme is #BruinsCARE. Staff may nominate students who exhibit all 4 CARE Attributes - connected, adaptable, resilient, and engaged! Winners will be announced at the end of the month.

National PTA Healthy Hydration Grant

National PTA Healthy Hydration Grant Awarded to LBSS PTSA

The National PTA recently announced that LBSS PTSA was awarded a \$1,000 Healthy Hydration grant. The LBSS PTSA is honored to be among the 29% of PTAs across the country which were awarded a National PTA grant this year. This award is a tribute to LBSS PTSA"s strong community and its continued efforts to better serve its students, staff and families. Dr. Smith has confirmed that several new water filling stations have been ordered for the school!

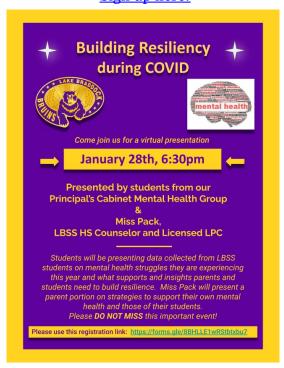


Building Resiliency

Building Resiliency During COVID January 28th at 6:30 pm

Sign up and save the date for this important virtual presentation, "Building Resiliency during COVID" presented by the students of the mental health group of the Principal's Cabinet and Miss Pack, LBSS HS Counselor and licensed LPC!

Sign up here!



Wealth Springs - Our newest LBSS Community Partner!
January LBSS Community Partner

Club Pilates - Burke



Is your New Year's resolution to get in shape? Did you take your complimentary intro class yet from Club Pilates Burke? They are donating \$30 to the LBSS PTSA for each person that joins in January. Pilates improves core muscles, flexibility, lower back pain and reduces stress. Book your class and watch the video. Join the day of your class and save \$59 on enrollment. www.clubpilates.com/burke/ryan
Call them to hear about how they are keeping members safe with their EPA approved precautions. 703.691.5999. Voted #1 Pilates studio in Northern VA (by NOVA magazine).

Featured Annual LBSS Community Partner

No-Guilt Yard Cards Can Help You Creatively Celebrate Someone Special!

Yard signs can be customized for any occasion!



For more information, visit: <u>No-Guilt Yard Cards</u>
No-Guilt Yard Cards is owned and operated by a LBSS
Family!

Box Top\$ For Education

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 as you normally would, the scan your store receipts to find participating products. The app will automatically credit LBSS PTSA Box Tops earnings online! Sign up now!!



Coca-Cola Gives Back!

Coca-Cola Gives Back to LBSS



We have earned \$64.12 so far!

Lake Braddock SS is excited to participate in the Coca-Cola Give program. This opens up Lake Braddock SS to new funding opportunities to help with special projects and student recognition. The best part? Donations don't come directly out of your pocket.

When you make purchases of Coca-Cola products you enter the product codes that are found under the cap or on the packaging <u>here</u> and our school receives a donation. Thank you to everyone who has taken time to enter their codes.

This works similar to the Boxtops program where you enter codes for things you are already purchasing. Brands like Dasani water, Powerade, Fuze, Mr. Pibb, Sprite, 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're not already buying - just that you take the time to look for the codes and enter them if you have them. You can scan the codes from your phone or enter them manually on the website.

Help LBSS make the most of this program!

Class of 2021 Initiatives

Stay up to Date on Senior Events

Check the LBSS Senior Page often
Seniors: join the Class of '21 Google Classroom!

Caps and Gowns!

The school is ordering caps and gowns and need each senior to complete the cap and gown survey to ensure they have the appropriate cap and gown size for everyone. Please ask your senior if they have completed the survey. If they have not, please ask them to click here to submit their student id, height and weight. Students can access this link by signing in with their fcpsschools.net account.

Senior Yard Signs

Order your Class of 2021 Lake Braddock <u>Yard Sign</u>! Signs are 24 x 24 and look like the image below. We have a limited

number of signs still available so if you want one, please order now. Don't miss out!!



Take a photo with your Senior Sign and upload it to the yearbook (see below for details)!

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 in learning more? Contact Julie Shedd

Order Your Senior Yearbook Now!

Help your senior remember the good times. You can upload photos at the same link!
Go to www.yearbookordercenter.com and use school code 5061 to get started. Email Mrs. Poquis if you have questions or need assistance.

Middle School Spelling Bee

Virtual Middle School Spelling Bee Calling All 7th & 8th Grade Spellers...

Lake Braddock is registered for the 2021 Scripps National Spelling Bee, which is scheduled to take place in June 2021.

Before any speller represents Lake Braddock at the highest level, one must first prove themselves through a number of spelling challenges.

The first stop will be the Lake Braddock Middle School Virtual Spelling Bee, tentatively scheduled for February 2021.



We are currently collecting sign-ups for the LBMS Spelling Bee. Sign up for more information here!

Only students who sign-up will receive further information on how to register for Scripps and receive the necessary study materials.

Certificates and other prizes will be awarded to the top 3 spellers and the 1st place winner will move on to represent Lake Braddock at the 2021 Fairfax County Spelling Bee, scheduled for March 2021.

The Lake Braddock Spelling Bee Champion will compete at the Fairfax County Spelling for the chance to move on to the 2021 Scripps National Spelling Bee in National Harbor, Maryland.

Learn more about the Scripps National Spelling Bee here!

Questions can be directed to: After-School Specialist, <u>Jamaal Hines.</u>

Peer Tutoring

Free Peer Tutoring



The LBSS Peer Tutoring program invites your student to be tutored by one of our student peer tutors. The Peer Tutoring Program is run by students who are taking the Peer Tutoring class, and we are so excited to officially open!

The Peer Tutoring Center opened on November 16th and will be open on Mondays from 9:15 - 11:15, and yes, it is free! In the future we may be offering more times once we get the hang of things. Click here for more information on what we offer and to sign your student up to be tutored.

LBSS Livestreamed Winter Sports: SUBSCRIBE NOW!

Lake Braddock Athletic Leadership Livestreamed Winter Sports

Subscribe now to the <u>LB Athletic Leadership</u> YouTube Channel to watch our Bruins in action.

Volleyball Interest Meetings

Volleyball Interest Meetings



If any students (grades 9 - 12) are interested in trying out for volleyball we will be having multiple interest meetings to learn more about the program/season!

More information about registering for tryouts can be found on athletic website! Let Coach Wieland know if you have any questions!

Library Online Book Sale

Library Online Bookstore

The LBSS Library is hosting an online bookstore through Bookworm Central that will continue throughout the entire school year. Students and teachers can purchase books and have them delivered to their house. Purchases over \$30 will be delivered for free. Stock up for the holidays and support the library.

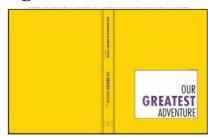
Here is the <u>link</u> to the LBSS Library Bookstore. You can also access the Bookstore from Lake Braddock SS website by clicking the Library tab.

Contact the **LBSS Library** with any questions.

Please enjoy this promotional video!

ORDER YOUR YEARBOOK TODAY!

High School Yearbook



The 2021 yearbooks are available for purchase. You can <u>order here</u> and use school code **5061 for high school**. Yearbooks make great gifts! Do you have photos you want to share for the high school yearbook? <u>Click here!</u>

Middle School Yearbook

Middle School has a separate yearbook (grades 7 - 8). Their code is **13596** and can be ordered here! To share photos for the LBMS yearbook, click here!

Parent Academy

Parent Academy Series

Even though we are virtual, we are still here to support you! Various synchronous and asynchronous learning opportunities will be designed to help families support their student(s) and feel connected to and engaged with Bruin Nation. Parent Academy Sessions will be advertised on the LBSS website, twitter page, and emailed out in News You Choose each week. Check out the 2020-2021 Parent Academy

Events Calendar

UPCOMING EVENTS:

January 21 and 26 at 7 pm
The Teenage Brain, Drug Trends, and Parent Tips
Series

Hosted by Jessica Giffin, Substance Abuse Prevention Specialist (SAPS) & Office of Student Safety and Wellness



Have you ever wanted to learn more about your teenager's brain and how it relates to substance use? Register today for a three-part series about the teenage brain, adolescence, and the effects of drug and alcohol on the teenage brain. This 3-part series is packed with valuable information for parents/guardians to understand what their children are experiencing, things to look for, parenting tips, and how to communicate with your children around these topics. In addition, the 3rd session will walk parents/guardians through virtual rooms to show parents what to look for in terms of new trends, paraphernalia and how youth can utilize household items for substance use. You may participate in one, two, or three of the sessions!

Session 2: Drugs & The Teenage Brain - January 21, 2021 @ 7 PM

Session 3: Drug Trends in Teens: Identifying Common Household Substances and Drug Culture - January 26, 2021 @ $7\,\mathrm{PM}$

Register Here!

Questions? Please contact: Jessica Giffin

Parent Academy: Family Engagement Series

Family Engagement Series

LBSS Parent Academy Presents two Family Book Clubs for parents/guardians with middle school and/or high school students. Why join a family book club?

- 1. Book clubs are awesome, and even more awesome when you don't have to leave your living room!
- 2. Perfect for families to connect who are scattered around the world!
- 3. Provides fantastic dinner conversation!
- 4. A great way to show students how fun reading and talking about books can be!
- 5. A low-cost way to entertain an entire family!
- 6. An opportunity to learn something new about each

other!

High School Family Book Chat

- January 21, 2021 from 7-8 PM
- Hosted by the LBSS High School Librarians

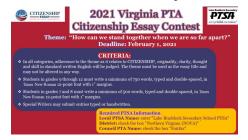
Families and HS students, please join us on January 21st from 7-8 PM for a dynamic discussion of your book of choice. Please select a book of your choice and be prepared to share your review of and thoughts on your book. Need help finding a book? The LBSS High School librarians have created Fiction and Non-Fiction book collections for you to browse. We will email you a link to those collections once you have registered and provided your contact information.

Register by January 13th here: LBSS Book Chat Registration Form

Questions? Please contact Sarah Pevner or Laura Christadore!

2021 Virginia PTA Citizenship Essay Contest

2021 Virginia PTA Citizenship Essay Contest Deadline: February 1, 2021



Every year, the Virginia PTA promotes a sense of citizenship and responsibility by sponsoring an essay contest. This year's theme will be, "How can we stand together when we are so far apart?"

Deadline is February 1, 2021 Essays will be sent to the districts for local competition and then the first place recipients will be submitted to VA PTA by March 1, 2021 for state competition.

Who can enter?

All Virginia students in grades K-12 presently enrolled in schools with active PTA/PTSAs in good standing may enter.

A non-graded Special Writer Division is available and limited to students whose physical, cognitive, or mental health challenges meet ADA guidelines. Qualifying students entering this division create their own essay but may receive non-artistic accommodation and assistance from an adult.

To apply, <u>click here!</u>

AVID

Are you familiar with Lake Braddock's collegereadiness course: Advancement Via Individual Determination, commonly known as AVID? The yearlong elective course is offered in grades 7-12 and focuses on student support with the goal of attendance and success in college and beyond.

They are now accepting applications for the 2021-2022 school year. The student-created infographic below has detail, including a QR code to the online application. More information on the course can be found on the middle and high school curriculum fair sites, listed under the AVID heading.



Choir News: Meet and Greet /VMEA

Meet and Greet with Choir Directors

We know that selecting classes can be a stressful time for everyone! If you have questions about the choir program, we will be holding one more info session with Mr. McClay (MS director) this week! Please do not hesitate to reach out ahead of time, if she can be of help. More info can be found here: https://lbchorus.org
HS chorus video: https://www.youtube.com/watch?
v=VGW4_4Awxlo&feature=emb_logo





4 LB Choir Students Achieve Honor

Congratulations to Lake Braddock students Helen Do, Maggie Edwards, Elizabeth Meiners and Bella Thurgood who have been named to the 2020 Virginia Music Educators Association (VMEA) Senior Honors Choir!



Ordering School Photos 7-11th Grades

Ordering Underclassmen Photos

High School (9th - 11th) Photos

High School student portraits are available to view and order online (orders placed online will ship home) at vosphoto.com/lakebraddockHS. Use your student's FCPS ID as the online code. Questions or concerns can be directed to underclass@vosphoto.com.

Middle School (7th-8th) Photos

Middle School student portraits are available to view and order online (orders placed online will ship home) at vosphoto.com/lakebraddockMS. Use your student's FCPS ID as the online code. Questions or concerns regarding Middle School portraits can be directed to underclass@vosphoto.com.

Class of 2027!!

Attention 6th Grade Parents!!

Last week, we created the Lake Braddock parents -- Class of 2027 Facebook Group and encourage you to tell current 6th grade parents of students who will be coming to Lake Braddock for 7th grade in the next school year.



Share this link:

www.facebook.com/groups/lbss2027

They can start to build a sense of community and share information as they begin selecting their courses for 7th grade!

Staff Shoutout!

Staff Shoutout!

Has a staff member at Lake Braddock Secondary School gone above and beyond to support you or your student? Someone who is your student's champion? Is there someone that you would like to recognize for his/her hard work or dedication? Send a quick Staff Shout Out or Nominate an outstanding staff member who has made a difference! Please scan the QR Code or use this <u>link to make a nomination!</u> Feel free to submit more than one nomination!



If you would like to complete a more formal nomination, FCPS Cares is also taking nominations <u>here!</u>

Thank you so much! Your kind words are appreciated! Stay well!

Computer Science Seminar for Girls 7th - 12th Grades!

Inviting all Girls Grades 7-12! Artificial Intelligence/Cybersecurity Seminar

Recently spotlighted senior, Lidya Demilew, is co-hosting a virtual seminar, tentatively scheduled for March 6 -7th, that exposes middle and high school girls to computing through two of the fastest growing fields in technology, Artificial Intelligence (AI) and Cybersecurity, and addresses their implications. The girls will get to meet "Cyber-AI" professionals and will get access to resources to continue their tech journey.

<u>Register here!</u> There is no cost to participate as they do not want to inhibit participation. This is an invaluable opportunity that I hope many of our students will take full advantage of!

LBSS - Join and/or Donate to The PTSA

Join or Donate to 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 community members can click here to join the LBSS PTSA today!

The Lake Braddock PTSA is a 501c3 organization. If you wish to make a tax-deductible donation to our PTSA, click here!

Contact Melissa McCarthy with any questions.

LBSS PTSA COMMUNICATIONS

How to Stay in Touch!

To stay current on all that we are doing, bookmark our website, <u>www.lbssptsa.org</u> and visit frequently!

We have a social media presence on

Follow us on twitter



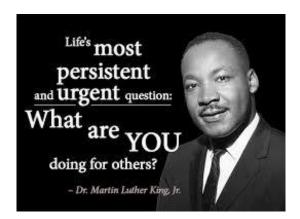
to join our private PTSA Facebook Group.



to follow our public Facebook Page.

To contact our PTSA Board Members and Committee Chairs click here!

Our eNews is distributed on Mondays throughout the school year. We tried to highlight the things we felt were most important that you may not have seen 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 enews@lbssptsa.org

Lake Braddock SS PTSA | move (Classification of 2000 Burke Lake Road Burke , VA 22015