2021-22

Langley High School
New/Transfer Family Forum #1

Transition & Technology

Agenda

- **Welcome** & **Introductions** - New Family Network
- **Supporting Emotional Health** - School Psychologist Ms. Anna Davis
- **IT at Langley** - School Based Technology Specialist Dr. Lindsey Fisher
- **Saxon Service** - Family Network, Julie Hohl
- **Upcoming Events**
- **Questions**

Welcome

New Family Network

Michelle Francis

Robyn Smith

Kelli Baker

Supporting Emotional Health

Ms. Anna Davis

School Psychologist

adavis3@fcps.edu

Supporting Students Emotional Health During Transition Times

Anna Davis, School Psychologist
Langley High School

Coping with the Transition

1. Have open conversations - listen and validate their feelings
2. Predictable routines
3. Problem solve together
4. Practice positive coping/gratitude
5. Model confidence and calm behaviors
6. Establish connections

https://www.fcps.edu/blog/managing-back-school-anxiety

Behaviors may be your child's way of telling you they are stressed. Often teenagers have difficulty identifying their emotions and regulating their emotions.

Some common changes to watch for include:

- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

www.cdc.gov

Emotional Management Strategies

Strategy:

Why It Works:
Gives you a chance to cool down away from the pressure of the situation

Strategy:

Why It Works:
Releases natural chemicals that help you let go of tension and feel better

Strategy:

Why It Works:
Helps you understand the source of your stress and connect with others

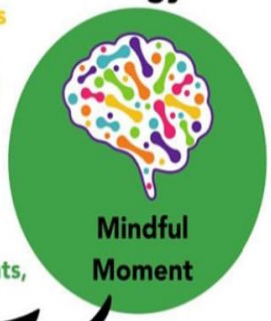
Strategy:

Why It Works:
Helps you get some distance, think things through and review your progress

Strategy:

Why It Works:
Moves your focus from your stress to your breath, helps you release tension, and gets more oxygen to your brain for clearer thinking

Strategy:



Why It Works:
Helps let go of unwanted thoughts, decreases your pulse rate, and changes your focus.

School Counselors, School Psychologists, and School Social Workers are available to support students, families and staff.

Support at Langley HS - Clinical Team

Anna Davis, School Psychologist
adavis3@fcps.edu
703-287-2886

Catherine Kennedy, School Social Worker
cskennedy@fcps.edu
703-287-2874

Our offices are located in Student Services with the counselors and the Substance Abuse Prevention Counselor (Kelly Rankin)

Additional Resources

Langley Wellness Site: https://langleyhs.fcps.edu/resources/mental-wellness

Langley Wellness Room: Coping strategies and self-care techniques developed by the clinical team. https://sites.google.com/d/1FdSThj4J-T2Ma9zi9m3N7AhMw63BEWgw/p/1GWQk2-wovNcc0ZQ4sIBOy_9E5ajW9qKU/edit

The FCPS Website contains valuable information regarding how to talk with your child on managing stress, healthy coping, community and emergency mental health resources. Click the following link: Mental Health & Community Resources website

Our Healthy Minds Blog will also be updated with entries: Healthy Minds Blog

Online training simulations are available to help you learn and recognize signs of distress, manage conversations, and connect your student/family to support services. For more information, click the following link: Kognito

NEED HELP?

MENTAL HEALTH RESOURCES

24/7 EMERGENCY NUMBERS

In case of a life threatening emergency, call 911

CrisisLink Regional Hotline: **703-527-4077**

CrisisText: Text **NEEDHELP** to **85511**

Dominion Hospital Emergency Room: **703-536-2000**

Inova Emergency Services: **703-289-7560**

Mobile Crisis Unit: **1-844-627-4747**

National Suicide Prevention Lifeline: **1-800-273-TALK** or **1-800-SUICIDE**

Merrifield Center Emergency Services: **703-573-5679**

TTY dial **711**

Fairfax County PUBLIC SCHOOLS
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Substance Abuse Prevention Specialist

Langley High School

Kelly Rankin is the Substance Abuse Prevention Specialist assigned to Langley.

Ms. Rankin has a Masters in Social Work and is a Certified Substance Abuse Counselor in Virginia. Ms. Rankin has been working in the field of addiction for 15 years, this is her 3rd year with FCPS.

Please reach out to Ms. Rankin for guidance or any questions related to vaping, nicotine addiction, drug trends, or alcohol.

Email: Krankin@fcps.edu

Questions?

How can parents help their kids connect to other students?

Technology at Langley

Dr. Lindsey Fisher, School Based Technology Specialist

Lafisher1@fcps.edu

IT Questions

All of the items below have the same login and password.

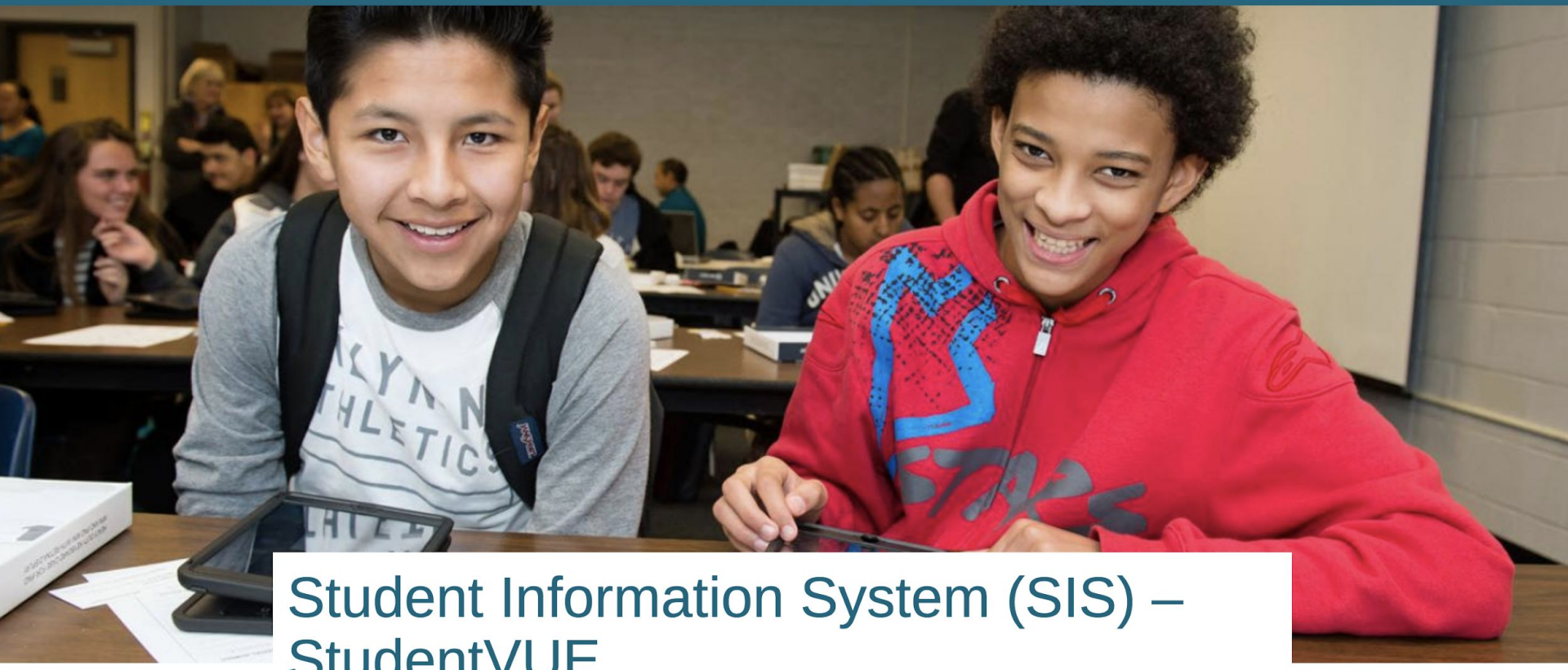
- **Schoology - student account, assignments, preliminary grades, Naviance, x2Vol**
- **SIS ParentVUE - grades, attendance, schedule**
- **FCPSSCHOOLS.net accounts - School Google accounts; not accessible to parents**

Helpful IT Links

- FCPS Virtual Learning YouTube Channel
- Online tutorials in All Students Schoology Course
- Schoology Resource Page for Langley Parents
- Request tech support link
  - SIS and Schoology account access
  - Broken, slow, or otherwise malfunctioning laptops
  - Schoology issues
- Password reset for parents and students
- Adopted Digital Resources Parent Permission Site

Student Information System (SIS)

FCPS 24-7 Learning | SIS | G Suite | Library | Lunch Menus | MySchoolBucks | Employee Resources



Student Information System (SIS) – StudentVUE

Student access to class schedules, grades, report cards, and more

Log Into SIS StudentVUE

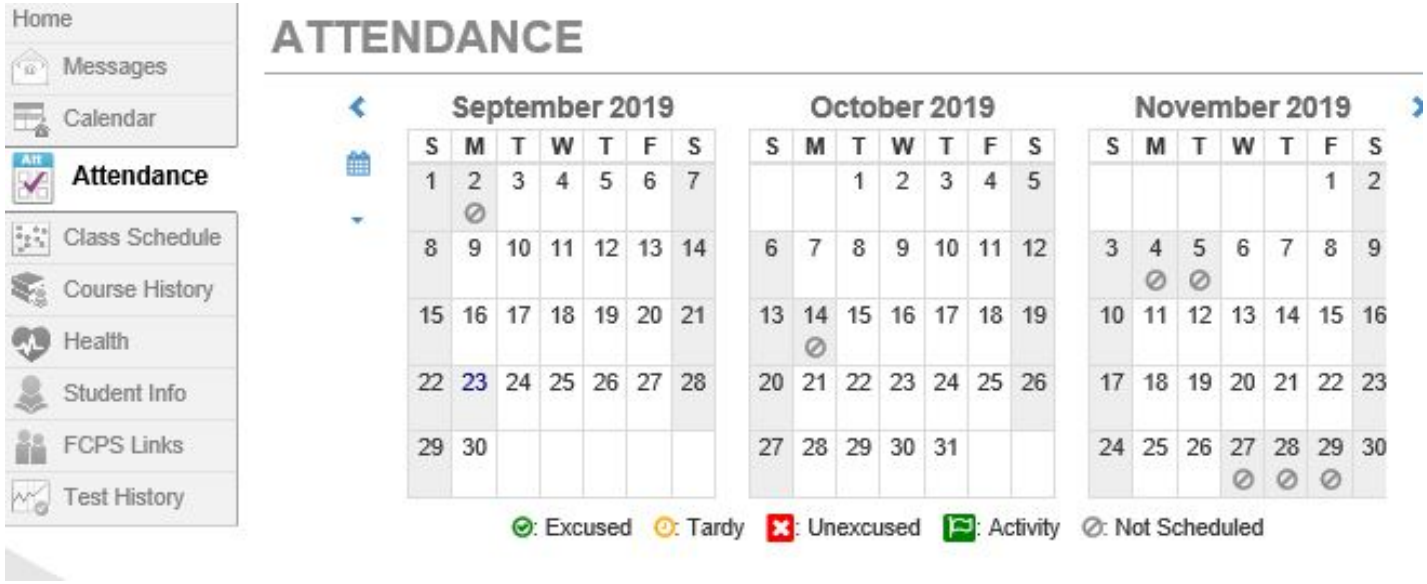
Student Information System (SIS) Parent Account

SIS ParentVue allows parents electronic access to their student's schedule, grades, attendance, and discipline record.

When you registered, you were given a sheet of paper with your Activation Key number along with instructions for creating your account and logging into your account.

This activation key **expires.** Set up your account soon.

Parent/Student VUE

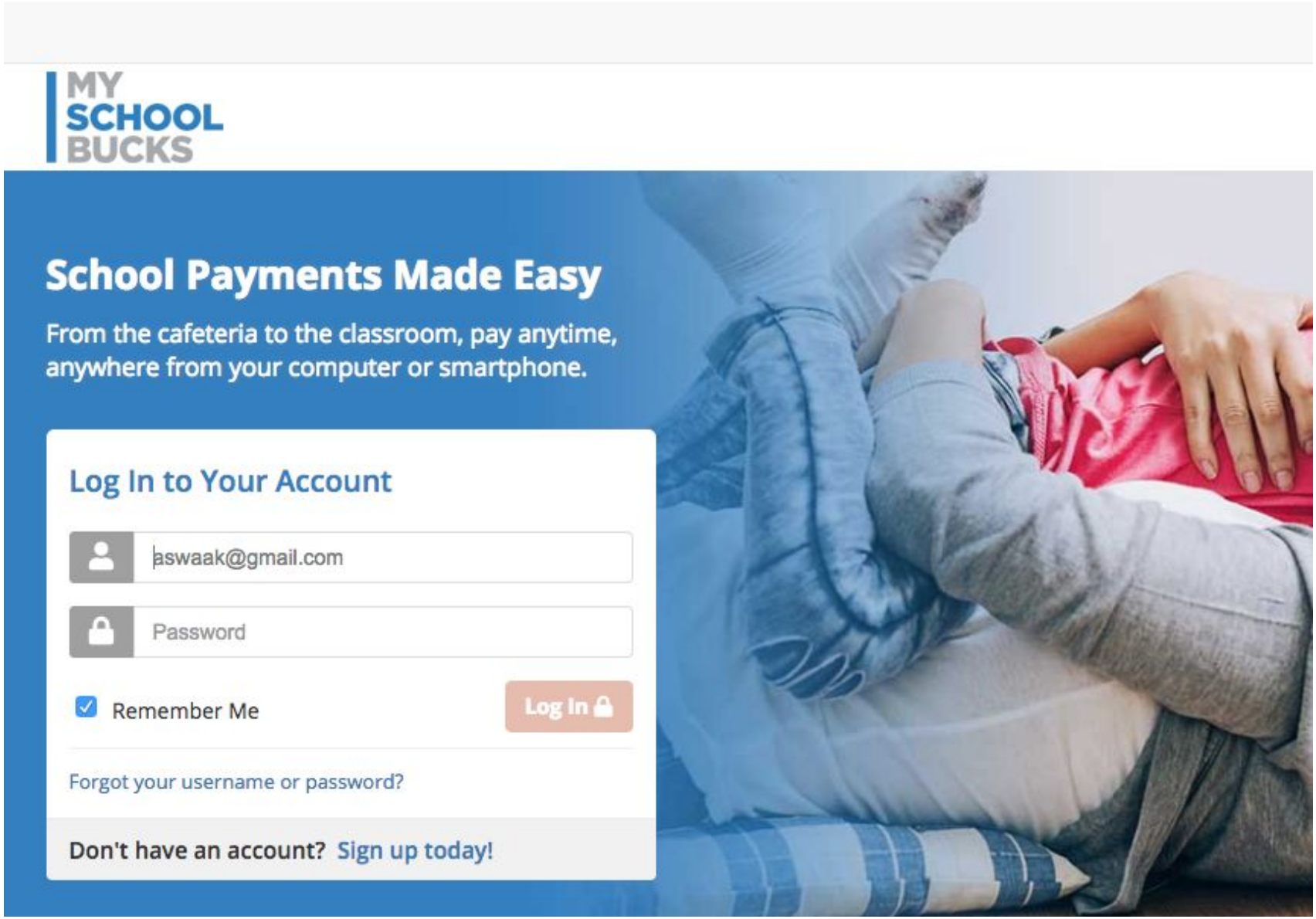


Grade Book Summary for 4th Qtr

Assignment Details for Geosystems (422000) / Period: 1 / Breen Berger / C (73.7%)

Date	Assignment	Assignment Type	Resources	Score
05/14/2019	Biunder Check	classwork	0	30 out of 30
05/14/2019	FInal Exam/Practice SOL	Quizzes/Tests/Projects	0	32.5 out of 50
05/10/2019	Jeopardy Review	classwork	0	10 out of 10
05/10/2019	JLabs	Quizzes/Tests/Projects	0	60 out of 100
05/08/2019	VA Geology, Provinces and Watersheds GIS assignment	classwork	0	0 out of 20
05/06/2019	Reading guide for Resources	classwork	0	15 out of 15

My School Bucks



Technology Demo & Questions

Service Learning & Saxon Service

Julie Hohl

PTSA Family Network

jbzhohl@verizon.net

Service Learning

10 hours of service /year (40+ total) = service cord at graduation

Saxon Service

monthly in school service projects organized by LHS - currently assessing in-person opportunities

Virtual Service (independent):

https://langleyhs.fcps.edu/student-life-activities/service-learning

https://www.volunteermatch.org/virtual-volunteering

https://www.volunteerfairfax.org/

Clubs focused on service:

Service Learning Club

Langley Charity Club

All volunteer hours should be logged into x2Vol

Saxon Service Example Projects

- Making sandwiches or blankets for the homeless
- Making dog and cat toys for shelter animals
- Folding origami cranes for people fighting cancer
- Making cards for active duty military or children in hospitals
- Playing freerice.com to help world hunger
- Knitting blankets for young mothers
- Weaving scarves for homeless people
- Sorting crayons for Crayon Initiative
- Making reusable feminine products for girls in third world countries
- Creating beads from recycled cereal boxes for a school in Haiti
- Sewing and ironing pillow cases for children in area hospitals

Service Questions?

Student Activities

Clubs & Honor Societies

Over 75 Clubs at Langley

- All are listed in Schoology (Courses - All Students)
- see pgs 7-8 of club list for Honor Societies
- https://langleyathletics.org/page/3045/mn#

Most Active

- Best Buddies
- Model UN
- Hearts for Hospitals
- Debate
- Science Olympiad

CLUB DAY- SEPTEMBER 24th

Sports - Latest Information

This Week in Athletics & Activities

-sign up at FCPS News You Choose

Langley eNews

-sign up on Langley PTSA website

Langley Sports Website

https://www.langleysports.org/

Other Classes

School Newspaper

- ***The Saxon Scope*** saxonscope.com
- Christine Mitro camitro@fcps.edu

Student Government

- student-government
- elections are held

Yearbook

- ***The Shire*** yearbook
- Kelly Mulligan kjmulligan@fcps.edu

Performing Arts

Band & Marching Band

langleyband.org

Doug Martin dbmartin1@fcps.edu

Color Guard/Winter Guard

Kira Gaylik kmparkin@fcps.edu

Color Guard/Winter Guard

Joe Antonucci jaantonucci@fcps.edu

Chorus

langleychorus.com

Mac Lambert mllambert@fcps.edu

Orchestra

langleyorchestra.org

Nathan McCormick nsmccormick@fcps.edu

Speech & Drama

saxon-stage.com

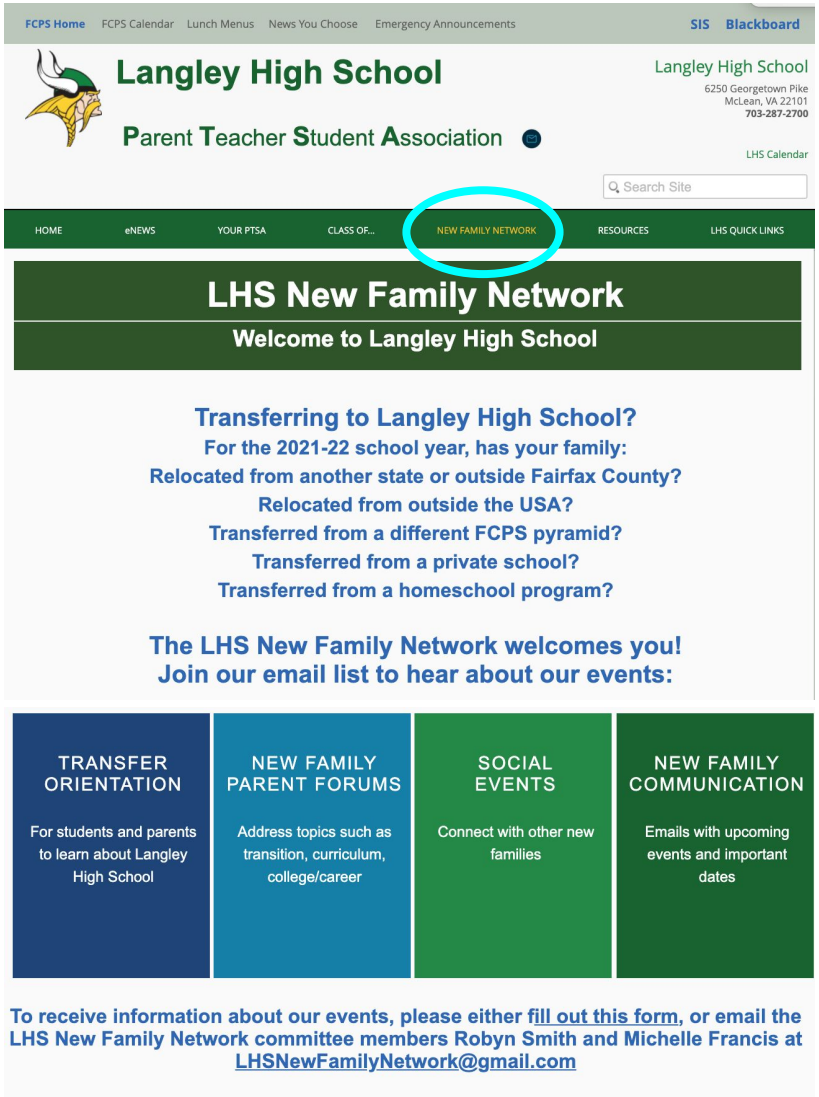
Brian Kaufmann bkaufmann@fcps.edu

Get Connected to Community

- McLean Community Center - https://www.mcleancenter.org/
- McLean Youth Athletics - http://www.myathletics.org/
- Great Falls Athletics - various programs
- Great Falls Friends and Neighbors
  https://www.gffnva.org/about
- New Dominion Women's Club - https://www.ndwc.org/
- McLean Women's Club - https://www.mcleanwomansclub.org/
- SHARE of McLean - https://www.shareofmclean.org/
- McLean Safe Community Coalition - http://mcleanscc.org/
- McLean Project for the Arts - https://mpaart.org/

Get Connected to Other New (and Old) Families

- New Family Directory
- Communications
- Social Events
- Forums
- Facebook Group



New Family Network

Website

https://www.ptsalangley.org/new-family-network

Sign Up

https://form.jotform.com/201456957708162

New Family Directory

https://docs.google.com/forms/d/e/1FAIpQLSfCI7XP1fTfRX5SD5tPGa-q_zajub9e4QS08t0IeahkYM7zxQ/viewform?usp=sf_link

Important Upcoming Dates

- Back to School Night (asynchronous - ongoing)
- Sep 22 – Principal/PTSA Coffee – 9:30 am
- Sep 24 - Club Day
- Sep 24 - New Family Network Evening Social - 6-8 pm
- Oct 11 – No School
- Oct 13 - PSAT (Sophomores & Juniors), SAT (Seniors), 2 hour early release
- Oct 16 – Homecoming
- Oct 21 - Junior Class Forum - 9:30 am
- Oct 26 - Freshman Parent Coffee - 9:30 am
- Oct 29 - End of 1st Quarter - 2 hour early release

Questions?

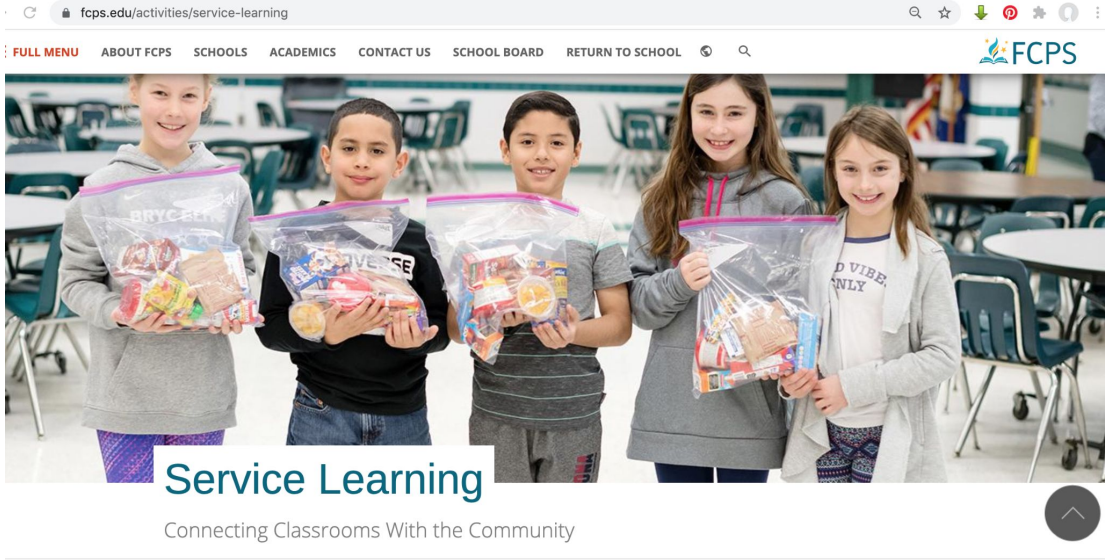
Thanks for Joining Us Today!

Look for a link to this presentation on the New Family Network web page:

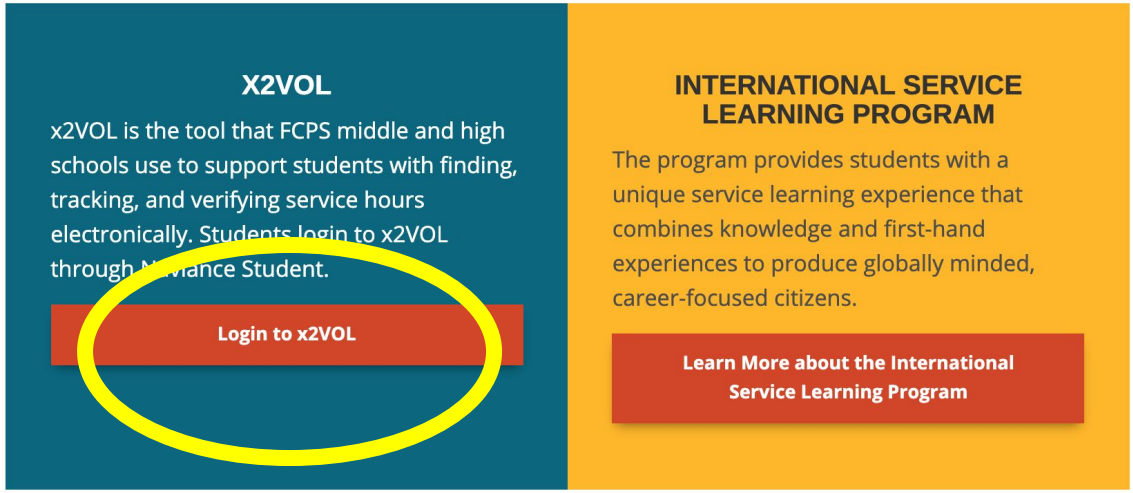
www.ptsalangley.org/new-family-network

Logging Student Volunteer Hours (Naviance & x2VOL)

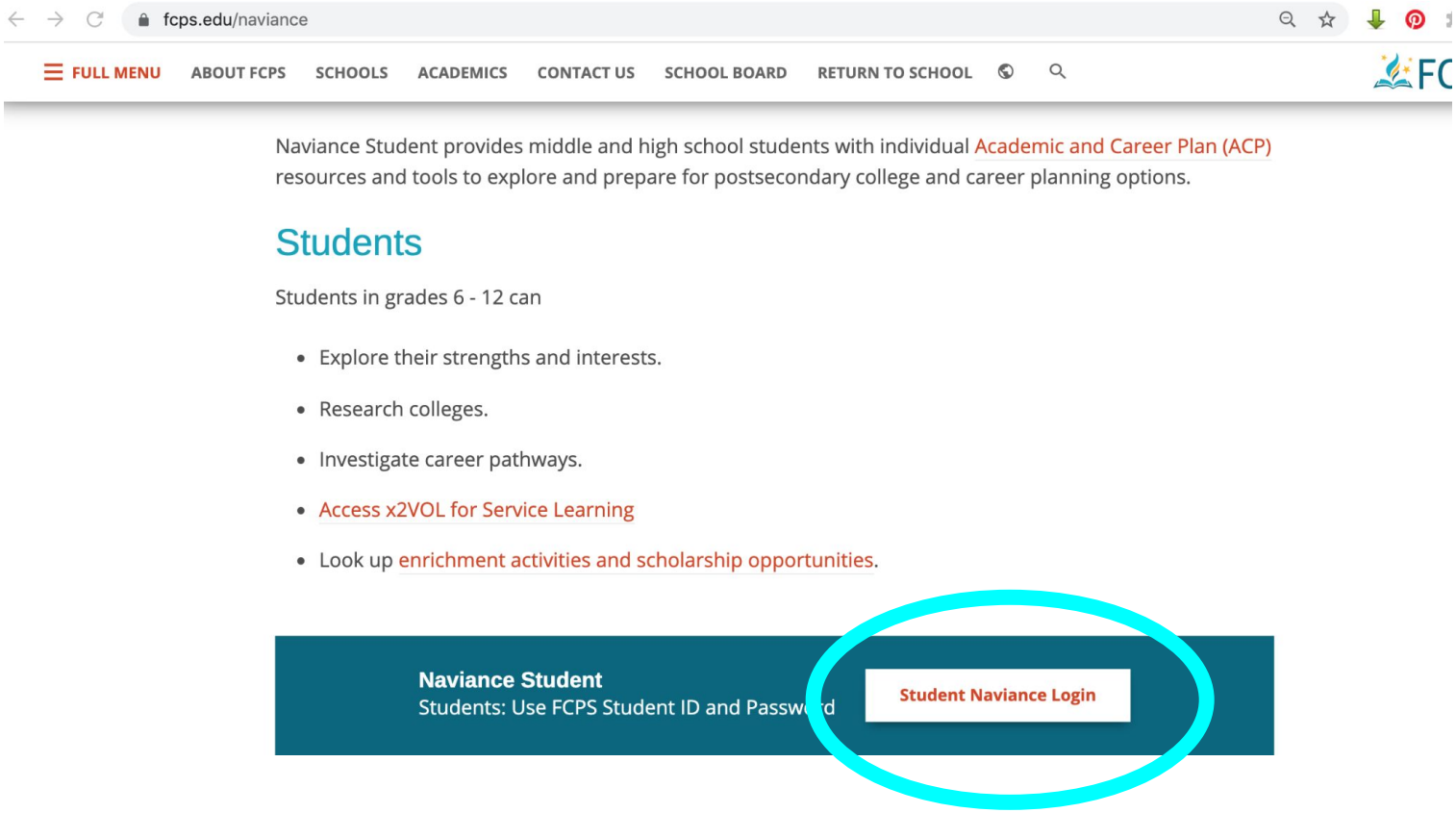
https://www.fcps.edu/activities/service-learning



scroll to bottom of page, then log into x2VOL
(requires student's FCPS ID and password)

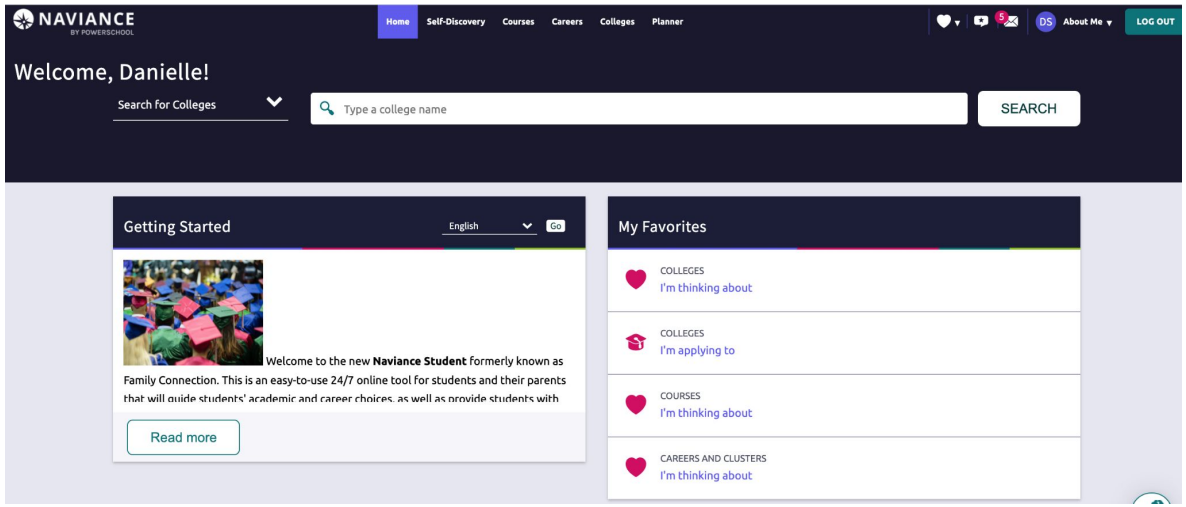


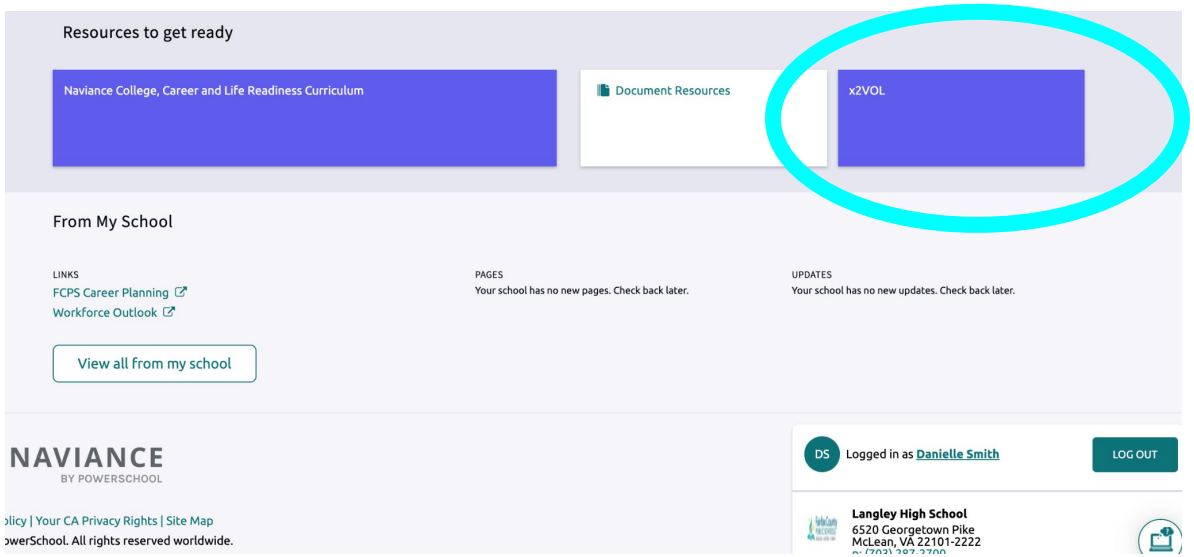
Naviance Login



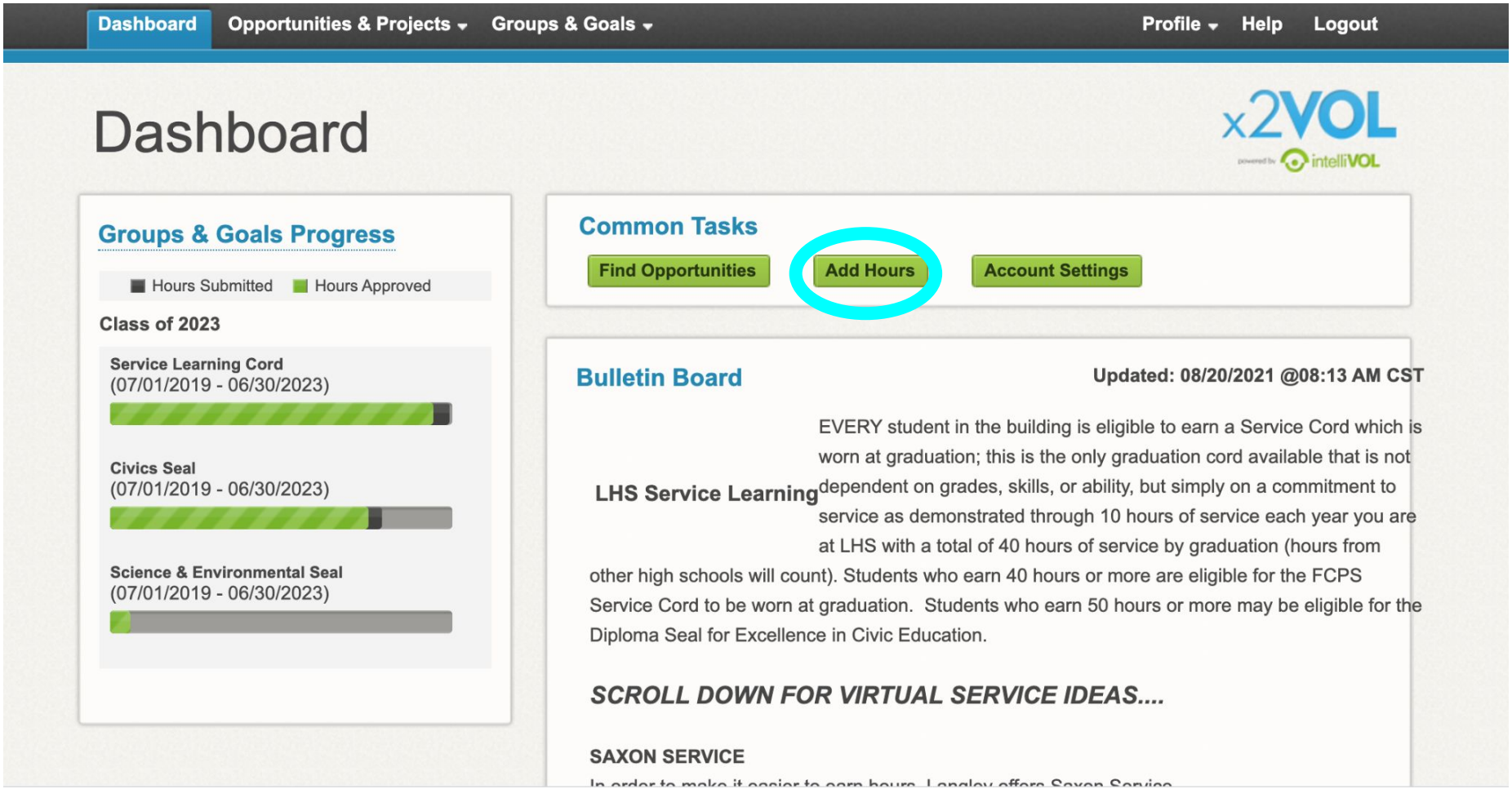
Naviance is actually a great resource that allows students research strengths, colleges and careers. Parents can log on to Naviance with their own username and password but will have access to different information. **Volunteer hours can only be logged and accessed through the student's account.**

Scroll to bottom of page and click on x2VOL

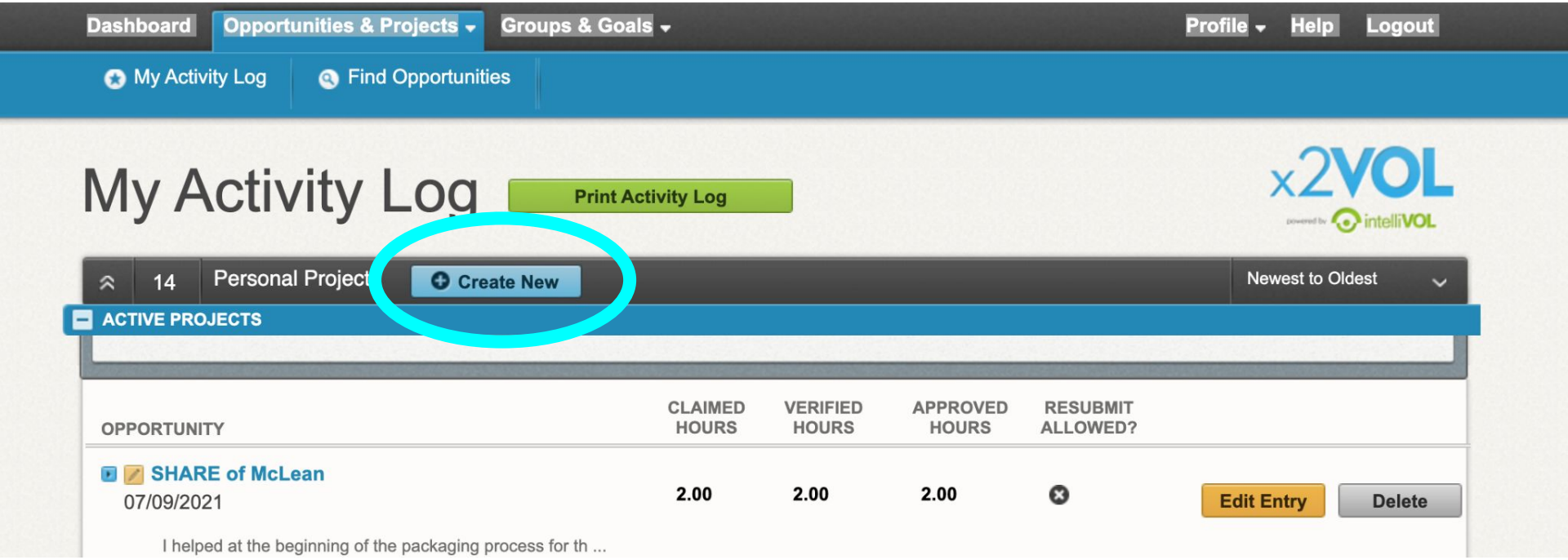




Click “Add Hours” to enter volunteer time



“Create New” and follow instructions



Note: LHS is currently trying to fill the service learning coordinator position so there may be a delay in approving service hours.

Get Connected to Langley

- **Principal's Coffees/PTSA Meetings** - Every other month.
- **Subscribe to FCPS News You Choose emails -** click on Langley High School boxes https://public.govdelivery.com/accounts/VAEDUFCPS/subscriber/new?qsp=VAEDUFCPS_1
- **Class Specific Emails & Forums** - sign up on PTSA website to receive information
- **Subscribe to Langley eNews**
- **Saxon Scope**
- **Volunteer** - Opportunities throughout the year to volunteer for PTSA, Class-specific or Club/Sports-related activities, Academic Boosters, Athletic Boosters
- **Join our PTSA!**