

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](mailto:adavis3@fcps.edu)



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# Supporting Students Emotional Health During Transition Times

— Anna Davis, School Psychologist —  
Langley High School

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# 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

# Emotional Management Strategies

## Strategy:



Time Out

### Why It Works:

Gives you a chance to cool down away from the pressure of the situation

### Why It Works:

Releases natural chemicals that help you let go of tension and feel better

## Strategy:



Walk It Out

## Strategy:



Talk It Out

### Why It Works:

Helps you understand the source of your stress and connect with others

### Why It Works:

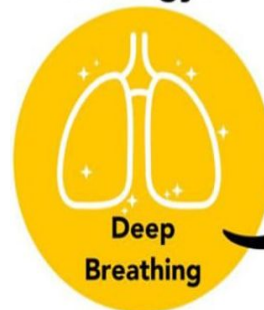
Helps you get some distance, think things through and review your progress

## Strategy:



Write It Out

## Strategy:



Deep Breathing

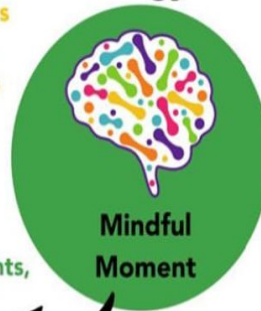
### Why It Works:

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

### Why It Works:

Helps let go of unwanted thoughts, decreases your pulse rate, and changes your focus.

## Strategy:



Mindful Moment



**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](mailto:adavis3@fcps.edu)

703-287-2886

**Catherine Kennedy, School Social Worker**

[cskennedy@fcps.edu](mailto: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](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**



# 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 3<sup>rd</sup> 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](mailto: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](mailto:Lafisher1@fcps.edu)





# IT Questions

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

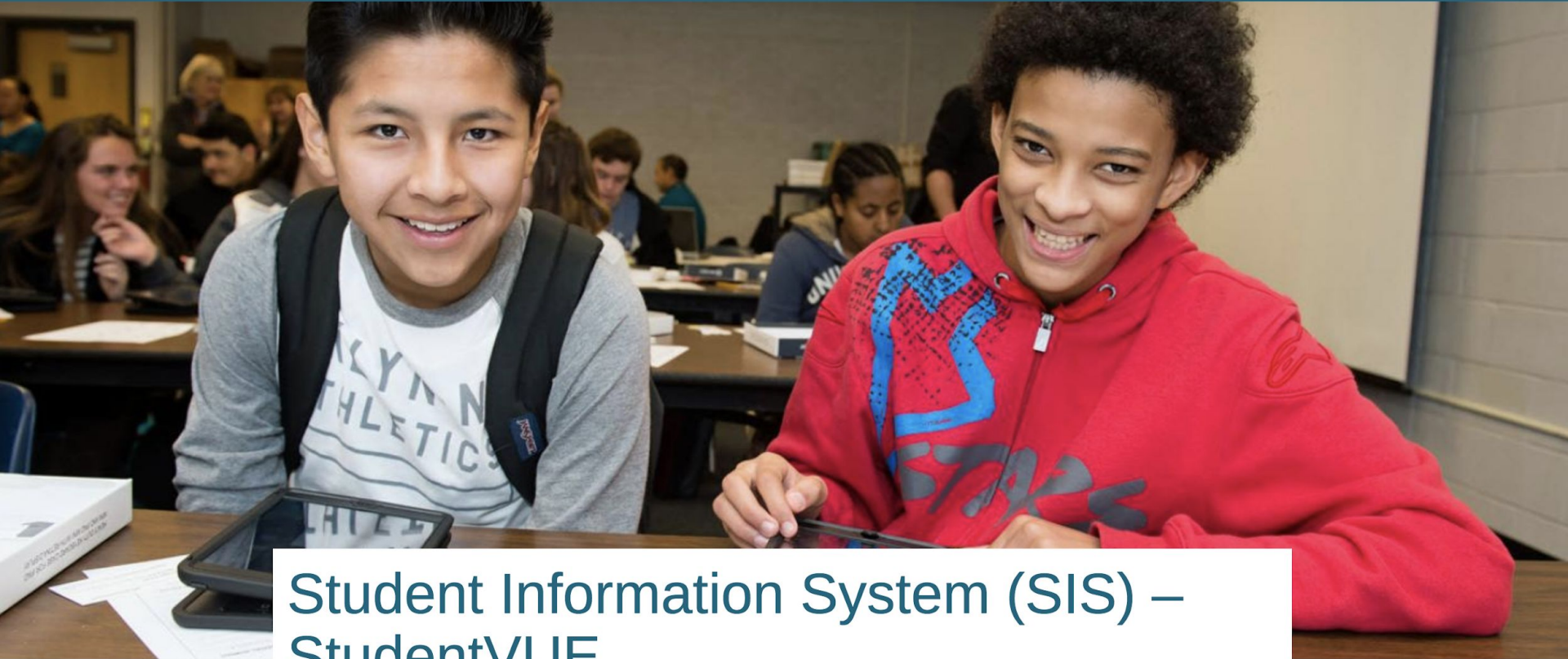
- [Schoology](#) - student account, assignments, preliminary grades, Naviance, x2Vol
- [SIS ParentVUE](#) - grades, attendance, schedule
- [FCPSSCHOOLS.net accounts](#) - School Google accounts; not accessible to parents



# 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.



# My School Bucks



## School Payments Made Easy

From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone.

### Log In to Your Account





☒ Remember Me

[Log In](#) 

[Forgot your username or password?](#)

Don't have an account? [Sign up today!](#)



# Technology Demo & Questions

# Service Learning & Saxon Service

**Julie Hohl**

PTSA Family Network

[jbzhohl@verizon.net](mailto: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](http://saxonscope.com)
- Christine Mitro [camitro@fcps.edu](mailto:camitro@fcps.edu)

## Student Government

- [student-government](#)
- elections are held

## Yearbook

- *The Shire* [yearbook](#)
- Kelly Mulligan [kjmulligan@fcps.edu](mailto:kjmulligan@fcps.edu)

# Performing Arts

## **Band & Marching Band**

[langleyband.org](http://langleyband.org)

Doug Martin [dbmartin1@fcps.edu](mailto:dbmartin1@fcps.edu)

## **Color Guard/Winter Guard**

Kira Gaylik [kmparkin@fcps.edu](mailto:kmparkin@fcps.edu)

## **Color Guard/Winter Guard**

Joe Antonucci [jaantonucci@fcps.edu](mailto:jaantonucci@fcps.edu)

## **Chorus**

[langleychorus.com](http://langleychorus.com)

Mac Lambert [mllambert@fcps.edu](mailto:mllambert@fcps.edu)

## **Orchestra**

[langleyorchestra.org](http://langleyorchestra.org)

Nathan McCormick [nsmccormick@fcps.edu](mailto:nsmccormick@fcps.edu)

## **Speech & Drama**

[saxon-stage.com](http://saxon-stage.com)

Brian Kaufmann [bkaufmann@fcps.edu](mailto:bkaufmann@fcps.edu)

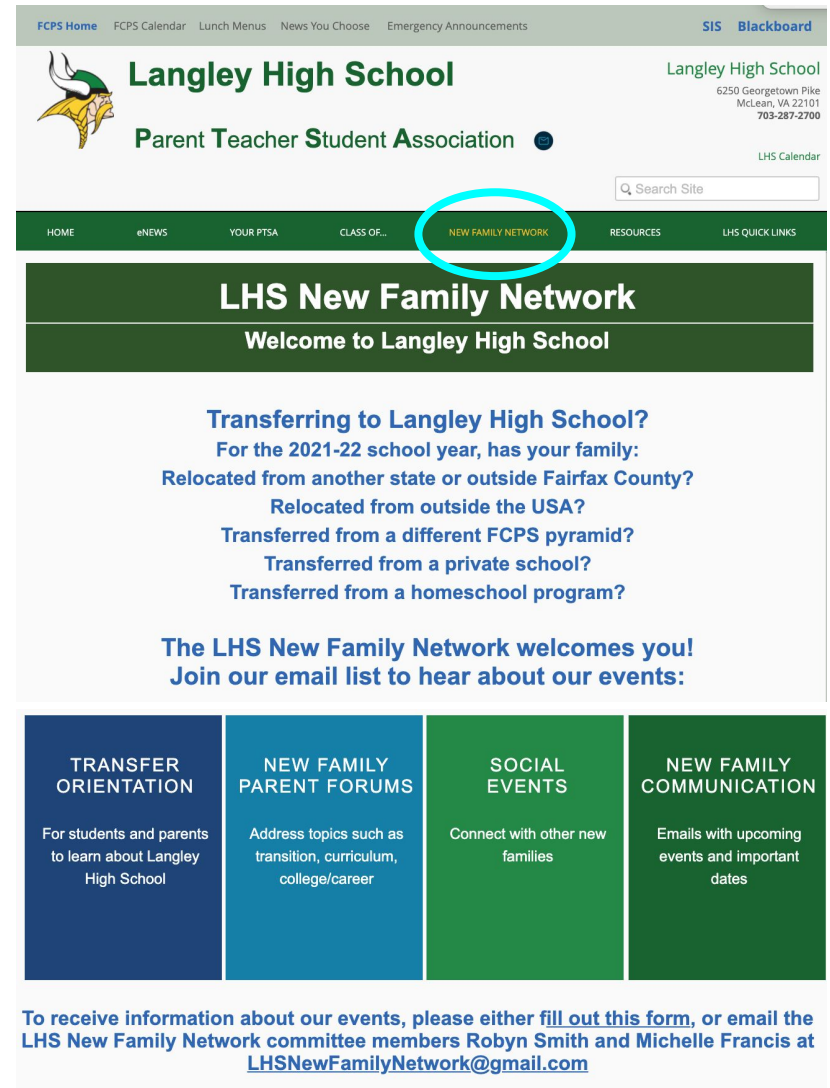
# Get Connected to Community

- 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



FCPS Home FCPS Calendar Lunch Menus News You Choose Emergency Announcements SIS Blackboard

**Langley High School**  
Parent Teacher Student Association

Langley High School  
6250 Georgetown Pike  
McLean, VA 22101  
703-287-2700

LHS Calendar

Q Search Site

HOME eNEWS YOUR PTSA CLASS OF... **NEW FAMILY NETWORK** RESOURCES LHS QUICK LINKS

## LHS New Family Network

Welcome to Langley High School

**Transferring to Langley High School?**  
For the 2021-22 school year, has your family:  
Relocated from another state or outside Fairfax County?  
Relocated from outside the USA?  
Transferred from a different FCPS pyramid?  
Transferred from a private school?  
Transferred from a homeschool program?

**The LHS New Family Network welcomes you!**  
Join our email list to hear about our events:

<b>TRANSFER ORIENTATION</b> For students and parents to learn about Langley High School	<b>NEW FAMILY PARENT FORUMS</b> Address topics such as transition, curriculum, college/career	<b>SOCIAL EVENTS</b> Connect with other new families	<b>NEW FAMILY COMMUNICATION</b> Emails with upcoming events and important dates
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To receive information about our events, please either [fill out this form](#), or email the LHS New Family Network committee members Robyn Smith and Michelle Francis at [LHSNewFamilyNetwork@gmail.com](mailto:LHSNewFamilyNetwork@gmail.com)

# New Family Network

## Website

<https://www.ptsalangle.org/new-family-network>

## Sign Up

<https://form.jotform.com/201456957708162>

## New Family Directory

[https://docs.google.com/forms/d/e/1FAIpQLSfCI7XP1fTfRX5SD5tPGa-q\\_zajub9e4QS08t0leahkYM7zxQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfCI7XP1fTfRX5SD5tPGa-q_zajub9e4QS08t0leahkYM7zxQ/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!

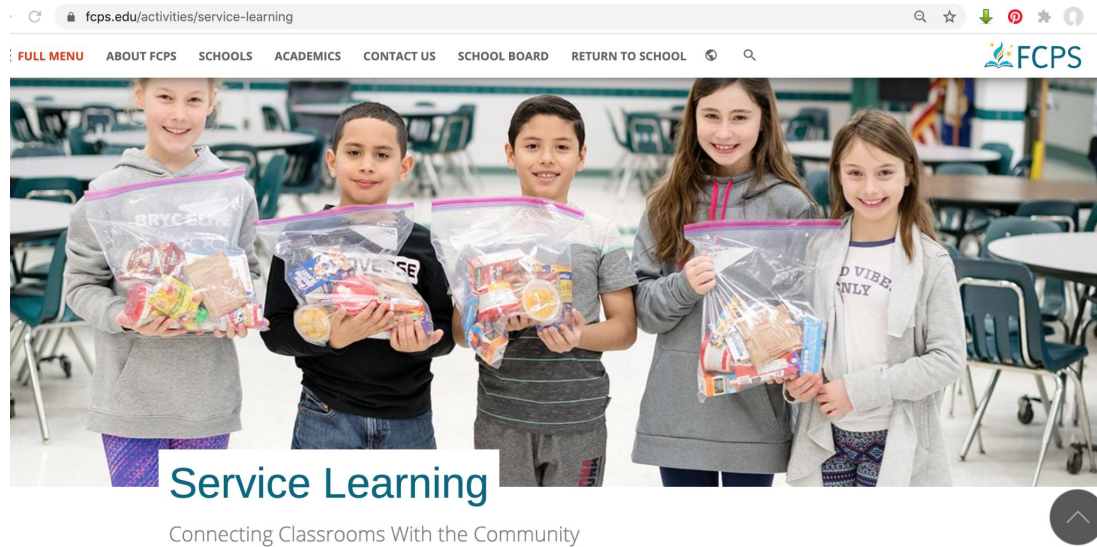


Look for a link to this presentation on the New Family Network web page:

[www.ptsalangle.org/new-family-network](http://www.ptsalangle.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 )

### X2VOL

x2VOL is the tool that FCPS middle and high schools use to support students with finding, tracking, and verifying service hours electronically. Students login to x2VOL through Naviance Student.

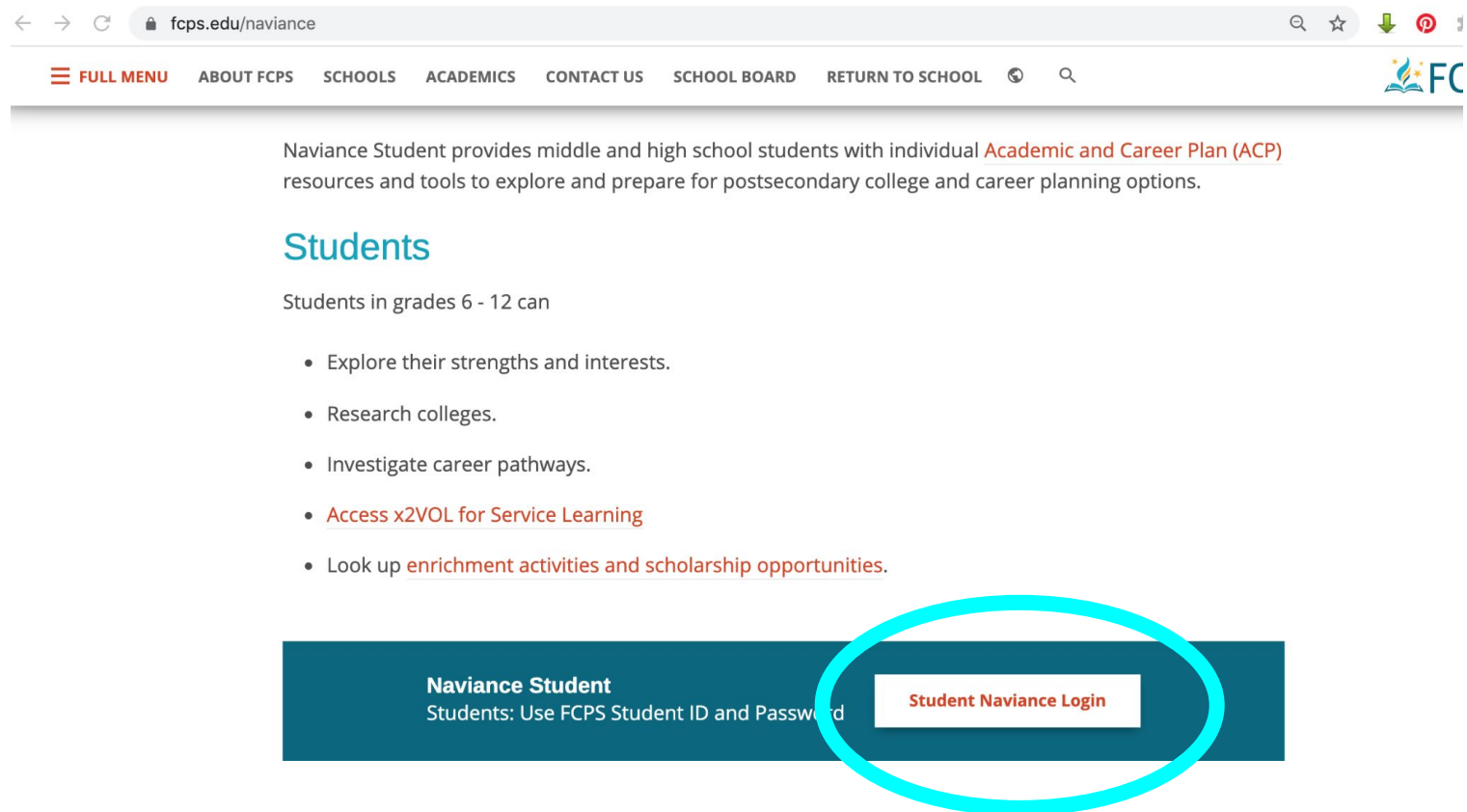
Login to x2VOL

### INTERNATIONAL SERVICE LEARNING PROGRAM

The program provides students with a unique service learning experience that combines knowledge and first-hand experiences to produce globally minded, career-focused citizens.

Learn More about the International  
Service Learning Program

# 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


The screenshot shows the top section of the Naviance website. At the top left is the Naviance logo with 'BY POWERSCHOOL' underneath. To the right is a navigation bar with links: Home, Self-Discovery, Courses, Careers, Colleges, and Planner. Further right are icons for a heart, a speech bubble, a mail icon, and a user profile icon labeled 'DS About Me', followed by a 'LOG OUT' button. Below the navigation bar, it says 'Welcome, Danielle!'. There is a 'Search for Colleges' dropdown menu and a search bar with the placeholder text 'Type a college name' and a 'SEARCH' button. Below this, there are two main sections: 'Getting Started' on the left and 'My Favorites' on the right. The 'Getting Started' section has a language dropdown set to 'English' and a 'Go' button. It features an image of graduation caps and text welcoming the user to the new Naviance Student platform, mentioning it was formerly known as Family Connection and is a 24/7 online tool. A 'Read more' button is at the bottom. The 'My Favorites' section lists four categories: 'COLLEGES I'm thinking about', 'COLLEGES I'm applying to', 'COURSES I'm thinking about', and 'CAREERS AND CLUSTERS I'm thinking about', each with a heart icon.

This screenshot shows the lower portion of the Naviance website. The 'Resources to get ready' section contains three blue rectangular buttons: 'Naviance College, Career and Life Readiness Curriculum', 'Document Resources', and 'x2VOL'. The 'x2VOL' button is circled in red. Below this is the 'From My School' section, which is divided into three columns: 'LINKS' with links to 'FCPS Career Planning' and 'Workforce Outlook', 'PAGES' with the message 'Your school has no new pages. Check back later.', and 'UPDATES' with the message 'Your school has no new updates. Check back later.'. A 'View all from my school' button is at the bottom of this section. The footer contains the Naviance logo and 'BY POWERSCHOOL' on the left, and a user login status 'DS Logged in as Danielle Smith' with a 'LOG OUT' button in the center. On the right, it lists 'Langley High School' with its address '6520 Georgetown Pike, McLean, VA 22101-2222' and the phone number '703.261.3073'. A small icon of a graduation cap is at the bottom right.

# Click “Add Hours” to enter volunteer time

[Dashboard](#) [Opportunities & Projects](#) [Groups & Goals](#) [Profile](#) [Help](#) [Logout](#)

## Dashboard



### Groups & Goals Progress

■ Hours Submitted ■ Hours Approved

**Class of 2023**

**Service Learning Cord**  
(07/01/2019 - 06/30/2023)

**Civics Seal**  
(07/01/2019 - 06/30/2023)

**Science & Environmental Seal**  
(07/01/2019 - 06/30/2023)

### Common Tasks

[Find Opportunities](#) [Add Hours](#) [Account Settings](#)

### Bulletin Board

Updated: 08/20/2021 @08:13 AM CST

**LHS Service Learning**

EVERY student in the building is eligible to earn a Service Cord which is worn at graduation; this is the only graduation cord available that is not dependent on grades, skills, or ability, but simply on a commitment to service as demonstrated through 10 hours of service each year you are at LHS with a total of 40 hours of service by graduation (hours from other high schools will count). Students who earn 40 hours or more are eligible for the FCPS Service Cord to be worn at graduation. Students who earn 50 hours or more may be eligible for the Diploma Seal for Excellence in Civic Education.

**SCROLL DOWN FOR VIRTUAL SERVICE IDEAS....**

**SAXON SERVICE**

In order to make it easier to earn hours, Langley offers Saxon Service

# “Create New” and follow instructions

The screenshot shows the x2VOL web application interface. At the top, there is a navigation bar with links for Dashboard, Opportunities & Projects (selected), Groups & Goals, Profile, Help, and Logout. Below this is a secondary bar with My Activity Log (selected) and Find Opportunities. The main content area is titled 'My Activity Log' and includes a 'Print Activity Log' button. A red circle highlights the '+ Create New' button. Below this is a section for 'ACTIVE PROJECTS' with a table of activity log entries.

OPPORTUNITY	CLAIMED HOURS	VERIFIED HOURS	APPROVED HOURS	RESUBMIT ALLOWED?
SHARE of McLean 07/09/2021 I helped at the beginning of the packaging process for th ...	2.00	2.00	2.00	

Buttons: Edit Entry, Delete

**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](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!**