

Hayfield Secondary School



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## Hayfield Student Services Newsletter - 4/29/22

### Move for Mental Health Event - May 1

Our Minds Matter (OMM) and Fairfax County Public Schools (FCPS) are excited to host our first ever [Move for Mental Health](#) event on Sunday, May 1, 2022 at Mason District Park!

May is Mental Health Awareness Month and what better way to celebrate than by getting our moves on? Research shows that moving our bodies releases endorphins, relieves stress, provides a break from everyday life, presents an opportunity for self expression, and helps us feel more connected to our bodies. Physical activity is a healthy and accessible coping mechanism for when things get tough.

At our Move for Mental Health event, there is something for everyone! You can choose to walk, run, bike, wheel, and/or check other movement and self-care stations throughout the route. There will also be live performances and opportunities for FCPS students to earn community services hours.

This event is open to the public. We cannot wait to have you join us and show how you move for mental health!

When: Sunday May 1, 2022

Where: Mason District Park in Annandale

Time: 10:30am – 1:30pm

[Click here to REGISTER NOW!](#)

### Rising 9 and New HS Student Transition Site - now available

Thank you to parents/guardians and students who were able to come to our Rising 9 transition night on April 21. The recording of the event and supplemental resources to aid in your new student or rising 9th grader's transition have been uploaded onto our transition website, linked below. We

hope you find this site useful as you navigate this transition with your student and we look forward to welcoming your student(s) to our high school side next year!

<https://sites.google.com/view/hsstransition/home>

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## **Reminder from PTSA - Teacher Appreciation Week May 2-6 - your help is needed!**

Your PTSA is Making Plans to Celebrate Our Amazing Teachers & Staff During Teacher Appreciation Week May 2-6, 2022- Here is how you can HELP us and show your support and gratitude!

Wednesday May 4th--PTSA is hosting a luncheon for all staff--we are in need of food donations and volunteers...please sign up

here: <https://www.signupgenius.com/go/20f0c44aaab2ba6f49-staff>

If you prefer, send a cash donation

here: <https://hayfieldssptsa.ptboard.com/formvw?store=2409&form=5>

We will also be hosting our Gift Card Raffle throughout the week. We have many generous donations from local businesses, but never enough for every staff member. If you would like to contribute you may purchase gift cards from local businesses and arrange for pick-up or drop off with Julie or Marlow, or...purchase a donation through the Amazon wish list posted below. If you are a local business owner and would like to contribute product for the raffle please reach out.

AMAZON WISH LIST: [https://www.amazon.com/.../ref=nav\\_wishlist\\_lists\\_2...](https://www.amazon.com/.../ref=nav_wishlist_lists_2...)

If you have any questions please contact : Julie Do 703-798-4214 or Marlow Townes 571-598-0940

Thank you for your continued support!

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