



---

## Student Services Newsletter, 1/25/21

### Academy Open Houses 2/2, 2/8, and 2/10

Edison Academy, West Potomac Academy, and Fairfax Academy invite you to attend their virtual open houses this year to learn more about Academy courses, meet Academy teachers and other faculty, and connect with current students! Fairfax Academy's virtual open house is February 2nd from 6:30 - 7:30pm. West Potomac Academy's Virtual Open House will be held Monday, February 8th from 6:15pm – 7:30pm. Please see the flyer for a link to register for this event! Edison Academy's Virtual Open House will be held on Wednesday, February 10th from 6:30pm – 7:30pm. The links for this event will be posted on Edison Academy's website the day of the event. The deadline for students to register, with their school counselors, for Academy classes is March 12th. You do not want to miss this opportunity to learn more about all these Academies have to offer students, including hands-on experiences, real-world career certifications, and more! If you have any questions, please contact Cassandra Deedy, Edison Academy Counselor, at [CJDeedy@fcps.edu](mailto:CJDeedy@fcps.edu), Meredith Ayala, West Potomac Academy Counselor, at [mlayala1@fcps.edu](mailto:mlayala1@fcps.edu), and Maria Martin, Fairfax Academy Counselor, at [mlmartin2@fcps.edu](mailto:mlmartin2@fcps.edu). We look forward to connecting with you soon!

[2021 OPEN HOUSE FLYER Fairfax Academy.pdf](#)

[WPA Virtual Open House Flyer 2021.pdf](#)

[Edison Academy Open House Flyer 2021.pdf](#)

### Race and Equity Town Hall - 2/22/21

Hayfield's No Place For Hate committee and the Hayfield Student Equity Council are facilitating a Race and Equity Town Hall on **MONDAY, FEBRUARY 22, 2021 from 12:30PM - 2:30PM**. The Race and Equity Town Hall is an opportunity to provide a safe space to have uncomfortable, yet important conversations led by students. We hope to

inspire students to use their voice and speak on important issues and would like staff input as well.

**Please complete this form to let us know what you want to talk about:**

<https://forms.gle/VBnkbiG631UmKTFSA>. While this form is not required, it is highly encouraged so that we are able to address as many questions and concerns as possible! This is about making YOUR VOICE heard! This form will remain ANONYMOUS, so do not be afraid to be as open and honest as you would like. We look forward to the conversation on Feb. 22.

*Hayfield's **No Place For Hate committee** strives to create an inclusive, welcoming, and safe environment, regardless of one's race, sex, gender, religious, or socioeconomic background, through the facilitation of candid discussions and events, learning, acknowledging, and celebrating our differences. The **Hayfield Student Equity Council** strives to foster inclusivity, diversity, and knowledge through empowering student voices and community outreach. HSEC aspires to provide students with the foundation to actively serve as a catalyst for engagement that provides a safe space for intentional, cross-cultural interactions that support an equity platform for change.*

## National School Counseling Week – February 1 – 5, 2021

National School Counseling Week 2021 (#NSCW21), "School Counselors: All In for All Students," will be celebrated from Feb. 1-5, 2021, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by the American School Counselor Association (ASCA), highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February.

Fairfax County Public Schools employs close to 700 school counseling professionals, including school counselors, directors of student services, and career center specialists. These professionals are committed to preparing students to become lifelong learners and productive members in a global society with a focus on social emotional wellness, academic success, and college and career readiness. Thank you to all of our school counseling professionals for the tremendous work they do!

## Getting Organized: Tips During the Pandemic

We know it has been really hard to manage everything. Check out these tips from the Child Mind Institute for getting organized: [bit.ly/3p0x1wf](https://bit.ly/3p0x1wf).

## NEW Hayfield Guided Meditation Group

The Group will provide bimonthly synchronous meditation sessions as well as meditation resources accessible 24/7 via Schoology. Use the access code to join: **QSW2-697G-TBMQZ**.

## From Mr. Joyner, Substance Abuse Prevention Specialist

Welcome to 2021 and a new year of possibilities. I hope you got some rest and are energized and hopeful of what this year can become for all of us. With all of the current discussion surrounding vaccines, I have a question to ask...

### Can we develop a Vaccine for Substance Abuse?

Technically speaking, a vaccine is *“a substance use to stimulate the production of antibodies and provide immunity against one or several diseases”*. While we may not be able to create a shot to protect us from drug and alcohol abuse, what if we could create a **“behavioral vaccine”**? Could we “prevent” our children from using substances even when they are “exposed”? Can we teach them “behaviors” for dealing with the major causes of substance abuse?

According to the [2019-20 Fairfax County Youth Survey](#), **depressive symptoms, vaping, healthy eating and screen time** are among the issues that influenced the health and wellbeing of our youth in the 2019-20 school year. We also know that when students have three or more positive, protective factors in their lives, they are more likely to manage stress, make better choices and develop healthy habits.

Fairfax County has developed the [“3 to Succeed”](#) model. These are *“Protective Factors”* that refer to the supports, opportunities and relationships our youth need across all aspects of their lives to achieve their potential. These include:

- Having high personal integrity
- Having community adults to talk to
- Performing community service
- Participating in extracurricular activities
- Having teachers recognize good work
- Having parents available for help

While we may not be able to develop a “vaccine” like we can for certain illness and diseases, we can all work together to develop a “behavioral vaccine” for our students. With the protective factors listed above, we can help our students be prepared for anything that will challenge them and prepare them to make smart decisions. For more information on the 3 to Succeed Program, please click [HERE](#).

### **Vape-Free Fairfax Text Message Support Program**

*DO YOU OR SOMEONE YOU KNOW NEED HELP TO STOP VAPING?*

**This is Quitting** offers text messages for teens and young adults that provide support throughout the quit process. This is Quitting is easy to use, free and anonymous.

Here's how This is Quitting can help:

- Set a quit date and receive up to 12 weeks of tailored daily text messages.
- Get 24/7 on-demand support for cravings, stress, relapse, or requests for more messages.

Sign up now: **Text VapeFreeFFX to 88709**

Substance abuse can still happen during virtual learning. If you need support with your child please feel free to reach out to me at [amjoyner@fcps.edu](mailto:amjoyner@fcps.edu) and we can discuss options that may be of help to you and your family. Additionally, the Community Services Board (CSB) is still providing general mental health and substance abuse services. Their information can be found by clicking [HERE](#).

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness: (571) 423-4270 or visit our website by clicking [HERE](#).

Mr.

Joyner

Substance Abuse Prevention Specialist

West Springfield & Hayfield Pyramids

[amjoyner@fcps.edu](mailto:amjoyner@fcps.edu)

7630 Telegraph Rd Alexandria, VA 22315 | Main Office: 703-924-7400

Attendance: 703-924-7419 | [Web](#) | [Twitter](#)