

## Hayfield Secondary School



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### Hayfield Student Services Newsletter - 9/5/23

Welcome to the Hayfield Student Services Newsletter!

This bulletin will be sent out periodically with information and resources to support your students' academic, college/career, and social-emotional well-being! This is intended to supplement our schoolwide community newsletters. Wishing you a wonderful and well 2023-2024 school year!

Erin Crowley, Hayfield High School Director of Student Services

Tim Hopkins, Hayfield Middle School Director of Student Services

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### Thomas Jefferson High School for Science and Technology Information Night tomorrow 9/6 5 pm (for current 8th grade)

Presentation on the Thomas Jefferson High School for Science & Technology (TJHSST) Application Process

**WHEN: September 6, 2023 from 5pm-6pm**

**WHERE: Hayfield Secondary - High School Lecture Hall**

Questions? See their admissions website for more information

<https://www.fcps.edu/registration/thomas-jefferson-high-school-science-and-technology-admissions/tjhsst-freshman> or

contact Ms. Brussel, Hayfield Middle School Counselor, [arbrussel@fcps.edu](mailto:arbrussel@fcps.edu)

[TJ presentation flyer.pdf](#)

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### Class of 2024 Senior Parent Information Night

Senior Parent Night is **Tuesday, September 19 from 6:00- 8:30 p.m.** at Hayfield. Families will be able to choose breakout sessions to learn more about various postsecondary options. Full schedule and details coming soon via email!

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## **World Language Credit Exam (Grades 7-12)**

**November 8 (Edison HS), 9 (Centreville HS), & 13 (Fairfax HS)**

**Registration opens September 5 & closes October 5**

The exam assesses reading and writing language proficiency in languages other than English. **Students who take the exam may earn up to three World Languages credits for levels one, two, and three for the language of the exam.** The credits may fulfill the World Languages requirements for the Advanced Studies Diploma. The FCPS World Languages Credit Exam is also an approved assessment for awarding the Virginia Department of Education's Seal of Biliteracy. The exam is offered one time per school year. A student may participate in the exam two times per language, once per year, between grades 7 through 12. In other words, students have two chances per language to earn credits by taking the exam.

[World Languages Credit Exam 2023-Arabic.pdf](#)

[Credit Exam Flyer Fall 2023 English.pdf](#)

[World Languages Credit Exam 2023- Spanish.pdf](#)

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**Save the Date! FCPS College Fair at EagleBank Arena -  
October 15, 2023**



## Look to the FUTURE

Students are highly encouraged to register for these events.

### College Fair

**Sunday, October 15, 2023**

**4 to 7 p.m.**

**Eagle Bank Arena at George Mason University**

Register at: <https://bit.ly/fcps2023postsecondary>

Upon registration, students will receive a barcode allowing college representatives to retrieve student information electronically. Barcodes can be scanned from mobile devices.

**Approximately 250 colleges and universities represented!**

Sponsored by Fairfax County Public Schools Instructional Services Department in coordination with the Office of Admissions at George Mason University.

Students and their families are invited to the annual Fairfax County Public Schools College Fair and the Two Night Postsecondary Virtual Event.

### Postsecondary Two Night Event

**Monday, October 16, 2023 &  
Tuesday, October 17, 2023**

**Virtual from 5 to 8 p.m.**

Join us for Fairfax County Public Schools Two Night Postsecondary Event and participate in one or all of the live virtual sessions. You will learn how to be better prepared for the next chapter of your educational journey.

Register at:

<https://bit.ly/fcps2023postsecondary>



## Substance Abuse Prevention Article

For further Information & support: Bryan Villalobos

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

Substance Abuse Prevention Specialist

**When a Nap Isn't a Nap**

Overdoses touch people and communities in many ways. International Overdose Awareness Day, August 31st, 2023, is the world's largest annual campaign to end overdose and remember those who have died without stigma while also acknowledging the grief of their loved ones. An overdose means having more of a drug(s) than the body can handle. Unfortunately, opioid misuse is now the leading cause of unnatural death in Fairfax County according to the Office of the Chief Medical Examiner. Don't allow it to go unnoticed in your home and in our community.

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as Percocet, oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others (NIH).

Opioids slow the central nervous system to produce a calming effect. When taken in excess amounts or in combination with other central nervous system depressants, they greatly suppress breathing and the heart rate.

**Signs of an overdose include:** Loss of consciousness. Unresponsive to outside stimulus. Awake, but unable to talk. Breathing is very slow and shallow, erratic, or has stopped. For lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen. Choking sounds, or a snore-like gurgling noise (sometimes called the "death rattle"). Vomiting. Body is very limp. Face is very pale or clammy. Fingernails and lips turn blue or purplish black. Pulse (heartbeat) is slow, erratic, or not there at all

A person may appear as though they are just napping. It may be difficult to tell if someone is napping or potentially overdosing, especially if they are snoring.

**If someone is making unfamiliar sounds while "sleeping" it is worth trying to wake him or her up.** Many loved ones of users thought a person was snoring, when in fact they were overdosing. These situations are a missed opportunity to intervene and save a life. Snoring and gurgling can indicate that a person is having trouble breathing. With substance use, especially with opioids which slow down the systems of the body, snoring may indicate a serious and potentially life-threatening obstruction of the airway.

In the context of substance use, snoring is not something that should be seen as "normal". Don't let someone "sleep it off" if they are snoring; this may be a sign of a significant and life-threatening emergency. You should attempt to wake them immediately.

If they do wake up, then the snoring (airway obstruction) will resolve. If they do not wake up, call 911 immediately.

As we are about to embark on another school year, it is important to bring awareness to our families and students about what to look for in regard to

substance use. Take confidence in the fact that you know what is normal for your student and what is not in terms of their behavior.

Potential signs that something may be off with your student:

A student who starts acting withdrawn or seems tired, depressed, or mad for no reason • Changing friends • Not caring about personal appearance • Slipping grades, skipping classes • Losing interest in favorite activities • Behavioral or academic trouble at school or with the law • Changes in eating or sleeping habits • Not getting along with family members • Lying or stealing

These signs do not always mean there is a drug or alcohol problem, but they may be cause for concern. Try to find out what is going on. Do not be afraid to have open and non-judgmental conversations with your student. Get to know their teachers, friends, and their friends' parents. A new school year means new opportunities. Let's work together to make this year great.

Resources:

[Everything you Need to Know about Opioids](#)

Spanish: [Todo lo que necesita saber sobre los opioides en menos de una hora](#)

[Narcan Training \(English & Spanish\)](#)

[Office of Student Safety and Wellness](#) or 571-423-4270

[Fairfax County Public Schools: Alcohol and Other Drugs](#)

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