

Hayfield Secondary School



Student Services Newsletter 12/11

Junior Career and College Planning Meeting (Class of 2022!)

Juniors are invited to attend a live virtual session with school counselors to discuss the basics of career and college planning. (They will host a more detailed workshop in March 2021.) The event will be held this **Monday, December 14 at Noon in Schoology**.

To access the meeting in Schoology, students should go to Courses > All Students > Collaborate Ultra > Junior Meeting. It will be recorded for students who are unable to participate live.

Hayfield Military Families: Your input requested!

The Center for Public Research and Leadership (CPRL) at Columbia University is partnering with the Military Child Education Coalition (MCEC) to conduct research on military friendly schools, including those, like **Hayfield Secondary School** that are Purple Star-designated.

CPRL is looking to interview and collect [surveys](#) from **military-connected students** on their experiences in schools that are Purple Star-designated or otherwise military friendly. [Parent/guardian](#) surveys are also being collected from families at Purple Star schools. This brief survey is entirely optional, but your time and input are appreciated! Thank you.

Volunteer Fairfax Holiday Volunteering Guide

Volunteer Fairfax has organized a [Holiday Volunteering Guide](#) during this winter season. This is a great way for interested students of all ages to find ways to safely serve with their families.

December Substance Abuse Prevention Information

From Mr. Joyner, Substance Abuse Prevention Specialist

Happy Holidays to all of our families!. While the holiday season is full of fun and love we must remain vigilant in setting our young people up for success by remembering our substance abuse prevention facts.

School Breaks – The Most Vulnerable Time

Throughout my conversations with students who have started using nicotine, drugs and alcohol, there are many reasons WHY they start to use. However, one of the consistencies is WHEN the students start using substances. In many cases, “school breaks” are the time periods most common. Summer, Winter and Spring Break. Why is this the case? We may not be 100% sure but when you think about it, it does make sense. Consider these points:

- **More Unsupervised and Free Time** – In school, students have a very structured environment. School is built on structure and needs this to operate. But when school is not in session, does the student have any structure? We often hear stories of students staying up all night and sleeping all day which creates a lot of unsupervised time.
- **Seasonal Affective Disorder (SAD):** The cold, shorter hours of daylight, being stuck indoors. These and other aspects of winter can put many of us into a real “funk.” In fact, the winter blues can turn into a serious mental state known as “Seasonal Affective Disorder” or SAD. If we’re not careful, winter can make us more vulnerable to the temptations of substance abuse. Click [HERE](#) for more information on Seasonal Affective Disorder.
- **New Connections** – During breaks are also when younger students begin to make connections with older students. Imagine the 8th grader whose friend is now in high school or the high school student who has a friend who just started

college or works in the real world. Younger students are always influenced by older friends, both to the positive and negative.

What Parents Can Do

- **Supervise Your Students (Even from a Distance)** – Every parent wants to give their children some freedom, but that comes with accountability. With technology today, there are plenty of free phone apps that allow us to, at the very least, know our children's locations. Also, open that closed bedroom door from time to time.
- **Structure Free Time** – Can students do some household tasks or supervise younger siblings? Some learning of their choice using online resources is always a good way to add structure and be productive while also self-directing their learning. Learning to cook and providing a meal for the family is a great way to learn a new lifetime skill while helping the household.
- **Get Outside!** - As little as 15-minutes a day of sunlight can help with Vitamin D production and overall mood. A brisk walk, bike ride or a trip to the playground can make a big difference in attitude and motivation.
- **Monitor Friends** – Most students will be friends and associate with other who are like them. It breeds support and camaraderie for both good and bad behaviors. Take a good look at your student's friends. Are they reflective of your family's values, morals, and beliefs? If not, have the conversation.

Being a parent is challenging and even more so today. The key to effective parenting is being engaged with your student. You should be the primary influence and role model in their lives.

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 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

amjoyner@fcps.edu

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

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