

Longfellow Middle School PTA



As you make plans for Winter Break, please consider adding Longfellow Love to your shopping list. Even \$10 or \$25 can make a big difference and will be so very appreciated. Additionally, your donation will be tax deductible as a donation to Longfellow PTA.

[Donate Now](#)

Longfellow Holiday Cookie Bake

December 15

Help our Longfellow teachers and staff celebrate the holidays with delicious home-baked treats. Your students can earn 1 service hour for baking a delicious treat. Please bring your donations to the Food Lab or front office on December 15th by 10:00 a.m. If you need to make arrangements to deliver your treats before Thursday, [email Sheryl Pardo](#). Thank you and happy baking!



[Sign Up Here](#)

Invest in Longfellow and Leave a Legacy

Thank you to the 320 families on our [Donor Honor Roll](#) who have helped us raise \$32,350 this year!

Help us get the rest of the way to our \$60,000 goal by making a tax-deductible donation today.

Donate Today



Thank you to the more than 500 families who have already joined the Longfellow PTA for 2016-17! PTA membership provides a partnership between the school, our families, and the greater community. Each family who joins the PTA will receive a free student directory. It's not too late to join the PTA to ensure that you receive a free directory. [Visit the PTA website](#) to join now!

Help Build the Lancer Business Partnership Program

Do you own a business or know of a business that is seeking an opportunity to support local schools? The PTA is launching its Lancer Business Partnership Program to help replace aging laptops and to help provide one laptop per child as part of our Invest in Longfellow and Leave a Legacy campaign. Please [use this letter](#) to find out more information on the program and pass it along to local businesses you know. For more information, please [email Mel Quinn](#).



Please Support Our Lancer Business Partners



John Halligan Presentation Follow Up

If you missed the Longfellow Parent Presentation with John Halligan from October, perhaps you heard all about his discussion with the students on

November 29. Mr. Halligan makes a powerful impact on the kids.



Here is what our own students had to say:

“You can always turn an inkblot into a butterfly”

“It’s better to lose a friendship, over a friend”

“You have really changed my life. I used to think that my biological parents didn’t love me and my parents wouldn’t care if I was gone. Now I know they do love me.”

“Thank you for sharing your story, I have seen people get bullied but I have been too scared to say something. You have made me realize that it’s a matter of life or death.”

“I am beyond loved”

“Thank you so much for coming to our school. You are a brave person and your son would be so proud of you for making an impact on so many kids like him.”

“Words can be more powerful than fists”

If you want to learn more about how to protect your kids in the online world and how to start having conversations with them, check out [John Halligan’s website](#). Thanks to your generosity, the PTA is able to provide funds to help bring Mr. Halligan to speak with the 7th graders each year.

Reflections

Thank you to everyone who submitted artwork for the Reflections art program. Our diligent committee worked tirelessly and chose pieces to advance to the regional level. Many thanks to Parul Agarwal and Alby Williams for their support! When those results come out, we will share them with everyone. Stay tuned!



Order Your Lancer a Yearbook Today!

The cost is \$40 until Dec. 24th and will go up to \$50 after that. [Visit this link](#) to order yours today.

Do Your Holiday Shopping Through Longfellow's



Amazon Link

Our school receives 4% - 10% of the value of your purchases when you shop at Amazon!

There are two ways to navigate to the link:

1. Visit www.longfellowpta.org and click on the Amazon icon, or
2. Bookmark <http://www.amazon.com/?tag=longfellowpta-20>

Please participate and share this link with your family, friends and co-workers.
[Email Joy Molony](#) if you have questions.

Register Your Giant Grocery Store Cards



With a click of a button, you could earn hundreds of dollars for Longfellow every time you grocery shop! We have raised over \$2,000 this school year with 257 families registered. Please encourage your friends and relatives to register. It could mean more CASH for our school!

Simply register with the Giant A+ School Rewards by:

- [Clicking here](#) to register your Giant membership card and designating our school (ID number: 01928) or
- Calling the A+ Hotline at 1-877-275-2758 for assistance

If you registered your card last year, you DO NOT need to re-register this year, but you may want to visit Giant's website to verify the school assignment.

In the Community

Community Service Opportunities for Students



Students can [visit the PTA website](#) for the full list of organizations that attended the Nonprofit Fair and for links to volunteer opportunities at our feeder elementary schools and other organizations.

Mental Health First Aid Training

Tuesday, December 13, 5:30 to 9:30 p.m. AND

Thursday, December 15, 5:30 to 9:30 p.m.

Thomas Jefferson High School (TJHSST)

Youth Mental Health First Aid (YMHFA), is a public education program for adults that introduces participants to:

- Unique risk factors and warning signs of mental health problems in youth (ages 12-18)
- Normal adolescent development and important protective factors
- Importance of early intervention
- Strategies to help a youth in crisis or experiencing a mental health or substance use challenge
- Role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care

This course is designed for adults who regularly interact with youth. A course designed for students will be offered at TJ in February.

TRAINING INFORMATION:

- Participants must be available to attend BOTH sessions.
- Group size is a minimum of 15 participants with a maximum of 25 participants.
- There is no cost for participation.

TO RESERVE YOUR SPOT, please [email TJ School Psychologist Teresa Eveleigh](mailto:TJ_School_Psychologist_Teresa_Eveleigh) or call her at [703-750-8365](tel:703-750-8365).

Mental Health Documentary: Unmasked

Monday, January 9, 7 to 8:30 p.m.

Thomas Jefferson High School (TJHSST)

The award-winning 2015 film short *Unmasked* was produced by a team of 10 Palo Alto High School students who wanted to open community conversations about mental health, with an emphasis on hope, communication, and moving forward. The film will be screened locally on Monday, January 9, 2017, 7 to 8:30 p.m. at the TJHSST Auditorium, 6560 Braddock Rd. A student panel will

follow, focusing on how to relieve stress in our teens' lives, promote wellness, and prepare our community to help them when they struggle. This free presentation is open to parents, middle and high school students, adults who interact with youth, and other interested members of the community. Major themes include redefining student success, reducing teen stress, learning to be non-judgmental when talking with teens and eliminating the social stigma surrounding mental illness so that we can find the support that exists behind the "masks" we often wear to hide how we truly feel.

Thanks to Community of Solutions for making this opportunity available. Learn more by clicking [here](#). Questions? [Email Tricia Su](#).



Monday, January 16, 2017
The Jewish Community Center
8900 Little River Turnpike, Fairfax, VA 22031

Join other committed and caring families at Give Together, a fun-filled day designed to engage families in volunteering! All activities are FREE. Give Together is presented every year on Dr. Martin Luther King, Jr. National Day of Service. The event offers the opportunity to teach children about the value of giving back while spending quality time together. [Click here](#) for more information and to register for this day of service.

Important Dates

Thursday, December 15 – Holiday Cookie Bake
December 19 through January 2 – Winter Break

Enjoy the Winter Break and the time with friends and family!
See you in 2017!



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