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LMS PTA News and Events

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Longfellow Middle School PTA

Valentine's Day Chili Luncheon – February 14th – Volunteers needed!

Our next PTA Hospitality event is on February 14th. Every year for Valentine's Day, we host a crock pot chili luncheon. This is one of the teacher's favorite lunches. Please consider providing items or your time to help us make this luncheon a success -



<https://www.signupgenius.com/go/4090F4FA8AE2EABFA7-valentines3>.

8th-grade students can earn 1 service hour by providing a **homemade** dessert or salad. Please be sure to have your student pick up a service hour verification slip in the front office. Donations should be dropped off by 9:30 a.m. in the front office or food lab. Thank you for your generosity.

Vaping Education for Parents



A Parent's Journey: Keys To Successful Vaping Intervention

THIS Thursday, January 23rd

7 to 8:30 p.m.

McLean Community Center

Are you worried that your kids or their friends are vaping? Do you know what to do when you find the evidence of vaping to create a safe and healthy path for quitting? According to the Fairfax Youth Survey results for 2018-19, more than 30% of surveyed students at McLean and Langley High Schools reported having vaped in the past month compared to 20% of high schoolers across Fairfax County and nationwide (<https://www.fairfaxcounty.gov/health-humanservices/fairfax-county-youth-survey>). Kids in our area are vaping MORE than in the rest of the county.

This free evening event will include details on prevention and intervention with presentations by the following:

- McLean mom Gail Embt will share her parenting journey when teen vaping hit close to home and how her family conversations changed from confrontation to cooperation in order to change her teen's behavior.
- A local pulmonologist, Dr. Jeff Hales, will present the latest medical updates on the health risks of vaping in youth.
- FCPS vaping expert Brian Maslowski will discuss FCPS policies regarding vaping.
- Local substance abuse specialists will discuss how to engage kids and how to develop a plan for changing behavior.
- FCPD McLean Precinct law enforcement officers will discuss specifics of the law regarding vaping.

All will be available to answer questions you may have on how to keep your tween or teen safe and how to intervene if you are dealing with someone who is vaping.

Parents who want to be part of the solution will come away with tools to assess tween and teen risk and intervention approaches from real world experiences.

Even if you don't think your kids are vaping, you need to come to this event so that you can learn how to talk to your child about the dangers of vaping and what to do if you catch them with vaping products. More details about Gail and her journey can be found here: <https://www.breakthevape.com/about>. For questions about the program, contact info@breakthevape.com.

NEW! LONGFELLOW/WESTMORELAND TRAFFIC SAFETY TASK FORCE

Some Longfellow parents are organizing a task force of concerned parents and citizens to address the issue of traffic and pedestrian safety on Westmoreland Street by the Longfellow Middle School. Many kids jaywalk across that busy street every morning and afternoon to get to and from school, which is very dangerous. Some of you may not be aware, but a student was struck by a car on the first morning back to school in January.



Thankfully the student is going to be okay, but this is a tragedy waiting to happen. While the official position is for the kids to walk down to the intersection at Kirby and cross with the crossing guard, most teenagers are not going to walk 10 minutes out of their way when they can cross the street in 10 seconds instead. Principal Kihm has requested and been turned down for a crosswalk multiple times, but she is only one person. The goal of the task force will be to analyze the problem, come up with potential solutions, and lobby the appropriate leaders and agencies to get it accomplished. There is power in numbers and we would like to start a list of members who are willing to add your name to this effort. If you would like to join the task force or receive updates on the issue, please contact Karen Leiser at kaleiser@leiserlaw.com or 703-328-1206.

CPR TRAINING - Volunteers Needed

For the second year in a row, Longfellow will be hosting a school wide hands only CPR training on Thursday, February 13th. The training is going to be led by members of the Gwyneth's Gift Foundation <https://www.gwynethsgift.org/>. The intention of this training is to empower our student body with the lifesaving skill of hands only CPR. Last year we were



able to train the majority of our student body and were recognized as the first school in the state to be considered heart safe.

In order to successfully facilitate a training of this magnitude, we would greatly appreciate your assistance. Not only will you be assisting students as they learn hands only CPR, but you will also

have the opportunity to be trained. If you would like to sign up to volunteer, please use the link below.

<https://www.signupgenius.com/go/508094EA4AA28ABFC1-cprtraining>

Should you have any questions please contact:

Amanda Creeden

7th and 8th grade Health and PE

amcreeden@fcps.edu

Support Excellence Campaign - Magnets

Thank you to the families that have contributed to the **Support Excellence** program. Your **generous contributions** have enabled the PTA to directly support the students, teachers and the Longfellow community.

Car magnets will be delivered to those who contributed \$150 or more. Delivery will happen in the next couple weeks.



Please consider a **tax-deductible donation** to the PTA so we can fully **Support Excellence at Longfellow**. [Click here](#) to make your tax-deductible donation.

You Are invited To Attend



Join us for a presentation:

Words Matter

A conversation about combating bias and intolerance.

Experts from the ADL will discuss strategies for parents to discuss the topic of bias and intolerance with their children and ways for parents and children to respond to inappropriate jokes and slurs.



February 4, 2020 @ 7 pm
Cooper Middle School, Room 130

FRENCH EXCHANGE PROGRAM

Longfellow
Middle School
Discover
France

Our 2020 exchange program with our sister French school is taking shape thanks to our hosting families and students already enrolled to travel to France. We still have about 10 French students in need of a family, so if you are interested or know someone interested, please go to our

website <https://www.alacartetravel.com/longfellow-france-2020> for information and to enroll. The French students are coming the week after Spring Break, and then we will travel to France in June to visit famous places, experience the culture, and spend a few days with a French family.

Dates:

Hosting: Sunday, April 12 - Monday, April 20 2020

Trip to France: Monday, June 15 - Wednesday, June 24 2020

Different options: you can host a student, and then travel to France to stay with your host student. Or you can host, but not travel to France. Or if you are not hosting, you can still go to France and spend a few days of the trip with a French family from our sister school. You do not need to speak French to participate in this exchange program, as the French students and their family

have some knowledge of English.

Parents can join the trip, or pick up their child in France at the end of the trip, our travel agent can make arrangements for us.

To learn more, view the itineraries in France and in the US, and sign up to host and to travel, visit <https://www.alacartetravel.com/longfellow-france-2020>, or contact Madame Barrau at cbarrau@fcps.edu.

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**SHOP TO
SUPPORT**

Our school receives over \$7,000 each year in donations from the grocery card and shopping programs. Just through our shopping parents!

Glant was one of our largest programs, though they ended their school program this year. This will impact our fundraising for the 2019-2020 school year.

Fortunately there are many other retailers like Amazon who still support schools. Please take advantage of these and encourage your friends and relatives to do the same.

Every purchase counts! Thank you!



Like us on Facebook!

Important Dates

- **Friday, February 14** - Valentine's Day Chili Luncheon - See note above

Longfellow Middle School PTA: Web | PTA Contacts

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