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LMS PTA News and Events

Fairfax County Public Schools sent this bulletin at 02/25/2020 06:30 AM EST

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Longfellow Middle School PTA

PTA Meeting & Special Presentation

Vaping is an epidemic according to the CDC and the dangers of vaping during adolescents is still not fully understood. Please join us on **Friday, March 6th @ 9:00 a.m. for a PTA Meeting, followed by important presentation on vaping.** Kelly Rankin,

a Substance Abuse Prevention Specialist with FCPS will join us to discuss the dangers of vaping and nicotine addiction. She will also cover Marijuana, THC Oil and CBD.

**GUEST
SPEAKER**

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.*

Thank You!



Thank you to Elaine Tholen, Dranesville School Board Representative for engaging with our community on topics of important to us. Top of mind for parents is the potential boundary change between McLean and Langley and the overcrowding at McLean. Other topics of importance are the mental health of non AAP students at level four centers and FCPSOn. We

plan to invite Elaine back in April for an update as she was taking all our feedback to FCPS and the school board. *If you would like to ask Elaine a question or provide feedback on a topic of importance to you, please email her at Elaine.Tholen@fcps.edu. You can also sign up for her newsletter [here](#).*

Spring Fling Luncheon

**SPRING FLING LUNCHEON –
THURSDAY MARCH 19**



Spring is just around the corner. **To celebrate, the PTA Hospitality Committee is planning a pasta and salad luncheon for our wonderful teachers and staff.** Please consider providing items or your time to help us make this luncheon a success - <https://www.signupgenius.com/go/4090F4FA8AE2EABFA7-spring4>. 8th-grade honor students can earn 1 service hour by providing a **homemade** dessert. **Donations should be dropped off by 9:00 a.m. in the front office or Food Lab.** *Thank you for your generosity.*

Celebrate our Diversity at Heritage Night!

**Friday, March 27 from
6:00 - 8:30 pm**

Travel around the world in an evening of food and entertainment at Longfellow



MS. Enjoy cultural displays, feast on traditional delicacies and be entertained with our students performances!

It's Longfellow's favorite event for the whole family and you don't want to miss it!

Show off your cooking skills and bring a dish to share your family's heritage or volunteer to help out. Students who make a dish or volunteer can receive one service hour for participating.

Sign up NOW at <https://www.signupgenius.com/go/30e0a4fa4a628a0fe3-lmsheritage>

Questions? Contact Nadya Abhyankar - nadyaj@gmail.com or Yamina Boukarabila - boukayam@yahoo.fr

Longfellow vs. Cooper Basketball Game

SAVE THE DATE

2nd Annual

Longfellow vs. Cooper Basketball Game

March 20, 2020

Langley High School

Ticket Sales Coming Soon!



Student Q & A With FCPS Superintendent Dr. Brabrand



Monday, March 16 at 6:30 to 8:30 p.m.
McLean Community Center

The McLean Community Association will be hosting an open forum meeting with **Superintendent Dr. Brabrand and Dranesville District School Board Member Elaine Tholen** focused on mental health, academic pressure, and the vision for McLean-area

schools. Bring the entire family. *Students will be given priority to ask questions.*

Social Media Wellness

Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions.

Nationally-recognized author and educator Ana Homayoun visits McLean to talk about her book ***Social Media Wellness***, the first book to successfully decode the language of social media for parents and educators and provide pragmatic solutions to help students:

- Manage distractions
- Focus and prioritize
- Improve time-management
- Become more organized and boost productivity
- Decrease stress and build empathy



Join us if your kids are already on social media or are just learning about technology.

Tickets are on sale now at

<https://socialmediawellness.brownpapertickets.com/>.

For more information, visit <http://mcleanscc.org/>.

Support Excellence Campaign - Magnets Are Available For Pick-up

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. **Magnets can be picked up in the front office at LMS.***

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.

Save the Date - 8th Grade Party

SAVE THE DATE
 8TH GRADE PARTY
 WEDNESDAY JUNE 10, 2020
 LONGFELLOW MS
 7-9:30PM
 MORE DETAILS TO COME



CAREER DAY



Dear Longfellow Community,

You are cordially invited to attend Longfellow Middle School's first Career Day! The event will be held on the morning of **Tuesday, April 21,**

2020. We hope that you will strongly consider participating as a presenter.

If you would like to participate as a presenter (and we hope you will!), please complete the [Google registration form](#) by clicking here. Participants will receive an email confirmation within one week of submitting the registration form.

Please forward this information to other professionals who may be interested in presenting, as our goal is to have a wide array of careers represented to expose students to as many professions as possible.

We appreciate your participation and support to help make our first Career Day a success! If you have additional questions, please email Shannon Lopynski-salopynski@fcps.edu.

Shop Amazon and other retailers to support LMS PTA!

Help the PTA Earn Free Money
While You Shop!

**SHOP TO
SUPPORT**

[BY CLICKING HERE](#)

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, March 6 @ 9:00 a.m** - PTA Meeting, followed by important presentation on vaping
- **Thursday, March 19** - Spring Fling Luncheon - Donations needed
- **Friday, March 20** - Longfellow vs. Copper Basketball Game - **SAVE THE DATE**
- **Friday, March 27** - Heritage Night
- **Wednesday, June 10** - 8th Grade Party - **SAVE THE DATE**

Longfellow Middle School PTA: Web | PTA Contacts

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