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News You Choose

## LMS PTA News and Events

Fairfax County Public Schools sent this bulletin at 03/13/2019 11:15 AM EDT

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### Longfellow Middle School PTA

#### McLean Madness

#### Longfellow Lancers vs. Cooper Cougars

Only ten days until the big game! Come cheer on your fellow Lancers as they take on the Cougars in what is sure to be a great game. You won't want to miss it!

**Ticket price: \$7**

**How to purchase your tickets:**

You can now buy your tickets online. [CLICK HERE](#) to buy your ticket today.

Tickets will also be sold at school on (Have your child bring a check or cash to buy a ticket):



- Thursday, March 14th – After school 2:15 – 3:15
- Friday, March 15th – 7th & 8th Grade Lunches
- Monday, March 18th - 7th & 8th Grade Lunches

**When:** Friday, March 22<sup>nd</sup>

**Where:** McLean High School  
[1633 Davidson Road, McLean, VA 22101](https://www.mcleanva.gov/1633-Davidson-Road-McLean-VA-22101)

**Wristband pick up** will start at 5:30 pm in the cafeteria. ***You will need a wristband to enter the gym.***

**Game starts** at 6:30 pm.

Volunteers NEEDED: Please help make this event a success by signing up to volunteer. We need both adult and student (preferably high school) volunteers. [Please sign up here to volunteer.](#)

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## Spirit Wear Popup Shop



**Get your Spirit on for Spring** and for the March 22<sup>nd</sup> Big Basketball Match up: Longfellow vs. Cooper at McLean High School. We have multiple color options in short sleeve T's, Royal Blue long sleeve T's, PJ pants, and car magnets. Orders will be taken until March 18 and fulfilled and delivered through school by March 19 just in time to wear to the big game!

[Click here](#) and buy your Spirit Wear TODAY!

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## Authors of The Self-Driven Child Speak at McLean High School

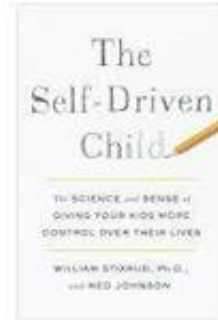
Wednesday, March 20

7 - 8:30 p.m.

McLean High School Auditorium

William Stixrud, Ph.D. and Ned Johnson, the authors of *The Self Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives*, empower parents with practical tools to help their children reduce stress and anxiety, while building capacity for resilience, success, and optimal

development. The authors work with students in the Washington, DC metro area and offer keen insights into the stress and anxiety that children of high-achieving schools are experiencing. The strategies shared are relevant for parents of children of ALL ages. It will be an evening you don't want to miss!




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## Spring Fling Luncheon Donations Needed

Wednesday, March 20

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 click here to provide items or your time to help us make this luncheon a success.](#) 8th-grade students can earn 1 service hour by providing a **homemade** dessert or salad. Donations should be dropped off by 9:30 a.m. on Wednesday, March 20 in the front office or food lab. Thank you for your generosity.




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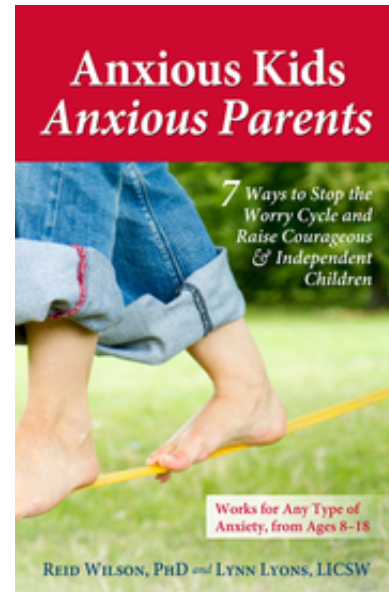
## Anxious Kids, Anxious Parents Book Talk

March 26, 10 a.m.  
McLean High School

**Dr. Melissa Sporn**, local psychologist and McLean High School mom, will lead a book talk on *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*. Come join other McLean High School and Longfellow Middle School parents for coffee and danishes while discussing the book's topic of anxiety. Having read the book isn't necessary to participate. All attendees must check in at MHS front office and will be directed to the discussion room. **Beth Werfel**, MHS school psychologist, will also be present to describe the school's mental health supports.

On April 1 at 7 p.m., the Safe Community Coalition will be hosting the author, **Lynn Lyons**, for an evening presentation at the McLean Community Center as part of a year-long focus on youth anxiety. Lynn will provide practical and straightforward strategies that parents and educators can use to break the cycle of anxious worrying.

Tickets for the April 1 presentation are available at <https://reducinganxiety.brownpapertickets.com/>



## Celebrate Our Diversity at Heritage Night

Friday, March 29, 6 to 8:30 p.m.



Heritage Night is our largest community event of the year with over 500 attendees last year. It's not too early for you and your students to get involved! [Sign up here to show off your family's heritage with a dish to share and/or to volunteer.](#) Students who make a dish from scratch or volunteer to help can receive one service hour

for their time.

Questions? Please email Mel Tillotson at [vpprograms.ptalms@gmail.com](mailto:vpprograms.ptalms@gmail.com).

## Host a Student from Monaco!

March 30 through April 5

Do you want to practice your French, or connect to a new culture? A group of French students is coming to visit Longfellow again this year, from a school located in Monaco, the tiny kingdom in the south of France. We are looking for families to host one or two students from Saturday,

March 30 to Friday, April 5. The students will have the opportunity to visit the famous landmarks in and around Washington DC while also immersing themselves into American life by living with host families. They will learn about American culture, language, food, and politics, while you will also have a chance to learn from them! To learn more, view a sample itinerary, or sign up to host, visit <https://www.alacartetravel.com/charles-3-french-exchange-2019> or email Madame Barrau at [cbarrau@fcps.edu](mailto:cbarrau@fcps.edu).




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## Study Tour of Japan



**Educational Tours**

Mr. McElroy (8th grade Civics teacher) is organizing an 11-day whirlwind [Education First](#) study tour of Japan, “[The Land of the Rising Sun](#)”, scheduled for late June 2019. Tour stops will include Tokyo, Kamakura, Hakone, Kyoto, Nara, Hiroshima, Osaka, and more! If you are at all interested and would like to attend a parent information meeting, please e-mail Mr. McElroy ([MBMcElroy@fcps.edu](mailto:MBMcElroy@fcps.edu)) ASAP. Space is limited and the registration deadline is approaching!

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## FCCPTA Listening Tour

PTA members are invited to attend one of the Fairfax County Council PTA Listening Tour events to share thoughts about education in Fairfax County. Information from parents, teachers, and students will complement the FCCPTA Education Survey and inform their work. Each session will be open-house style, from 7 to 9 p.m. Please join any of the following events:



- Mar 18 [Madison HS](#)
- Apr 1 [Marshall HS](#)

Questions? Contact Stella Pekarsky, [vp.outreach@fccpta.org](mailto:vp.outreach@fccpta.org).

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## Attention 8th Grade Parents

The 8th Grade Party Organizing Committee has started planning for this year's



party which will be held Tuesday, June 11 from 7 to 9:30 p.m.

We are looking for volunteers that are interested in planning and/or volunteering the evening of the dance.

If you are interested please contact Cathy Sarris at [csarris@hotmail.com](mailto:csarris@hotmail.com) or Susan Thomas at [sdthomas906@gmail.com](mailto:sdthomas906@gmail.com).

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Longfellow Middle School PTA: Web | PTA Contacts

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