

**Subject: Frost PTA eFacts September 12, 2017**  
**Reply-To: [e-Notify@FCPS.edu](mailto:e-Notify@FCPS.edu)**

A message from FROST MS

## FROST eFacts:

Here is the next eFacts. Please contact our editor, Lori Prendergast ([loripren@yahoo.com](mailto:loripren@yahoo.com)) if you have an item to contribute.

### IMPORTANT DATES

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9/13/17	PTA Meeting 9am Library
9/13/17	Progress Reports Emailed to Parent
9/18/17	Late Buses Begin
9/20/17	TJ Admissions Presentation 2:30pm Cafeteria (8 <sup>th</sup> grade students & parents only)
9/22/17	Student Holiday – <b>no school</b>
9/29/17	TJ Applications Due by 4pm
10/6/17	School Picture Day through PE Classes
10/9/17	Columbus Day – <b>no school</b>

### SPECIAL ANNOUNCEMENTS

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#### World Language Credit Exam

The 2017 Credit Exam for World Languages will be administered on November 1, 2, and 8, 2017. Twenty-six languages will be included: American Sign Language, Amharic, Arabic, Bengali/Bangla, Chinese/Mandarin, Farsi/Persian, French, German, Hindi, Italian, Japanese, Korean, Nepali, Pashto, Punjabi, Russian, Sanskrit/Sanskritam, Somali, Spanish, Tagalog/Pilipino, Tamil, Telugu, Tigrinia, Twi, Urdu, and Vietnamese.

**Students need to register for the exam with their school counselor beginning Monday, September 11, 2017. Registration closes on Wednesday, October 11.** No late registrations will be accepted.

For more information regarding the exam: <https://www.fcps.edu/academics/high-school-academics-9-12/world-languages/credit-exam-world-languages>

### FROST NEWS & NOTES

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**Online Frost Middle School Spiritwear Sale!**

The PTA Spiritwear Committee is having a special sale going on now. Please submit orders using the following online order form: <https://goo.gl/forms/ncglWydLDUc7g0KF2>

## **Art Reflections Contest!**

Do you have talent in dance, writing, photography, art, film or music composition? We're looking for you! Reflections is a national PTA art contest, and this year's theme is "Within Reach". Submissions are due no later than **Thursday, October 26**. For full rules visit [VAPTA.org](http://VAPTA.org); or send questions to [FMSReflections@gmail.com](mailto:FMSReflections@gmail.com). More information to come closer to the deadline. Find your muse, create and continue to be amazing!

**All back to school forms were due Friday, September 1**. Students can check with their Falcon Focus teacher to see if they have any forms that are due. Extra forms are available in the Front Office. Links to all forms can be found on the Frost MS webpage. <https://frostms.fcps.edu/node/2218> Please return them ASAP.

## **Exceptional Military Families Summit**

The Parent Resource Center will host an Exceptional Military Families Summit on Saturday, September 16, 2017 from 9:00 a.m. to 1:30 p.m. at Mount Vernon High School. This event is for military families who have children with special needs. FCPS staff members from the Department of Special Services along with School Liaison Officers from Fort Belvoir will present important information in order to support parents' understanding and navigation of services provided for special education students in FCPS. Exhibitors from FCPS along with local military organizations will provide additional information and resources. [Register](#) for this event on the Parent Resource center website.

## **HEALTH TIP**

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Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and click on Food Tracker and Physical Activity Tracker. You can then search from a database of over 8,000 foods and nearly 800 physical activities to plan your daily choices.

## **COMMUNITY NEWS**

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### **Mental Health and Wellness Conference**

The fourth annual [FCPS Mental Health and Wellness Conference](#) will be held on Saturday, October 21, 2017, at Fairfax High School from 8:00 a.m. to 1:45 p.m. Dr. Scott Brabrand, FCPS Superintendent, will open the conference, and Dr. Jonathan Dalton, founder of the Center for Anxiety and Behavioral Change, will be the keynote

speaker. Participants in this conference will be able to choose from over 50 breakout sessions, and there will be many resource tables available representing public and private offices and agencies providing services within our schools and community. More information, including registration information and conference website address, will be available on the website soon.

**Supervisor John Cook** is hosting a Town Hall Meeting on [Raising Teens in the 21st Century](#) on Saturday, October 14, 2017 from 9:00 am – 12:30 pm at the Junior Achievement Financial Park, located at 4409 Olley Lane, Fairfax.

**[MORE INFORMATION](#)**

Until next time....

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- Add your name to the Parent Volunteer Database [here](#).
  - Like Frost PTA on Facebook: [Frost PTA](#)
  - Follow Frost on Twitter: [@FrostMSVA](#)
  - **AMAZON SMILE LINK FOR FROST MS:** <https://smile.amazon.com/ch/52-1289045>