

**Subject: Frost PTA eFacts September 19, 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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09/22/17	Student Holiday – <b>no school</b>
10/04/17	Progress Reports Mailed Home
10/06/17	School Picture Day
10/09/17	Columbus Day – <b>no school</b>
10/11/17	PTA Meeting in the Library, 9 AM
10/17/17	7 <sup>th</sup> Grade Hearing & Vision Screening
10/18/17	Progress Reports Mailed Home
10/25/17	Unity Day – <b>Wear Orange</b>

**SAVE THE DATE - NOVEMBER 11, 2017 FROST 5K AND FUN RUN**

**SPECIAL ANNOUNCEMENTS**

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Calling all Global Volunteers! Are you interested in International Travel? Do you like to help other communities and learn about other cultures? Please join Ms. Lockhart and Ms. Rock on Thursday 9/21/17 from 6:30-8pm in the Lecture Hall to learn about an amazing opportunity to travel to the Dominican Republic over Spring Break 2018 and engage in meaningful service, cultural immersion, and leadership activities. More info can be found at: <https://www.fcps.edu/international-study-travel-service-learning-program>. Don't worry about dinner; pizza will be served!

**FROST NEWS & NOTES**

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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>

**Woodson Math Tutors** Free math tutoring from Woodson students monthly! The first trip will be on Wednesday, October 4th. If you see your child benefitting from additional help in math, please recommend that he or she takes advantage of this opportunity. The attached flyer has additional details. [Frost Math Partnership Flyer.docx](#)

## Online Frost Middle School Spiritwear Sale!

The PTA Spiritwear Committee is having a special sale. Please submit orders using the following online order form: <https://goo.gl/forms/ncglWydLDUc7gOKF2>

**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!

**Food4Thought Program:** We are looking for people from the local community to help with a worthy cause that extends beyond the walls of Frost. There are families whose children attend Frost that struggle to put food on the table.. Northern Virginia is an expensive area to live, and not everyone in our Frost family can afford the basics. We are looking for help with food collection ideas, food collection, distribution, and helping the program along.

**Food4Thought Meeting** Frost began partnering with local non-profit Britepaths last year to launch our Food4Thought Program, which provides some supplemental food for the weekends to students in need at our school. The Program provided 241 packs of food last year, and the need appears to be greater this year. Frost's PTA is forming a Food4Thought Committee to help ensure that Frost's social worker Traci Lindsay-Luper has support throughout the year to ensure students with identified need receive assistance. Committee members will develop a volunteer schedule to ensure that food packs are ready for distribution each week and foster ongoing support from the Frost community to ensure a steady food supply. An organizing meeting is scheduled for **Wednesday, September 27 from 6 p.m. to 7 p.m. in the Frost Lecture Hall**. If you are interested in helping but not able to attend, email Heather Webb at [hkwebb527@yahoo.com](mailto:hkwebb527@yahoo.com). Learn more about Frost's Food4Thought Program at: <https://frostms.fcps.edu/announcements/frosts-weekend-food-program>.

**Frost MS Directory Chair:** The PTA provides all members with a directory for all students. Short term help is needed to help manage the student data, and work with a local vendor to compile into a directory.

**Frost Beautification:** With school budgets in the crosshairs, grounds maintenance is a low priority for many schools. And yet what better way to feel prideful about your school, than when it looks good. We are looking for individuals to join the Frost Beautification Committee. You will join others to help Frost look its best through landscaping, suggestions on landscape ideas, and to find landscaping assistance through local connections (Scouts, Clubs, Home Depot, Lowes). We have a budget, we just need a few green thumbs!

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## 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.

**Woodson Cav Cruise** Help raise funds for the Woodson All Night Grad Party by donating your gently worn, used or new shoes. Boxes for collection will be available in the Frost lobby October 2-27. The footwear collected provides an incredible economic boost by supporting micro-enterprises in developing nations like Haiti, Colombia, India, and Tanzania. The goal is 7,500 pairs of shoes, sneakers, shoes, sandals, boots, crocs, moccasins.....all in good condition (no holes). This is a win-win for all. Clean out your closets, help people in distress, and raise funds for Cav Cruise...the end of year party for graduating seniors.

Other drop off areas can be found at Woodson door 5. For more information contact Anne Akers-Smith 703-426-9861 or Mel Syah 703-965-7516, [cavcruisedirector@woodsonptso.org](mailto:cavcruisedirector@woodsonptso.org)

**Christmas Cantata** Free tickets are available for a Christmas Cantata to be held at the Eagle Bank Arena on September 22, 2017. For tickets call 571-218-7140 or [mwashington@iyfusa.org](mailto:mwashington@iyfusa.org) More information is available at [www.christmascantata.us](http://www.christmascantata.us)

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>