

## First Quarter Excitement!

It's first quarter and the Student Services Department has been busy getting to know our students. During the weeks of September 21st and September 28th, we held our Student Services Orientations to provide students with information and to explain procedures for making appointments with counselors. After sharing information about us, we did a timeline activity with students to help us get to know them. We are all looking forward to getting to know students better as the year progresses!

Ms. de la Peña - 703-313-3739  
Mr. Franklin - 703-313-3763  
Ms. Hong - 703-313-3740  
Mrs. Sambur - 703-313-3741

## Report Cards

Report cards for the first quarter will be mailed home on **Tuesday, November 10th**. Please review the report card with your child.

If your child is experiencing academic difficulties and needs extra assistance with his/her work, please encourage him/her to seek additional assistance from teachers during and after school. If you are unclear about the reason your child is struggling academically, please contact teachers directly and/or contact your child's counselor to set up an appointment.

## Thomas Jefferson High School

Applications were turned in to the Thomas Jefferson High School Admissions office on October 23rd. Students who have applied to TJHS will take the TJ Admissions Test on Saturday, December 5, 2009 at Twain Middle School. To help prepare for the test, students can review the Student Handbook at: <http://www.tjhsst.edu/abouttj/admissions/docs/>

## Sexual Harassment and Bullying

Knowing the signs of bullying and sexual harassment are the first steps in prevention. Mark Twain Middle School is committed to a safe and productive learning environment for all students. On Monday October 19<sup>th</sup> and Monday, October 26<sup>th</sup> counselors presented on Sexual Harassment and Bullying to 7<sup>th</sup> and 8<sup>th</sup> grade students respectively. After attending our presentations, students should be able to recognize the signs of bullying and sexual harassment and know what to do if they are victims or witnesses.

## Honor Roll

The 1st quarter Honor Roll Assembly will be held on November 24th. The 7th grade assembly will begin at 8:30 AM and the 8th grade assembly will begin at 9:45 AM. Flyers will be mailed home to the parents of students earning this honor.

## Career Day

Career Day is coming soon!! On November 23rd, Student Services is proud to host Twain's 2nd annual Career Day for all students. Career Day's focus will be to give students a taste of various career fields and to get our students thinking about their own future career goals. We are excited to have parents and community members present to our students on their chosen careers. If you would like to volunteer to present, please e-mail Ms. de la Peña at [gdelapena@fcps.edu](mailto:gdelapena@fcps.edu).



Director of  
Student Services  
Stephanie Gray

## Quote

Education is for improving the lives of others and for leaving your community and world better than you found it.

- Marian Wright Edelman

## 2009 Fairfax Youth Survey

This school year, all Fairfax County Public Schools (FCPS) sixth, eighth, tenth, and twelfth grade students have been selected to participate in the *2009 Fairfax Youth Survey*. FCPS has worked with the Fairfax County Board of Supervisors since 2001 to administer this survey, in order to develop appropriate education procedures and intervention programs throughout the county. The survey will be given to sixth graders during the school day and to middle and high school students during English classes. The survey was designed to allow participants to complete it in one class period. The survey focuses on risk behaviors, such as alcohol, tobacco, and drug use as well as delinquency and violence. It also measures specific protective factors concerning health and safety that help youth refrain from high-risk behaviors. This year additional questions related to personal health, including eating disorders, obesity, and sexual behavior were added to the survey of eighth, tenth, and twelfth grade students. County officials will analyze the information for use at the local level; however, no student is identified by name on the survey. If a student is uncomfortable with any question on the survey, the student does not have to answer that question or may elect to discontinue the survey. Additionally, while it is hoped that as many students as possible will participate, you have the option of declining permission for your child to participate in the survey. The survey will be administered Tuesday, November 10 and Wednesday, November 11, 2009. A copy of the actual survey, as well as the survey fact sheet, will be available, starting September 14, 2009, to parents, guardians, or community members online at [www.fairfaxcounty.gov/youthsurvey](http://www.fairfaxcounty.gov/youthsurvey) and in the school counseling office of your child's school.



## Dates to Remember

November  
2009



monday	tuesday	wednesday	thursday	friday
<b>2</b> Teacher Workday	<b>3</b> Teacher Workday	<b>4</b>	<b>5</b> Orchestra Concert - 7:00 p.m.	<b>6</b>
<b>9</b> Hispanic Parent Outreach—6:00 p.m.	<b>10</b> Report Cards Mailed	<b>11</b> Touching Bases 3:30 – 4:30 p.m.	<b>12</b> PTA Meeting 6:00 p.m.	<b>13</b> Twain Night 6 – 8 p.m.
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>23</b> Career Day	<b>24</b> Honor Roll Assemblies 7 <sup>th</sup> -8:30 a.m. 8 <sup>th</sup> – 9:45 a.m.	<b>25</b> Half-day	<b>26</b> No School	<b>27</b> No School

## What is Cyberbullying?

**Bullying is aggressive behavior that is intentional and involves an imbalance of power or strength. Usually, it is repeated over time. Traditionally, bullying has involved actions such as: hitting or punching (physical bullying), teasing or name-calling (verbal bullying), or intimidation through gestures or social exclusion. In recent years, technology has given children and youth a new means of bullying each other.**

Cyberbullying, which is sometimes referred to as online social cruelty or electronic bullying, can involve:

- Sending mean, vulgar, or threatening messages or images
- Posting sensitive, private information about another person
- Pretending to be someone else in order to make that person look bad  
Intentionally excluding someone from an online group (Willard, 2005)

### What Can Adults Do To Prevent and Address Cyberbullying?

Adults may not always be present in the online environments frequented by children and youth. Therefore, it is extremely important that adults pay close attention to cyberbullying and the activities of children and youth when using these newer technologies.

### Suggestions for Parents: Tips To Help Prevent Cyberbullying:

- Keep your home computer(s) in easily viewable places, such as a family room or kitchen.
- Talk regularly with your child about online activities that he or she is involved in.
- Talk specifically about cyberbullying and encourage your child to tell you immediately if he or she is the victim of cyberbullying, cyberstalking, or other illegal or troublesome online behavior.
- Encourage your child to tell you if he or she is aware of others who may be the victims of such behavior.
- Explain that cyberbullying is harmful and unacceptable behavior. Outline your expectations for responsible online behavior and make it clear that there will be consequences for inappropriate behavior.
- Although adults must respect the privacy of children and youth, concerns for your child's safety may sometimes override these privacy concerns. Tell your child that you may review his or her online communications if you think there is reason for concern.
- Consider installing parental control filtering software and/or tracking programs, but don't rely solely on these tools.

Adapted from: <http://stopbullyingnow.hrsa.gov/adults/cyber-bullying.aspx>

Please view the website for more great information, tips and references.