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Letter from the PTSA President – Jill Hecht

Dear Madison Parents:

The James Madison PTSA is an organization that benefits every student in the building! In addition to students (Student Government Association) and teachers, our Board includes parent representatives from Academic, Athletic, Band, Chorus, Drama and Orchestra Boosters and the special education department. We sponsor a variety of events and programs for students, teachers and parents.

Please support our efforts by joining our membership and donate to our "No Fuss Fundraiser". A Membership Form can be found in this newsletter.



As a reminder, electronic progress reports will not be sent by email this year. Parents can log into their **FCPS SIS Account** at any time to review grades. Interims will be processed October 6, so please take a moment to preview your student's GRADE BOOK.

Student Directories are available and FREE, one per family, in the main office for students and parents to pick up at their own convenience. We will distribute them to PTSA members by way of your students Warhawk Time. They will also be available at PTSA meetings, Parent Education Nights, the Academic Award Ceremony and Winter Meet the Coach night. Thank you to Diane Natale and Marcy Davidson for compiling the directory information and coordinating the printing of this great resource for our families. The [volunteer signup sheets](#) are pouring in. Thank you in advance for sharing your time and talents at Madison! Volunteer coordinator Rebecca Eastham will pass your name along to our program chairmen. Michelle Kang, our web master, keeps current information about the PTSA and community resources on our website www.jmhsptsa.org.

Join us on **Tuesday, October 6 at 7:00pm for a program titled MENTAL FITNESS AND ATHLETIC SUCCESS**. We will learn how to help our student athletes improve mental toughness and confidence, and manage pressure. Athletes and their parents are encouraged to attend.



JAMES MADISON
HIGH SCHOOL

2500 James Madison Drive
Vienna, VA 22181

www.jmhsptsa.org

Phone: 703-319-2300

We are in **search of used Android phones or tablets** (to be donated) for a new Computer Science class taught this year with the goal of attracting more female and under-represented minority students. One of the primary tools our teachers would like to use is an application called [AppInventor](#). This will allow students to create Android apps for phones and/or tablets. While many of our students have these devices, it would be helpful to have additional phones or tablets in the room for students who do not. Contact me or [Ms. Listman](#) to donate.

The PTSA will once again be sponsoring a **Student Mindfulness Class** to be held during Warhawk Time on Wednesday's beginning October 21. Contact APGorman@fcps.edu to register your student. And, a Mindfulness Parent is Class scheduled on Tuesday evenings beginning October 13. See the flyer in this edition of Mad Memos to register.

Our Hospitality Committee is planning **Healthy Harvest Snacks** for teachers and staff on Friday, October 9. Collection is Thursday, October 8. If you can contribute apples, clementines, individual packages of snack mix or granola bars contact Hospitality@jmhsptsa.org.

The Athletic Boosters are hosting the Mark McGinly Memorial Golf Tournament on Friday, October 16, 9:00am at Pleasant Valley Golf Club. Mark was a gifted athlete at Madison who perished in the World Trade Center on September 11. It is a great honor to remember Mark through the annual Madison Masters tournament. This is not only a wonderful day to spend with parents and coaches of the Warhawk Nation, but a fundraiser that supports all student athletes and activities at Madison. Go to www.MadisonMasters.info for information on sponsorships and to the on-line registration to play golf.

School Board elections will be held in November. In addition to education, there are many issues in FCPS that these representatives legislate for our schools: budget deficit, class size, FLE/gender issues, ESOL enrollment and minority achievement. Get informed to cast your vote for your local school board member and three at-large members. The League of Woman Voters is hosting a Meet the Candidate Forum for the At-Large positions at Madison Tuesday, October 13 at 7pm. There are several web sites that can be helpful to learn more about issues in FCPS: www.classsizecounts.com - www.fcps.edu/news/fy2017/budget-tool - www.fcps.edu/is/msaoc/toolkit

Our next meeting is October 5 at 7:30pm in the Library. We will be discussing upcoming academic booster, hospitality and parent programs. The audit committee will present their report and we will vote on this year's budget. The All Night Grad committee meets at 6:30 just before the general PTSA meeting. All are welcome to attend.

I hope you enjoy this year's first addition of *MadMemos*, many thanks to our editor Diane Natale.

Best Regards

Jill Hecht

president@jmhsptsa.org

Parent Education Program
Tuesday, October 6 at 7:00pm
MENTAL FITNESS AND ATHLETIC SUCCESS
See Page 9 for more information

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B
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R**School –wide Events**

Oct. 5: All Night Grad (ANG) meeting, 6:30, Library

Oct. 5: PTSA Meeting, 7:30, Library

Oct. 6: PTSA Parent Program: Mental Fitness and Athletic Success, 7-9p, Aud.

Oct. 6: Band Dining 4\$ at Oakton Chipotle

Oct. 10: Band “Shop for a Cause” at Athleta in Tysons Corner Mall, 2-6p

Oct. 14: PSAT for 9th, 10th, and 11th grades, Half day for students;
Seniors: report to cafeteria for cap & gown measurements;
Senior dismissal at 11am

Oct. 18: College Fair, Fair Oaks Mall, 7:30-9:30p

Oct 21: Orchestra and Chorus Fall Concert, 7p, Auditorium

Oct 21: MAD music day with Thoreau music students visiting during school

Senior News**What Is The ANG?**

Interested in helping with the All Night Grad Celebration (ANGC)? This special event will take place at the Oak Mar Rec Center on the evening of June 15, 2016 for all the graduating seniors. Planning meetings take place once a month and run about an hour. They are held Monday evenings at 6:30 in the school library before the PTSA meetings. Many sub-committees make up our planning group and we are pleased to announce that most of our committee chairs have been filled for this coming year.

We would love to have parents, especially those without a graduating senior, help us out this year. We could use extra help in the areas of Publicity, Entertainment and Decorating. If interested in seeing what we're all about, please attend our first meeting to be held on Monday, Oct. 5 at 6:30 in the JMHS Library. Questions? Please contact Patty Shields or Diane Ungerleider at allnightgrad@jmhsptsa.org. You can find more info about the event on our web page at jmhsptsa.org/All_Night_Grad.php.

Oct. 14 **is a half day** for all students. PSAT's will be offered to our 9th, 10 and 11th graders. This is a "practice" test that will help get them ready for the SAT. Fairfax County Public Schools pays for all 9th and 10th graders. 11th graders are charged \$17 for the test. Please make sure that you have paid for this test. Please keep in mind that if you don't pay for the test (11th graders only), it will not be scored. Please turn the money in to the Counseling office, your student's Warhawk Time teacher, or Tracy Marquina in the counseling office.

Seniors are expected to meet in the cafeteria (enter through door 3) on Wednesday, 10/14 at 9:00 am. Seniors must report to turn in their cap and gown measurements. We will provide breakfast and take a group class photo. Dismissal for seniors will be at 11:00 am.

If the college requires a **Counselor Recommendation** (not all do), parents are asked to fill out the **Parent Information Form**, which is available on the JMHS website at

<http://www.fcps.edu/madisonhs/services/college.html>

We ask that these forms be filled out and returned via email ASAP.

Also, **Seniors** need to complete the Self-Evaluation Form for their counselor, which can be found in Family Connection, under the "About Me" tab. <http://fcps.blackboard.com/>

On-Site Admissions: Longwood and Radford Universities: Seniors will have the opportunity to get their admission decision in November for Longwood and December for Radford. Details and deadlines are available in the Document Library of Family Connection in the "On-Site Admissions" folder. There are specific procedures/deadlines for each university.

College Visits to JMHS

JMHS has approximately 100 college representatives who schedule visits to meet with interested students. Juniors and Seniors are encouraged to attend. Students should sign up on Family Connection and print out the confirmation page to use as their pass. Then get permission and signature from their teacher at least 24 hours in advance of the visit for the class they will miss. Students are responsible for missed assignments. Finally, bring the signed pass with you to the presentation. **Students are welcome to use the computers in the Career Center to sign up and print out their pass.** The list of college visits is available in Family Connection, accessible through Blackboard at <http://fcps.blackboard.com/>

College Fair

Sunday, October 18, 2015, Fair Oaks Mall, 7:30-9:30 pm

The FCPS College Fair offers a venue for high school students and parents to meet with colleges and universities to share information and answer questions about their institutions. Approximately 400 colleges annually attend this event.

SENIOR DUES

Senior dues are \$135.00*. Payment must be made by Wednesday, January 28, 2015. Dues paid after this date will be charged a \$15 late fee. Please make checks payable to JMHS Class of 2016 and make sure the student's name and t-shirt size are written on the check. Please turn in checks to the Trish Godfrey in the Special Education Office.

* If you qualify for the FCPS Free or Reduced Lunch Program, please see your school counselor.

Bob Gambarelli (RG1)

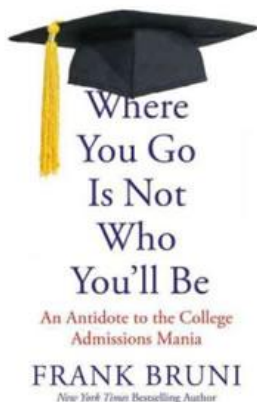
Director of Student Services

James Madison HS

[703-319-2337](tel:703-319-2337)

Step Back from the Madness!

Whether your family is currently diving in to the college applications process or merely looking ahead, you will benefit from reading Madison's [summer "common read" book](#):



All families are encouraged to read and talk about this book. We hope to have a lot of engagement in our school and broader community about this in special activities and contests to come. For now, see below for some **questions and quotes** to guide reading and spark discussions in your families and beyond.

Is college merely a path to a well-paying job, or are there other important functions a college education serves in our lives?

What are some of the variables and trends that are making the college application process extra stressful in recent times?

Relay the story of a person who is "successful in life" (however you may define that) and the role their education played in it. (Note: the stories of achievers in Chapter 9, "Humbled, Hungry and Flourishing," are inspirational; Condoleezza Rice also had a very beneficial approach in her education, as described in Chapter 4...)

Some have said that elite colleges create graduates who are "excellent sheep" (see Chapter 8, "Strangled with Ivy.") Is this reasonable or fair?

Describe your ideas for easing the stress of college admissions "mania" and arriving at a post-high school plan that suits you well.

What are the main ways in which parents and educators can help students to develop into effective, fulfilled adults? How can they help ease the transition from youth to adulthood?

Quotes from the book:

"The climate of the college admissions process is overheated, in a way that unnecessarily addles kids, can be detrimental to their educations and perverts the true point of learning, which isn't about the acquisition of badges. It's about the refinement of a mind, the cultivation of a soul."

"College has no monopoly on the ingredients for professional success or for a live well-lived."

"Life is defined by little snags and big setbacks; success is determined by the ability to distinguish between the two and rebound from either. And there is no single juncture, no one crossroads, on which everything hinges."

“College is a singular opportunity to rummage through and luxuriate in ideas, to give your brain a vigorous workout and your soul a thorough investigation, to realize how very large the world is and to contemplate your desired place in it.”

“(Students) should be thinking more about what they’re going to do with their lives, and what college is supposed to do is to allow you to live more fully in your time.”

--Anthony Carnevale, Director of Georgetown University’s Center on Education and the Workforce

“(College) is supposed to prime you for the next chapter of learning, and for the chapter beyond that. It’s supposed to put you in touch with yourself, so that you know more about your strengths, weaknesses and values and can use that information as your mooring and compass in a tumultuous, unpredictable world. It’s supposed to set you on your way, and if you expect it to be a guarantee forevermore of smooth sailing, then you’ve got trouble infinitely greater than any rejection notice.”

“There’s no equivalence between straight A’s in school and sharp professional tools...”

“If you can identify and stick with something you’re genuinely passionate about, you’re ahead of the game.”

“Isn’t digesting negative feedback and turning it into positive fuel the very metabolism of education? Isn’t school supposed to humble you?”

“If you are extremely smart but you’re only partially engaged, you will be outperformed, and you should be, by people who are sufficiently smart but fully engaged.”

--Britt Harris, former chief executive of the Bridgewater Associates hedge fund

“The (college admissions) mania’s focus on such a limited number of acceptable outcomes, coupled with its attention to minutely-detailed instructions for achieving them, suggest that life yields to meticulous recipes. That’s a comforting thought but a fraudulent one.”

“...a robust and lasting energy for hard work is always going to be more consequential than any college.”

“Many people flourish in their careers and their relationships because of the buoyancy of their spirits, their talents or establishing a positive rapport with everyone around them and the emotional wisdom with which they separate what’s vitally important from what’s not.”

“...I spotted, in the stories of many of the people happiest with the way things turned out for them, an openness to serendipity that sometimes gets edited out of the equation when you’re blindly accepting the marks that your parents and your peers have all agreed on and you’re dutifully hitting them, one after another. I noticed a nimbleness in adapting to change, a willingness to shoot off in a new direction and an attention to the particular virtues of the landscape right around them rather than an obsession with the promised glories of the imagined terrain around the bend.”

For more information—including how to purchase the print or electronic versions of the book—go to:

<http://tinyurl.com/MadWhereYouGo> Please feel free to relay your own questions and thoughts to:

[John Landis](#)

Head Librarian

Madison High School

703-319-2352

jnlandis@fcps.edu

Mock Tests:

Well done! Over 150 students took mock tests on Saturday, September 19. Taking a mock or practice ACT or SAT test can be an important part of the test preparation process. It helps students become comfortable with test questions and the testing environment.

We will be offering Mock Tests again on Saturday, February 20, 2016. The NEW SAT will be offered. This is a great opportunity for Juniors to see the new test, and for sophomores to start their test prep process.

Don't Miss This:**MENTAL FITNESS AND ATHLETIC SUCCESS**

Tuesday, October 6

7:00 -9:00 pm (Auditorium)

Is your athlete mentally fit? Being mentally fit can't guarantee athletic success but it can make a difference and ensure that your athlete is having fun and enjoying the high school experience. Learn how to improve mental toughness and confidence, and manage pressure. Learn how to bring purpose and focus to practice. Athletes and their parents are encouraged to attend.

Presented by Keith A. Kaufman, Ph.D., PLLC, licensed clinical psychologist and Research Associate at Catholic University, where he teaches undergraduate Sport Psychology and co-leads a sport psychology research team. He has co-developed a program called Mindful Sport Performance Enhancement (MSPE).

Important Dates:**Thursday-November 5: Academic Awards Ceremony**

Honoring all students earning a 4.0 GPA the pervious school year. Only first time honorees will attend the ceremony during Warhawk Time. Invitations will be mailed home.

Tuesday-November 17: Creative Ways of Paying for College

A Parent Education Presentation. 7:00 pm in the Auditorium

Saturday-February 20: ACT & SAT Mock Testing

Take a full-length, timed test as part of your test prep.

Need more info? Go to www.jmhsptsa.org under the Academic Boosters tab

Yes! I want to support Academic Boosters for the 2015-2016 School Year!

Membership Levels:

Gold \$ 100_____ Silver \$50 _____ Bronze \$25_____ Other_____

Name: _____ Student's Name: _____

Mail/Payment to:

**PTSA Academic Boosters
James Madison High School
2500 James Madison Drive
Vienna, VA 22181**

Questions:

**Nancy Socher-PTSA VP
(703) 626-3353
nancy.socher@gmail.com**

Or PAY ONLINE: at www.pay4schoolstuff.com

**James Madison High School
PTSA PARENT EDUCATION PROGRAMS
2015-2016**

Tuesday, October 6

7:00 -9:00 pm (Auditorium)

MENTAL FITNESS AND ATHLETIC SUCCESS

Is your athlete mentally fit? Being mentally fit can't guarantee athletic success but it can make a difference and ensure that your athlete is having fun and enjoying the high school experience. Learn how to improve mental toughness and confidence, and manage pressure. Learn how to bring purpose and focus to practice. Athletes and their parents are encouraged to attend.

Presented by Sports Psychologist Keith A. Kaufman, Ph.D., PLLC

Tuesday, November 17

7:00-9:00 pm (Auditorium)

CREATIVE WAYS FOR PAYING FOR COLLEGE

The cost of a college education is higher than ever. How will you afford this expense? What if your children attend an elite or out-of-state school? What if they don't graduate in four years? The costs can be monumental. This workshop will teach you how to send your children to the college of their dreams without bankrupting your retirement nest egg.

Presented by Brock T. Jolly, Managing Partner, The College Funding Coach

Tuesday, December 8

7:00-9:00 pm (Auditorium)

WHEN GOOD KIDS MAKE BAD CHOICES: ALCOHOL & DRUGS IN FCPS

The truth is: good kids are making bad choices – and the incidence of alcohol, marijuana and prescription drug abuse is increasing in our community. Hear the story of one student's addiction, candid comments on what is happening in our community, an overview of the law and its consequences, and a presentation of drug paraphernalia – what to look for and what you might miss. This is a parent-only event.

Panel will include a parent, Madison's SRO officer, students, and a representative from FCPS's Student Safety and Wellness Department.

Wednesday, February 17

7:00- 9:00 pm (Warhawk Hall)

WHAT IS A HEALTHY RELATIONSHIP?

Boyfriends, Girlfriends, Friends and Parents: our students are navigating a maze of relationships. What are the characteristics of a healthy relationship? What is love, and what isn't love? Explore what a healthy relationship looks like, and learn how to start the dialog with your child so they can develop healthy and safe relationships.

Presented by The Women's Center of Vienna.

Thursday, March 31

7:00-9:00 pm (Warhawk Hall)

BATTERIES NOT INCLUDED: HOW TO SUPERCHARGE YOUR CHILD'S MOTIVATION

It's the middle of the school year, is your student struggling to stay focused and motivated? In this workshop you will learn the main reasons why students struggle to stay motivated in school and tips and tools to help your student stay on track for a successful end of the school year.

Presented by Ann K. Dolin, M. Ed., President and Founder of Educational Connections, Inc. and author of Homework Made Simple.

Warhawk Buddies

Is your student signed up to be part of the Warhawk BUDDIES? These students will work with Emotionally Disturbed (ED), Learning Disabled (LD) and Intellectually Disabled (ID) students throughout the year for special events such as the Homecoming Parade, All Night Grad Night, and many more. If interested, please contact Aidan at: ahmcw@verizon.net

D.R.I.V.E. PROGRAM

Are you familiar with the D.R.I.V.E. campaign? The PTSA will be assisting this program with donations that will encourage our adolescents who need a combination of individualized education and supportive counseling in order to succeed in mainstream high school. The incentive program, DRIVE stands for DETERMINATION, RESPECT, INTEGRITY, VOICE or ENGAGEMENT = DRIVE. We hope DRIVE will be a huge success.

Child Respite Care Program

Students can earn up to 25 hours of volunteering with a new child respite care program. The 25 hours will be spread throughout the year with an opportunity for training, planning, and actual respite care of young children with special needs and their typically developing siblings. If you want to hear more about this opportunity please contact Annie Klockner at annieklo@hotmail.com

Mindfulness Course for Parents



Parents are in a constant time crunch, and we all do our best with the tough balancing act of juggling work, raising our children, spending quality time with our families, and carving out personal time for ourselves. We're often left feeling stressed and drained, and wondering how we can find more time, space, and energy in our lives. **How can mindfulness help us as parents?** Our 6-week course teaches parents mindfulness practices that are scientifically validated and provide numerous positive benefits for our health and well-being. These well-researched, practical tools help bring a greater sense of patience, kindness and empathy into the home, greater calm and balance to our lives, and a renewed sense of joy and strength to our families and communities.

Join us as we learn about Mindfulness for Parents!

In this 6-week course you will learn:

- How we define "mindfulness" and why it is an essential life skill
- How mindfulness positively impacts and improves the functions of the brain
- Ways in which mindfulness increases attention, stress-reduction, resilience and empathy
- Simple practices to help you transform into a more present, open, and receptive parent
- How to support your child's brain at key developmental stages
- Practical skills & resources for integrating mindfulness practices into your daily life

Oct 13 - Nov 17, 2015

Tuesday Nights 7:00 - 8:30 PM

**Location: Madison High School
2500 James Madison Dr, Vienna, VA 22181**

Cost: \$250



Instructor: Trisha Stotler has been a student of meditation for over twenty years. She teaches classes and retreats in the DC area to both beginners and advanced practitioners, including the year-long course she created called Bringing Mindfulness to Life. A long-time Mindfulness-Based Stress Reduction (MBSR) instructor, she emphasizes the practical application of mindfulness in all activities. As a breast cancer survivor and a mom to three young kids, she considers mindfulness practice an essential part of her daily life.



Minds is dedicated to bringing mindfulness practices to DC-area students, educators and parents.

Please register at www.mindsincorporated.org

These materials are neither sponsored nor endorsed by the Fairfax County School Board, the Superintendent, or this school.



Mindfulness classes for Students...coming to JMHS!!

Wednesdays during Warhawk Time Oct 21-Dec 16

MINDFULNESS: EMPOWERING OUR YOUTH TO HELP THEMSELVES

We live in a distracted and stressed-out culture. Mindfulness practice gives students the tools to pay attention and weather the mood swings that are a part of life.

What is mindfulness? Paying deliberate attention to what's happening "right now;"

- a life skill for managing difficult moods such as anxiety and depression;
- a way of cultivating self-awareness and self-compassion;

Classes will meet for eight (8) weeks beginning October 21 and continuing to December 16.

Class size will be around 25 students; interested students should talk with their counselors.

The counselor list is at the bottom of the page. Please contact your counselor by Oct 15.

How can it help? By blocking the stress chemicals in our brains that prevent us from learning and make us react and say or do things we may regret;

- by empowering us with a "pause" button in high-stress situations;
- by increasing decision-making ability, self-control and positive temperament.

Last names:	Counselor	
A-CAR	Ms. Cynthia Coogan	cbcoogan@fcps.edu
CAS-ES	Ms. Brandy Buckley	blbuckley@fcps.edu
ET-HEN	Mr. Alex Gorman	apgorman@fcps.edu
HEO-LAM	Ms. Shari Masich	srmasich@fcps.edu
LAN-MOO	Ms. Tonya Latham	talathom@fcps.edu
MOP-RIN	Ms. Erin Kennedy	eekenedy@fcps.edu
RIO-SWA	Ms. Ashley Anderson	abanderson@fcps.edu
SWB-Z	Mr. Tim Buckley	tebuckley@fcps.edu

For general questions, please e-mail Betsy Boswell Fusca@ 2ndvicepresident@jmhspts.org



A huge THANK YOU for all who donated food items and your time helping with both set-up and clean-up for the Back to School Teacher Breakfast and the Grab N Go Breakfast. You are amazing!

The PTSA Hospitality Committee is planning Healthy Harvest Snacks for Madison's teachers and staff on Friday, October 9th. **Collection is on Thursday, October 8th.**

If you can contribute **APPLES, CLEMENTINES, INDIVIDUAL PACKAGES OF SNACK MIX OR GRANOLA BARS** to our efforts, please sign-up at:

<http://www.signupgenius.com/go/10c0a49aeaf22a31-fall1>

Or email Hospitality@JMHSPTSA.org. Thanks!

BAND FUNDRAISERS

JMHS Marching Band Dining 4\$
Support the band's Atlanta
'Super Regional' competition appearance
Dine at Chipotle in OAKTON Tues 6th October



Saturday, October 10th
2:00 - 6:00 pm



ATHLETA

Tyson's Corner Mall Location



Athleta's exclusive

“Shop for a Cause”

*This event will support the James Madison High
School Band and the Vienna Volunteer Fire
Department through the*

Vienna Turkey Trot 5k/10k

Athleta will donate 10% of the proceeds to this great event on your behalf.



Race representatives will be in
house to answer questions
and take registrations.
www.viennaturkeytrot.com



MAD MEMOS

MAD DRAMA

RUMORS

by Neil Simon



*November 12, 13 & 14 at 7:30pm
November 14 at 2:30pm
Auditorium*

Tickets: \$8 online or \$10 at the door

Hello Madison Students and Parents,

Your contributions directly allow us to continue the Theatre Arts program at Madison. We purchase lumber, paint, lights, costumes, props, sound equipment, makeup and much more directly with your gifts.

Thanks to you and our dedicated student body, Madison HS has created a hard-won tradition of outstanding performing arts in Vienna and the surrounding communities. Your involvement and contributions enable us to achieve these high standards!

MAD Drama involves many, many students at James Madison directly in the performing, visual and technical arts. Please support MAD Drama by becoming a Benefactor. You will receive a **VIP Master Season Pass** for your donation!

Make checks out to: MAD Drama
Mail to:
MAD Drama
c/o Marshall Henderson
2500 James Madison Dr.
Vienna, VA 22181



A **Benefactor** (\$150 or **more**) will receive a VIP Master Season Pass that includes **6** passes to the fall production, **6** passes to the spring musical and **6** passes to all Advanced Theatre Productions. Passes are good for any MAD Drama performance except the Student Directed One Acts.



A **Supporter** (\$100 to \$149) will receive a VIP Master Season Pass that includes **4** passes to the fall production, **4** passes to the spring musical and **4** passes to all Advanced Theatre Productions. Passes are good for any MAD Drama performance except the Student Directed One Acts.



A **Patron** (\$50 to \$99) will receive a VIP Master Season Pass that includes **2** passes to the fall production, **2** passes to the spring musical and **2** passes to all Advanced Theatre Productions. Passes are good for any MAD Drama performance except the Student Directed One Acts.

To become a Benefactor, please fill out the following information and attach a check with the amount above you would like to donate. Make the check to "MAD Drama."

Name: _____

Address + ZIP: _____

Phone: _____

E-Mail: _____



Cash Rewards Program

Our School Needs your Support – Renew Today!

Giant's A+ Bonus Bucks, Harris Teeter's Together in Education (TIE) and Target Redcard programs are an important part of our school's fundraising efforts. Each time you shop at Giant, Harris Teeter, or Target a percentage of your purchases go to JMHS. **Last year, we earned approximately \$6000 for our school.** All you need to do is register James Madison High School as your designated school. ***Some programs require you to renew each year, so even if you participated last year, you must renew again for this school year so we can continue to earn your contributions.*** It's quick and easy to sign up online:

For Giant's A+ Bonus Bucks (after September 1st): ***if you previously enrolled in Giant's A+ program, you do not need to re-enroll***

First time registration:

www.giantfood.com/aplus

JMHS School ID: 02125

For Harris Teeter:

[New or Renewal](#)

JMHS School ID: 1390

Target Redcard:

[Target Take Charge of Education](#)

School ID: 103674

Please take a minute to go online and renew your registration for this year. Anyone – friends and neighbors – can participate. If you need help registering or have any questions, please contact Eileen Fox at eileenfox@erols.com or 703-938-8839. Sign up or renew today!



JMHS ATHLETIC BOOSTER “PLUS” FAMILIES

The JMHS Athletic Booster Club wishes to thank all who supported JMHS athletics with their Booster Club membership this fall, particularly the following BoosterPlus Members:

Adkins Family	Eastham Family	Murphy Family
Almanza Family	Faragasso Family	Myers Family
Arase/MacGregor	Felner Family	Nunez Family
Baharmast Family	Franklin Family	O'Reilly Family
Barrett Family	Freck Family	Partridge/Morrisette
Barrett/Wheeler	Gay Family	Pisani Family
Battin Family	Gerke Family	Polymeropoulos
Berry Family	Ginley Family	Family
Billett Family	Grubbs Family	Reynolds Family
Bodmer Family	Halloran Family	Satterfield Family
Bomgardner/Sanfacon	H. Hecht Family	Sharon Family
Bonaquist Family	T. Hecht Family	Shields Family
Carr Family	Howat Family	Shroeder Family
Casey Family	Hoyt Family	Smith Family
Choutka Family	Jackson Family	Socher Family
Colbert Family	Kase Family	Spafford Family
Davidson Family	Kustra Family	Sternberg Family
Davis Family	MacDougald Family	Sullender Family
Duncan Family	McCarty Family	Turner Family
Dyson Family	McWeeney Family	Waldron Family
Eachus Family	Monahan/Moroney	Wood Family
	Family	Ziegelbauer Family

Community Events:

Future Quest 2015

SAVE THE DATE: Saturday, November 14, 2015

George Mason University in the Johnson Center (Fairfax campus)

8:00 a.m. – 3:00 p.m.

Future Quest is a *FREE* College and Career Forum for students with disabilities, parents, and professionals. This College and Career Conference for high school students with disabilities and their parents will include inspiring speakers, a resource fair, and many workshops about options after high school, employment, assistive technology and college and career planning. [Register now](#) for this fantastic event! Want to know more? Visit <http://futurequest.gmu.edu>

All these opportunities are free unless noted.

The FCPS Parent Resource Center (PRC) helps parents of students with disabilities. It sponsors workshops, has a lending library, and has Parent Liaisons to help solve problems. They also post (on their website) the 2e Twice-Exceptional Newsletter, which provides information on supporting gifted students with disabilities. www.fcps.edu/dss/osp/prc/index.shtml

English: [703-204-3941](tel:703-204-3941) Español: [703-204-3955](tel:703-204-3955).

Understanding the Special Education Process: Protecting Your Child's Rights at School

Mon. Oct. 5, 7:30 - 9:00 pm McLean Bible Church, Tysons Campus, Community Room B

Understand the protections provided under the law and how to navigate the special education process including eligibility, IEPs, due process, transition services and least restrictive environments.

RSVP appreciated but not required: erin.roundtree@mcleanbible.org or [703-770-2938](tel:703-770-2938)

Youth and Young Adults: Stronger Together

Alternate Tuesdays starting Oct 6, until May 2016, 6:30 - 8:00 pm in Fairfax.

Sponsored by Formed Families Forward, this peer-to-peer support group for youth ages 14 - 22 meets twice a month through May. Parents, caregivers and guardians have their own meeting at the same time in the same building. Light dinner of pizza and salad will be served.

Register: www.formedfamiliesforward.org/youth-together-peer-group/ or [\(703\) 539-2904](tel:703-539-2904)

Back to School: Practical Tips for Dealing with Caregiver Stress and Avoiding Burnout

Wed. Oct. 7, 6:30 – 8 pm Formed Families Forward 4031 University Drive, Fairfax, VA

Join other adoptive and foster parents, grandparents and other kin caring for children for an evening of information and support.

Register: www.formedfamiliesforward.org/back-to-school-burnout/

A Sense of Control: Why It's Such a Big Deal for Kids with LD and ADHD

Oct 14, 7:30 - 9:00 pm Lab School 4759 Reservoir Road, NW Wash., DC 20007

This lecture will focus on how to support the development of a healthy sense of control in students with LD and ADHD while maximizing kids' willingness to work hard and to use the help offered them.

Register: www.labschool.org/lectureseries

Fetal Alcohol Spectrum Disorder and Other Neurobehavioral Conditions:

Understanding a Brain Based Approach

Four Thursdays, October 15 - November 5, 6:00- 8:00 pm 4031 University Dr., Fairfax VA 22030

This 8-hour workshop includes current information on FA/NB and provides a brain based approach for living with, caring for, and teaching individuals and their families. CEUs are available.

Register: www.formedfamiliesforward.org/4-sessionfasd/ \$15 per person, collected first night

Bully Busters

Fri. Oct 16, 10:00 am - noon FCPS PRC 2334 Gallows Rd., Entr. 1, Dunn Loring

Learn how to increase your own "bullying IQ", empower your child to effectively cope if bullying occurs and help lower your child's chances of being bullied and becoming a bully.

Register: www.surveymonkey.com/r/BullyBuster

Strategies to Support Secondary Students with Dyslexia

Tue. Oct 20, 7:00 - 8:30 pm FCPS PRC 2334 Gallows Rd., Entr. 1, Dunn Loring

Workshop will include strategies to support reading, writing and math at home; ways to promote effective study skills; and strategies to promote self-advocacy skills.

Register: www.surveymonkey.com/r/Dyslexia-Secondary

Fidgety, Forgetful & Unfocused!

Fri. Oct. 23, 12:00 - 1:30 pm FCPS PRC 2334 Gallows Rd., Entr. 1, Dunn Loring

This workshop will focus on the importance of executive functioning skills, how to set up an effective homework space, and how you can promote peaceful, on-task behavior during homework time.

Register: www.surveymonkey.com/r/FFandUnF

Trauma Awareness Training for Families and Professional Partners

Tue. October 27, 6:30 – 8:00 pm Formed Families Forward, 4031 University Dr., Fairfax

Presented by the Trauma Informed Care Team of the Partnership for A Healthier Fairfax Family/professional pairs who attend together will each be given a \$10 gift card!

Register: www.formedfamiliesforward.org/trauma-awareness-training/

CHADD: Children and Adults with Attention Deficit/Hyperactivity Disorder

Support Group for Parents of Teens and Young Adults with ADHD

Meets the 1st Thursday of each month (Oct 1, Nov. 5) at 7:30 pm at Fairfax Circle Church 3110 Chichester Lane, Fairfax, VA 22031 Contact: phone/text [703-489-4626](tel:703-489-4626) or ocgreulich@aol.com

NAMI: National Alliance on Mental Illness builds better lives for those affected by mental illness.

Oakton Family Support Group meets on the 1st Thurs. of each month, 7:30-9:00 pm

Rm 9 of the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Rd.

Contact: Joanna Walker at [703 620-2633](tel:703-620-2633) or Joanna.naminova@gmail.com

For other Family Support Groups visit www.nami-northernvirginia.org/families-and-friends.html



KEEN Greater DC is celebrating 23 years of Fun, Fitness, and Friendship!

KEEN Greater DC is a nonprofit, volunteer-led organization that provides one-on-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.

- Programs are FREE of charge!
- Kids meet and interact with new people every session
- We accept every child regardless of the child's degree of disability
- Families are invited to special programs and events throughout the year

Programs in Virginia

Sports

Description:

During the Sports Program, athletes and volunteers come together for one-to-one activities. They have a group warm up and then move to individual activities that are tailored solely to the needs of the athlete. They may throw a basketball or kick a soccer ball, or they may take a walk around the outdoor track. Many love to bounce on 36" balls or be pulled along the floor on a flat wheeled scooter. A group may form for Duck, Duck, Goose. The session ends with everyone coming together in a circle (although some athletes still need to run around its periphery, and that's okay) and sharing with the group what they did that day "that made them very Proud." They literally go out dancing: the Hokey Pokey for the younger kids and the Macarena for the teens and young adults. Athletes burn energy, meet and interact with new volunteers, see old friends, and then rejoin their parents, who have had some precious respite time.

KIDS and TEENS: 1st and 3rd Sunday of each month except Holidays

LOCATION(S): Key Center School • 6404 Franconia Road • Springfield, VA 22150

Or

Kilmer Center School • 8102 Wolftrap Rd • Vienna VA 22182

Music

Description: At Music, athletes will increase their musical awareness by participating in singing, movement and music activities. They will practice skills of imitation, choice-making,

and fine and gross motor movement. As with other KEEN Music programs, Music is taught by a professional educator who specializes in music. And individual volunteer coach pairs provide each athlete with support and social engagement.

KIDS and TEENS: 3rd Sunday of each month

LOCATION: Key Center School • 6404 Franconia Road • Springfield, VA 22150

Bowling

Description: This new program provides opportunity for teens and young adult athletes (ages 16-21) to pair up with volunteers for an hour of bowling fun and socialization.

TEENS: 1st and 3rd Saturday of each month except Holidays

LOCATION: Bowl America • 140 South Maple Avenue • Falls Church, VA 22046

Tennis

Description:

We never keep score at KEEN, but everyone knows what it is at KEEN Tennis: Love – Love. The junior tennis players at the Bob Pass 4 Star Tennis Academy bring their special skills to KEEN, teaching athletes how to hold the racquet and hit balls. KEEN Tennis offers kids and teens a chance to experience something truly special.

KIDS and TEENS: 1st Saturday of each month

LOCATION: Four Seasons Tennis Club • 3010 Williams Dr • Fairfax, VA 22031

Athlete registration can be found online at www.KEENGreaterDC.org.

****A registration form must be submitted prior to attending the program(s). Once the form has been submitted an email confirmation will be sent. ****

Questions? Email Sophia Venero at keengrdc.sophia@gmail.com