



Bruin Voices

Lake Braddock Secondary



everychild.onevoice.

Newsletter of the LBSS Parent, Teacher, Student Association

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Welcome back!

Message from the President, Robert Shaw

Dear Lake Braddock Community,

On behalf of the Lake Braddock Parent-Teacher-Student-Association, I welcome you to a new school year. This year I serve with a dynamic PTSA Board of over of over fifty parents, teachers and students all who love and support young people. **The PTSA mission is:**

1. To support and speak on behalf of children and youth in schools, in the community, and before governmental bodies and other organizations that make decisions affecting children.
2. To assist parents in developing skills they need to raise and protect their children.
3. To encourage parent and public involvement in the public schools of this Nation.

As President of the Lake Braddock PTSA, I encourage you to become part of this organization that works for students, supports teachers, and uplifts parents. Please stop by our membership table and sign up for membership or download a form from our informative website www.lbssptsa.org. You can volunteer by simply filling out a volunteer form online this year! Be part of the community-volunteer and join PTSA we need your support! You will receive a **Staff Directory** and access to the very informative weekly **E-News email** newsletter. (continued on page 2)

IT'S THE SILVER ANNIVERSARY OF THE LBSS PTSA ARTS & CRAFTS SHOWCASE!

Join us for the 25th annual Lake Braddock PTSA Arts and Crafts Showcase and Silent Auction on Saturday, October 16, 9am to 3pm. Admission is \$3 for adults, \$2 for seniors and free for students under the age of 18. Come rain or shine, as this is an indoor

event hosted right here at Lake Braddock.

As one of the premier events hosted by the PTSA, more than 1,200 patrons annually visit our spectacular arts and craft fair. 100 artisans and crafters will be selling handmade jewelry,

pottery, woodcrafts, photography, original artwork and much more. Proceeds go to funding PTSA activities and teacher mini-grants.

For more information, please visit us at lbssptsa.org.

Upcoming Events:

- October 11
Columbus Day Holiday
- October 12
PTSA General Membership Mtg.
Cafeteria, 7:00 pm
- October 13
PSAT given to 9th, 10th And 11th grade students.
- October 14
Coffee with the Principal
Lecture Hall 7:45 am
- October 16
Arts and Crafts Showcase
9am-3pm
- October 22
Homecoming Parade
5pm
Bite of Braddock
5 pm-8 pm
- October 23
Homecoming Dance
8 pm.-12 am
- October 25
Reflections Due

LBSS Directory

Available Tonight!

Directories are free with PTSA membership or \$5 for purchase.

Pick up at Back to School Night or at the Craft Fair.



We are just a click away. Find future editions of Bruin Voices in your inbox and at lbspspta.org



Send in those Box Tops! Each Box Top is worth 10 cents, and with a school the size of Lake Braddock it really adds up.

Message from the President, continued

Here are some of the things we are committed to contributing to this year and we hope that you plan to become a part of this exciting and rewarding endeavor:

- Volunteer Hours: Expect to exceed 15,000 PTSA hours
- Teacher/Staff Mini Grants: \$10,000+ committed this year
- Reflections Program: District, State and National Arts Awards
- Mentorworks & Middle School Activities Program
- All Night Graduation Party & Baccalaureate Sponsorship
- *Bruin Voices* Newsletter and Website Communications
- Beautification Efforts: supporting and enhancing renovation
- Teacher of the Year Award and Legislation Awareness
- Arts and Craft Fair Community Fundraiser
- Support to the Lake Braddock Coalition and Health and Safety Initiatives
- Staff and Teacher Appreciation Events
- Promotion Programs and Business Partnerships
- Scholarship Sponsorship for deserving seniors
- Member of the Annandale Regional Planning Study committee
- Sponsorship of the highly successful Principals Coffee
- And much more...join us...just \$15 membership!

PTSA – an organization that makes a difference – an organization for Everyone. Together we can make a difference at Lake Braddock.

I look forward to meeting you on Tuesday, October 12th at our General Membership meeting.

Robert Shaw, President, Lake Braddock PTSA 2010-2011

rshaw@lmi.org or 703-647-8053

Prescription High: Forum on Teen Abuse of Prescription Medications

Do you know what's in your medicine cabinet? Many teens do. Every day, on average, 2,500 teens abuse prescription drugs to get high for the first time. Sixty percent of teens who abuse narcotic pain relievers did so before the age of fifteen! Is your child one of them? Many parents think it's not their child - until it's too late. Do you know which prescription drugs are being abused? Do you know where teens are getting their prescription drugs? Do you know how teens learn about abusing prescription drugs? And, do you know ways of preventing teens from abusing prescription drugs? Find out more about this important issue and what you can do as a parent to protect your child or teenager from abusing prescription drugs.

To educate parents and caregivers on these dangers, Joseph Rannazzisi, a pharmacist, lawyer, Special Agent, and Deputy Assistant Administrator with the Drug Enforcement Administration, will present the current trends of prescription drug abuse affecting our nation's youth. In this open forum, parents, caregivers, teachers, counselors, psychologists, social workers, and school administrators will learn what drugs are commonly abused, the negative side effects of abusing prescription drugs, how they are obtained, how to safeguard medications at home, and ways to prevent their abuse. The audience will have the opportunity to ask questions.

The Forum will take place on Wednesday, September 29, 2010, at 7:30 p.m., at George Mason University's Harris Theatre on the Fairfax campus. This Forum is a free event and no registration is needed.

Coffee with the Principal

Come and take advantage of this unique opportunity to meet with Lake Braddock Principal, Mr. David Thomas. After a very popular and successful debut last year, Mr. Thomas has agreed to continue this program. Everyone's invited!

Our first principal's coffee is scheduled for

Thursday, October 14, 7:45 a.m.-8:45 a.m. in the Lecture Hall. Mr. Thomas will meet with parents to take your questions and address your concerns. We appreciate him taking the time to do this so, please, come and show your support.

New parents, this is a great opportunity for you to meet Mr. Thomas face-to-

face, and to also listen to his goals and ideas for our students. It's also a chance to see school in session and to ask the staff for help with items such as signing up for Blackboard.

There are no sign-ups, just show up. We look forward to seeing you on October 14.



DON'T MISS THIS!



"To bring up a child in the way he should go, travel that way yourself once in a while." ~ Josh Billings

What is the PTSA?

This question comes up a lot from new parents at Lake Braddock. The PTSA is the same as the PTA but with the option for high school students to join – thus the "S" for student.

We offer:

- the opportunity to share ideas and thoughts with other parents
- a forum for suggestions and comments that includes teachers, parents and students
- fundraisers to create improvements or programs at Lake Braddock
- a way to get involved and informed about the school
- scholarships, information and resources
- support for our children in the schools, community and government
- assistance to parents to develop additional skills to support their children
- And much more....

Please join today and get your student directory (one per family) with one adult membership. Memberships cost: Parent/Adult \$15, Student \$5, Teacher/Staff \$10. Forms are online at www.lbssptsa.org. For more information contact Elizabeth Hurst at eahurst@cox.net or 703-440-0868.

Caring and Sharing Program:

The PTSA is collecting new school supplies for fellow LBSS families in need. Donations can be brought to any PTSA meeting throughout the year. School counselors will identify the families who most need these supplies and distribute them. *Thank you for your generosity.*

Would you like to help shape the PTSA?

Besides becoming a member of the PTSA, please consider joining us as a volunteer on one of our many committees. You can choose your level of commitment and, however much you can give, it will be much appreciated and the rewards will be great. Here are a few areas of need for the current school year 2010-2011:

- **Volunteer Coordinator:** Works with committee members, teachers and staff who run an event or program to help them secure parent and/or student volunteers.
- **All Night Graduation Party Chair-Person:** Organizes this very important alcohol-free event held annually after graduation ceremonies.
- **Hospitality:** We are in need of volunteers to donate food items (usually desserts or fruit) or set-up or clean-up helpers for luncheons, parent coffees, etc... Contact Glynda Lynch momofmd@verizon.net or Kristin McDaniels kristjames@verizon.net

Do you have an event or article you'd like to see in

Bruin Voices?

Please contact editors Tina Weber and Pamela Nelson at
bruinvoices@yahoo.com

We're on the Web !
www.lbspspta.org

Don't miss a thing

Get breaking PTSA news sent directly to your email. Your PTSA membership automatically subscribes you to our weekly eNews update. You'll receive the latest information on everything happening in the halls, classrooms and community of Lake Braddock. Questions? Contact PTSAenews@aol.com



Another "Giant" way to help:

Register your Giant Food card with the A+ Bonus Bucks Program, and help support Lake Braddock! It's easy to do:

- Go to Giant's website at giantfood.com
- Click on "Our Stores" on top banner.
- Click on "Register your card".
- Follow the prompts to complete registration.

Lake Braddock can also receive support from your participation in the Safeway eScrip program, and the Verizon Extra Credit for Schools program.

Reflections 2010-2011: "Together We Can....."

All Lake Braddock Students are encouraged to participate in the annual Reflections arts program. The theme is "Together we can...." Compete in any (or all) of the categories—there is no limit on the number of entries you can submit! Show us your best creative talents.

Categories:

- Dance Choreography
- Photography
- Literature
- Music
- Visual Arts
- Film/Video Production

Entry Forms are available at www.lbspspta.org. All entries are due Monday, October 25 in the Reflections box in the Main Office. Cash prizes will be awarded to 1st, 2nd, 3rd places and honorable mention. All 1st place winners advance to the county level.

Questions about Reflections? Contact Kathy Burke at attysburke@aol.com

Recommended Reading

I debated on what I would like to say to the LBSS community in our first Bruin Voices edition...I think that I may have something. Earlier this month a friend sent me an article titled "Celebrated or Not, Mediocrity Won't Cut It" written by Earl G. Graves Sr., founder, chairman and publisher of Black Enterprise. I encourage you to read it in its entirety at the following website: <http://www.blackenterprise.com/magazine/2010/08/27/celebrated-or-not-mediocrity-won%E2%80%99t-cut-it/>

As I read the article I thought of our students just starting a new school year and I wanted to implore them to set very high standards for themselves. Not only in academic pursuits should one standard be high but it should be incorporated into play and extracurricular work. Practice becomes perfect and by constantly demanding of yourself the highest standard it will become second nature. The rewards are great as it prevents future regrets of not doing your best when you had a chance to do so. Most times the rewards are usually greater...it may be a scholarship, a letter in your sports or simply the satisfaction that you did your best.

For many students this will not be easy but here are some ways you can make that start: Ensure that your home work is always neat and written on a clean piece of paper. Practice proof reading your work to ensure that it is error free and grammatically correct. Strive to hand in your work on time and as complete as possible. When you are on the playing fields practice good sportsmanship and play by the rules no matter how tempting it is to do otherwise. Tuck in your shirt and dress properly. Parents and teachers also have a role to play in this equation. They need to be role models. They need to exhibit behavior that mirrors high standards. Apart from their actions parents need to be teachers... instructing children continually.

—Robert Shaw, Lake Braddock SS PTSA President