

Welcome to the Class of 2027 September 2025 Forum



Welcome from your **2027 Class Contacts**

- **Class Administrator:** Lisa Taweel
- **Class Sponsor:** Kenny Torres
- **Lead Class Parent:** Julie DeLong
- **Communications:** Jill Braunstein
- **Volunteer Coordinator:** Shimi Minhas
- **Class Dinners:** Christina Murphy
- **Parent Coffees/Forums:** Christine Mo
- **Prom - May 2, 2026:** Lisa Durand
- **Photos/Senior Slideshow:** Lisa Durand
- **All Night Grad Party (ANGP):** Mary Lee

Upcoming Events/Important Dates

- **Sept 10: Virtual Technology Orientation**
- **Sept 12: Saxon Service, Adult Volunteers Needed,**
Email Julie Hohl at jbzimmerman@fcps.edu for info
- **Sept 12: PTSA/SGA Sponsored Family Tailgate**
Student and Adult Volunteers Needed
- **Sept 15: National Honor Society Student**
Interest Meeting (3.5 Min. Weighted GPA required)
- **Sept 22-26: Homecoming Spirit Week**



Register



Volunteer for Tailgate

Upcoming Events/Important Dates

- **Sept 24-26: HOCO T-Shirt Pickup** during lunch for those that paid Activity Fee by 9/1, Adult Volunteers Needed



Volunteer for T-Shirt Distr

- **Sept 26: Homecoming Football Game**

- **Sept 27: Homecoming Dance**



Buy Dance Tickets

- **Oct 7:** Book Talk, ***The Anxious Generation*** by Jonathan Haidt, led by LHS School Psychologist, Anna Brown, 12:00, Library
- **October 8: School PSAT Day**

Upcoming Events/Important Dates

- **Oct 10: Saxon Service**, Adult Volunteers Needed,
Email Julie Hohl at jbzimmerman@fcps.edu for info
- **Oct 17: National Honor Society** Application Due
- **Oct 22: Book Talk, *Dream School – Rethinking College Admissions for Success and Well-Being*** by Jeff Selingo,
7:00 pm, McLean Community Center,
Tickets on Sale Now
- **Nov 7: “Introduction to the College Search”**
Junior Class Forum, 9:00/9:30
- **May 2: Prom**



Tickets for Dream School Talk

No School and Early Release Days

- **Sept 23:** No School - Rosh Hashanah
- **Oct 2:** No School - Yom Kippur
- **Oct 13:** No School - Indigenous Peoples Day/Staff Development
- **Oct 20:** No School - Diwali
- **Oct 31:** Early Release - End of 1st Quarter
- **Nov 3 & 4:** No School - Staff Planning & Teacher Workday/Election Day
- **Nov 11:** No School - Veterans Day
- **Nov 26, 27, & 28:** No School - Thanksgiving Break
- **Dec 22 - Jan 4:** No School - Winter Break

Other Helpful Class of 2027 Links



Join Facebook Group
Mention “Forum” in Questions



Pay Activity Fee – No T-Shirt

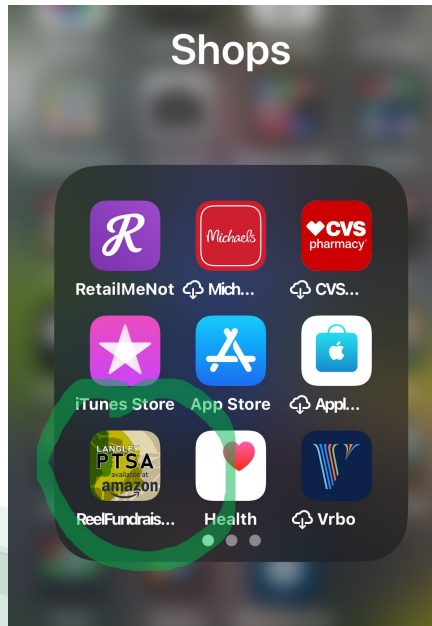
Membership Drive Ends September 30th



Donate to support Langley today!

Shop Amazon to Support Langley

Download



Click

Shop With Purpose Year-Round!

Support the Langley High School PTSA - Just By Shopping!

Shop here and help the Langley High School PTSA fundraise. We have partnered with Reel Fundraising to make it easier than ever to support the PTSA while shopping for everyday essentials and gifts.

Use the PTSA Fundraising Store to shop and when you do, a portion of every dollar you spend supports the Langley PTSA.

With your support, we can fund essential school programs, clubs, and student initiatives.

Turn Everyday Shopping Into Support.



Click This Icon to Add the Langley App to Your Phone

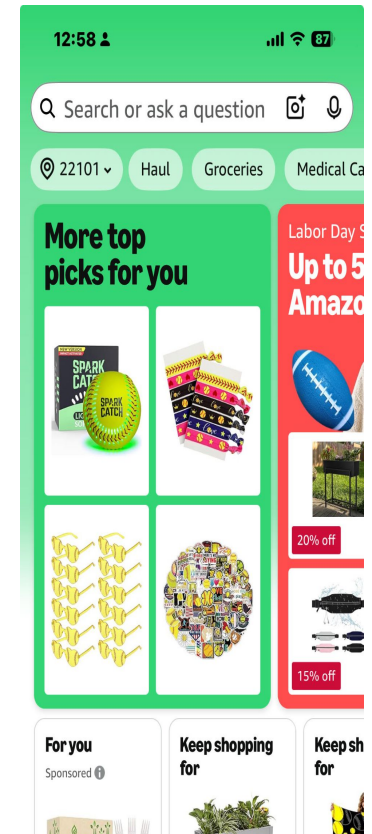


Click This Icon to Shop For the Langley PTSA

Together, We Can Build a Brighter Future for Langley High School

Be sure to share our Fundraising Page with family.

Shop



www.ptsalangley.org

Helping to Manage Junior Year Stress



Anna Brown, School Psychologist
Natalie Malone, School Counselor
Langley High School

“There is not enough time for me to finish my homework, play a sport, and have free time”

“I have no motivation”

“I’m so stressed with everything”

“My parents only want me to attend college ABC, but I think this other school fits me better”

“My family is putting a lot of pressure on me”

“I just started having panic attacks for the first time”

“I’m really behind with my work and not sure if I can catch up”

“I feel like I have no freedom to make my own choices”

“I feel like I need to take 7 APs this year to get into college”

Managing Stress



Cognitive Behavioral Therapy Center of Silicon Valley

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket



Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats

Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



Taste

Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors

www.blessingmanifesting.com

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Take a walk



Read a book or listen to an audiobook



Draw or Color



Play a video/computer game



Opposite Action

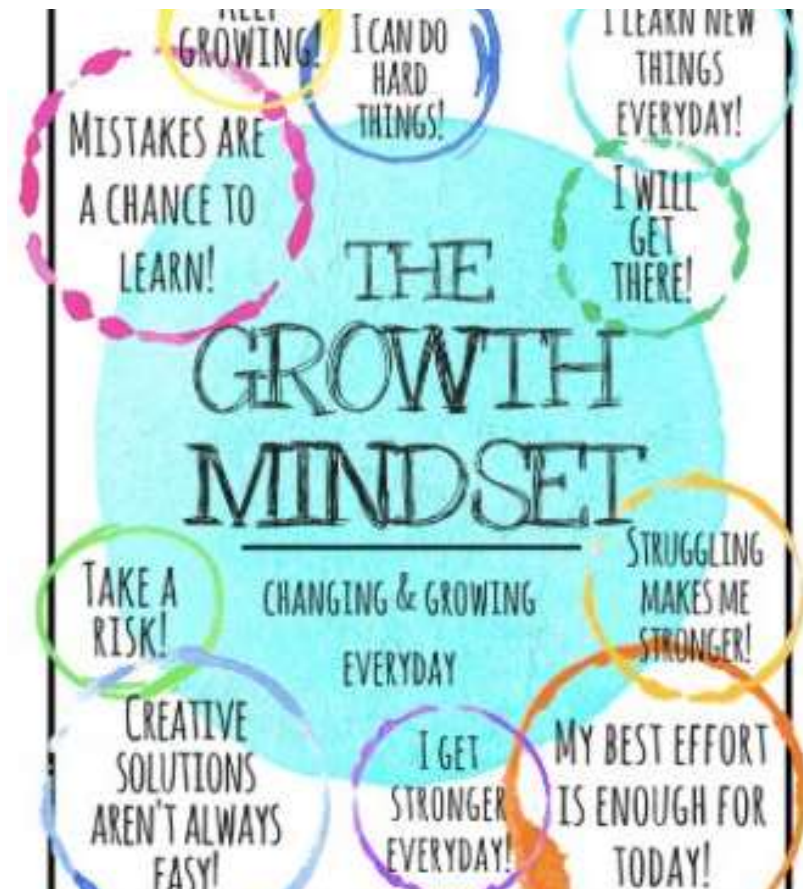
(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration

(ex: looking at or drawing motivational statements or images)

2. Something funny or cheering

(ex: funny movies / TV / books)



Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

How Are You Feeling Today?



Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



Supporting Emotional Health at Home

1. Have open conversations - listen and validate their feelings
2. Predictable routines
3. Problem solve together
4. Practice positive coping/gratitude
5. Model confidence and calm behaviors
6. Support the home/school connection



**How can parents support
their student to help
decrease overall stress?**

Time Management

1. Work with your students to create a timetable and calendar of deadlines for due dates, testing dates, college visits, etc.
 - a. Whether your student is planning on college or another path post graduation, mostly everything has due dates that will happen in their senior year.



Work together to complete this! Slowly release the responsibility to them once you help equip them with the skills they need.

Specific Time Management Tools

1. Create a schedule together - Plan ahead
 - a. Planner, digital planner, large monthly calendar, white board calendar, etc.
2. Help your student to develop short-term and long-term goals.
3. Encourage reminders - they can set these up recurring on their phones
4. Rewards to increase motivation for tasks
5. Encourage the 2 minute rule
 - a. If something will take less than two minutes, just complete it. This gets a small task out of the way



Offer Guiding Questions for Framing Preference for Colleges

1. Big vs. Small
2. Near home or further
3. City or rural
4. Athletics or no preference
5. Greek life or no preference
6. Clubs they offer
7. Majors/minors of interest
8. Study abroad opportunities



Fick Educational Services

Be a Calming Influence

Your child looks to you as their model when handling stressful situations.

Encourage them and be empathetic.

Validate how they are feeling.



Supporting the Final Decision

1. **Support them when applying or choosing a specific school, program, or career path - they are the ultimate decision makers here, but your support helps to motivate and empower them.**
 - a. Teens thrive when they believe that their parent's trust them to be able to make good decisions. Empower them in that decision, but let them know you can support if they need you too.
2. **Every child have their own unique interests and strengths and weaknesses. Celebrate those strengths for your child. This also helps them to feel confident in the path they are choosing for themselves, and can decrease their instinct to compare themselves to their friends.**
3. **Treat them like an adult when talking about finances. They need to know the realities of financial aid, student debt, etc.**
4. **Prioritize the fit. Fit is so important and matters much more than other factor, including brand names.**

It will all be alright!

The deadlines will get met, even if it does not feel that way at times.

This is supposed to be an enjoyable year for your teen and they still need space to be a teenager

Some things may not work out as planned, which is okay! This whole process is a learning experience



Support at Langley HS - Clinical Team

Anna Brown, School Psychologist

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Natalie Malone, School Counselor

nmalone@fcps.edu

703-287-2736

Our offices are located in Student Services

Additional Resources

Langley Wellness Site: <https://langleyhs.fcps.edu/resources/mental-wellness>

Langley Wellness Room: Coping strategies and self-care techniques developed by the clinical team.
https://sites.google.com/d/1FdSThj4J-T2Ma9zi9m3N7AhMw63BEWgw/p/1GWQk2-wovNcc0ZQ4sIBOy_9E5ajW9qKU/edit

The FCPS Website contains valuable information regarding how to talk with your child on managing stress, healthy coping, community and emergency mental health resources. Click the following link: [Mental Health & Community Resources website](#)

Our Healthy Minds Blog will also be updated with entries: [Healthy Minds Blog](#)

Online training simulations are available to help you learn and recognize signs of distress, manage conversations, and connect your student/family to support services. For more information, click the following link: [Kognito](#)

Questions?

