

**Welcome to the  
Class of 2027  
September 2024 Forum**



# **Welcome** from your **2027 Class Contacts**

- **Class Administrator:** Richard Deivert
- **Class Sponsor:** Kenny Torres
- **Lead Class Parents:** Tracy Rohrbaugh, Julie DeLong, \_\_\_\_\_
- **Communications:** Jill Braunstein
- **Volunteer Coordinator:** Shimi Minhas
- **Class Dinners:** Christina Murphy
- **Parent Coffees/Forums:** Christine Mo
- **Prom:** Lisa Durand
- **Photos/Senior Slideshow:** Lisa Durand
- **All Night Grad Party (ANGP):** Mary Lee

# Upcoming Events This Week

## Homecoming Spirit Week

- **T-Shirt Pickup** at Lunch if Paid Activity Fee  
Parent Volunteers Needed
- **Spirit Day Themes:**
  - Monday: **Adam Sandler**
  - Tuesday: **Country vs Country Club**
  - Wednesday: **PJs**
  - Thursday: **Surfers vs Bikers**
  - Friday: **Hoco T-Shirt and 80s Accessories**



Volunteer

# Upcoming Events This Week

## Homecoming Festivities

- **Friday Pep Rally During School**
- **Friday Home Football Game 7:00**
- **Saturday Dance**
  - 8:00 - 10:00
  - Tickets for Sale at Lunch
  - Pick-Up MySchoolBucks Purchased Tickets at Lunch

# Class of 2027 Important Dates

- **Sept 25** - Wednesday **Late Buses Start**
- **Sept 27** - **Saxon Service**, Parent Volunteers Needed
- **Oct 9** - Practice **PSAT**, Early Release
- **Oct 18** - **Saxon Service**, Parent Volunteers Needed
- **Oct 18** - PTSA/SGA Sponsored Family **Tailgate**
- **Nov 21**: **Career Connections**, Speakers Needed
- **TBD Feb?**: College Applications **Case Study Night**

# Schedule Change from Last Year

- **No Langley Links Block**
- **Third Period Meets Every Day for 50 Minutes**
- **Advisory - Monday & Thursday**
  - 30 Minute Lesson with Advisory Teacher
- **Saxon Time - Tuesday, Wednesday & Friday**
  - Visit Teachers
  - Club Meetings
  - Stay in Third Period Class Unless Have Pass

# Green/Gold Calendar

## Langley High School Green/Gold Calendar

2024  
-  
2025

■ Green Day  
■ Gold Day

August 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	H

30 Labor Day Break

September 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	H	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2 Labor Day Break

October 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

3 Much Nekechew (begins sundown 10:3 - sundown 10:4)  
12 Tom Kipper (begins sundown 10:11 - sundown 10:12)  
14 Indigenous Peoples Day

November 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

1 Cival  
1-2 All Saints Day / Día de los Santos  
8 Election Day  
11 Veterans Day  
27-28 Thanksgiving Break

December 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

4 End of Day  
25 CB/Walk  
26 January 2 Christmas (begins sundown 12:25 - sundown January 2)

January 2025						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1 New Year's Day  
2 Three Kings Day (Epiphany)  
7 Orthodox Christmas  
19 Orthodox Epiphany  
26 Martin Luther King, Jr.'s Birthday  
28 Immigration Day  
29 Lunar New Year

February 2025						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

17 Washington's Birthday and President's Day  
28 Roshan (begins sundown 2:58 and continues with daily fast and nightly prayer until 3:10)

March 2025						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1 First Fast Day of Roshan (begins sundown 2:58 and continues with daily fast and nightly prayer until 3:10)  
6 Ash Wednesday  
13 Orthodox Ash Wednesday  
28 Roshan  
31 Eo-er-Pir (begins sundown 3:30 - sundown 3:31)

April 2025						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

13 Decatur (begins sundown 4:10 - sundown 4:10)  
15 Transcendental Fair  
14-15 Spring Break  
16 Good Friday  
18 Orthodox Good Friday  
22 Easter  
25 Orthodox Easter

May 2025						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

25 Memorial Day

June 2025						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

7 Eid-ul-Adha (begins sundown 6:4 - sundown 6:7)  
19 Juneteenth



Legend	
F	First Day of School
ER	2 Hour Student Early Release
QE	End of the Quarter
YE	Last Day for Regular Classes / Early Release
O	Religious and Cultural Observance(s)
O	Religious and Cultural Observance(s) - Evening Only
TW	Teacher Workday / Student Holiday
SD	Staff Development Day / Student Holiday
SP	School Planning Day / Student Holiday
H	Student Holiday

Quarter Duration		
Quarter	End Date	Duration
1	October 31	45
2	January 28	45
3	March 28	41
4	June 11	45

**180 Instructional Days**

Number of 5-Day Instructional Weeks  
1st Quarter - 6  
2nd Quarter - 6  
3rd Quarter - 7  
4th Quarter - 7

Updated 7/2/24

[LangleyHS.fcps.edu](http://LangleyHS.fcps.edu) / About / Bell Schedule

# No School and Early Release Days

- **Oct 4 & 5: No School - Rosh Hashanah and Teacher Work Day**
- **Oct 14: No School - Indigenous Peoples Day**
- **Oct 31: Early Release - End of 1st Quarter**
- **Nov 1, 4, & 5: No School - Diwali, Staff Planning & Teacher Workday**
- **Nov 27, 28, & 29: No School - Thanksgiving Break**
- **Dec 23 - Jan 5: No School - Winter Break**



**Julie Zimmerman Hohl**

**Family Liaison**

[jbzimmerman@fcps.edu](mailto:jbzimmerman@fcps.edu)

# Saxon Service

Langley High School is committed to promoting service in our community  
**40 Hours of Service = Service Cord at Graduation**

- Saxon Service session = 1 hour of service
- 1x per month during Saxon Time in the LHS cafeteria
- Hours are logged into x2Vol via Naviance
- Sept 27 & Oct 18 - Parent Volunteers Welcomed



**Geoff Noto**

**Director of Student Activities**

[gjnoto@fcps.edu](mailto:gjnoto@fcps.edu)

**[langleyathletics.org](http://langleyathletics.org)**

# Athletics




Photo Credit: Delta D

Photo Credit: Delta D. (Class of 2023)

[langleyathletics.org](http://langleyathletics.org)

# Explore Langley's 100+ Clubs



 <b>LANGLEY HIGH SCHOOL CLUBS &amp; ACTIVITIES</b>		<small>STUDENTS SHOULD CONTACT CLUB SPONSORS TO JOIN OR LEARN MORE ABOUT THEIR CLUB</small>		
Music Appreciation Club	CCKK-Z69W-8MDRK	Listen to an album and discuss the album in depth.	Matthew Thorsen, <a href="mailto:mbthorsen@fcps.edu">mbthorsen@fcps.edu</a>	1403
National Science Bowl	597F-GZM7-GCFXK	Will meet and practice for National Science Bowl.	Andy Kobele, <a href="mailto:amkobele@fcps.edu">amkobele@fcps.edu</a>	
Native American Student Coalition	973G-FN9H-7M88Z	Promote awareness and appreciation of Native American traditions and culture.	Kenny Torres, <a href="mailto:ktorres1@fcps.edu">ktorres1@fcps.edu</a>	
One Love	TGQ8-62NH-6K2BM	Educate young people about health and unhealthy relationships.	Alexandra Niehaus, <a href="mailto:aniehaus@fcps.edu">aniehaus@fcps.edu</a>	
Outdoors club	6SV5-76DC-GZT2J	Promote interest in the outdoors.	Stefan Henryson, <a href="mailto:sfhenryson@fcps.edu">sfhenryson@fcps.edu</a>	

[LangleyAthletics.org](https://LangleyAthletics.org) → Clubs → Club Forms → Club List

# Arts



**Anna Davis Brown**  
**School Psychologist**  
adbrown@fcps.edu

# EXECUTIVE FUNCTION AT HOME AND SCHOOL

Anna Brown, Ed. M, M.A  
School Psychologist





# The Crucial Role of Executive Function

Appropriate executive abilities are as essential to success in education and life as is raw intelligence



# Executive Function at Home and School

What is executive function and why is it important?

What are essential executive functions?

What issues do individuals demonstrate when executive functioning is challenged?

How can we support the development of executive function?

# Executive Function

Purposeful management of thinking, emotion, and behavior to achieve a desired outcome:

Impulse control/Inhibition

Emotional control

Flexibility/Adaptability

Initiation and persistence

Working memory

Organizing and planning

Self-monitoring



# Executive Function in the Kitchen

Essential ingredients for successful blondies:

Impulse control/Inhibition

Emotional control

Flexibility/Adaptability

Initiation and Persistence

Working memory

Organizing and planning

Self-monitoring



# Executive Function at School

Students with executive difficulties may struggle to:



- initiate and complete tasks
- sustain attention
- shift focus
- think before acting
- organize materials
- plan assignments

Executive skills are essential for higher level conceptual thinking and problem solving.

# The Marshmallow Test

[https://www.youtube.com/watch?v=QX\\_oy9614HQ](https://www.youtube.com/watch?v=QX_oy9614HQ)

# The Marshmallow Test

Children who waited longer

Had higher SAT scores

Were more socially competent as teens

Had lower body mass index as young adults

Had a better sense of self worth

Coped more adaptively with stress

# Essential Executive Functions



## Impulse Control/Inhibition

- The ability to think before acting
- The ability to resist initial desire

## Emotional Control

- The ability to demonstrate reactions appropriate to the situation
- The ability to remain calm in the face of frustration or disappointment



# Essential Executive Functions



## Task Initiation and Persistence

- the ability to initiate and sustain tasks in a timely manner
- the ability to initiate and sustain routines independently



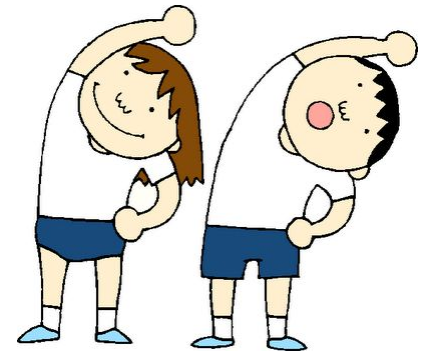
## • Working Memory

- the ability to mentally manipulate information

# Essential Executive Functions

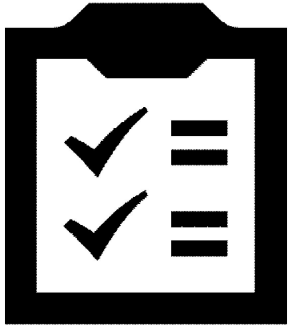
## Flexibility/Adaptability

- the ability to transition between activities and accept changes in routine
- the ability to alter strategies when the original plan does not lead to the solution
- the ability to collaborate and not be tied to one way of completing the task



# Essential Executive Functions

## Planning



- the ability to craft a strategy to reach a goal
- the ability to create internal instructions to complete a task

## • Organizing

- The ability to keep track of materials and ideas



# Essential Executive Functions

## Self-Monitoring

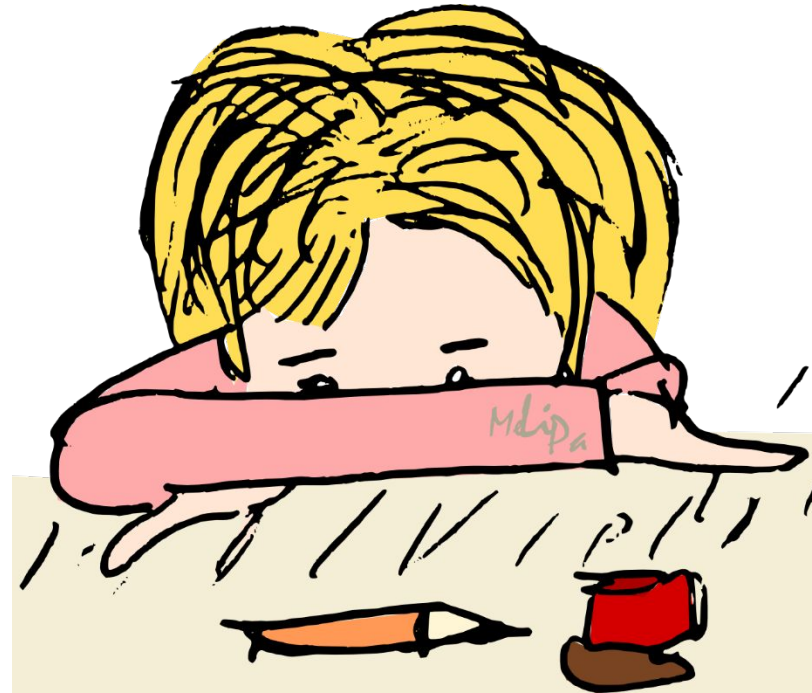
- the ability to examine one's own behavior and evaluate its appropriateness to the situation
- the ability to examine one's progress on a task and make necessary adjustments



Note to Self:  
Pay Attention

# Conditions that compromise efficient executive control

Fatigue  
Trauma  
Stress  
Anxiety  
AD/HD  
Autism



# Executive Function

Purposeful management of thinking, emotion, and behavior to achieve a desired outcome:

Impulse control/Inhibition

Emotional control

Flexibility/Adaptability

Initiation and persistence

Working memory

Organizing and planning

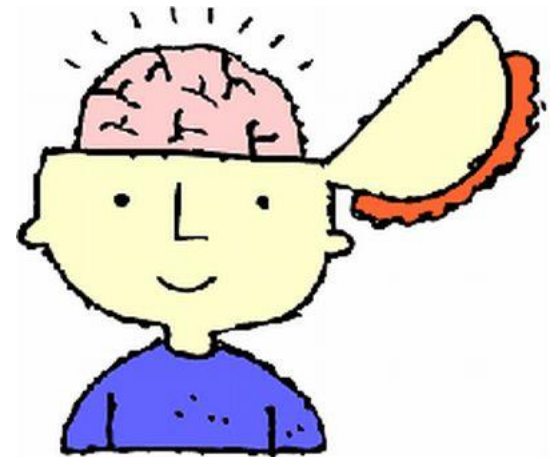
Self-monitoring



# Supporting the Development of Executive Function

Children are not born with these skills.

How can we help children grow the executive function skills so essential for success at school and home?



# Three Key Instructional Strategies

- **Make executive processes explicit**

- State expectations clearly
- Directly teach executive skills
- Demonstrate skills
- Give specific positive feedback
- Think aloud to demonstrate cognitive processes





# Three Key Instructional Strategies

- **Provide a scaffold to support learning executive skills**
  - Develop routines
  - Provide external supports
  - Backward chaining
  - Do tasks with the child
  - Plan for practice
- **Reinforce it when you see it**



# Supporting Impulse Control/Inhibition

Create calm and predictable environments

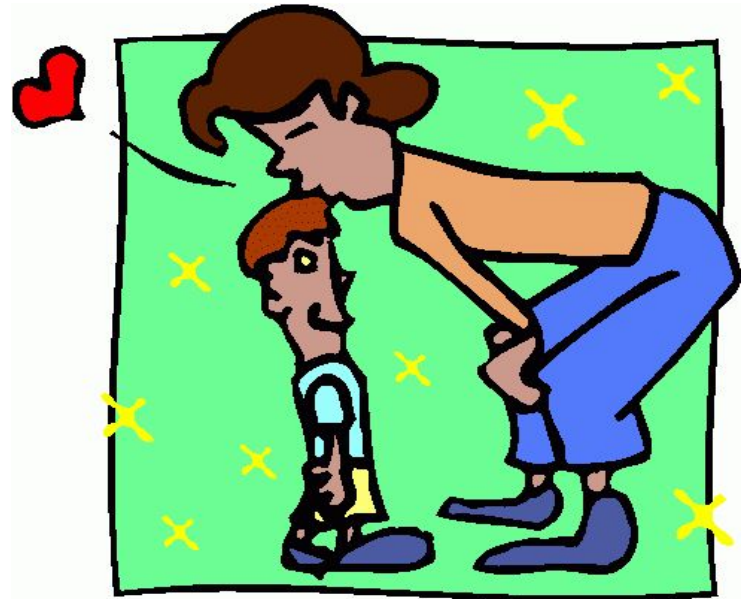
Build trust

Stay positive

Be a role model













Get moving

Monitor media access








# Supporting Emotional Control

Teach emotional understandings

 Sad	 happy	 surprised
 Tired	 bored	 in love
 Scared	 sleepy	 angry
 Sick	 hungry	 confused

Distinguish emotions from be

5 Point Scale	
5	
4	
3	
2	
1	

# Supporting Flexibility/Adaptability



- Vary routines
- Challenge inflexible thought patterns
- Support perspective taking
- Focus on goals
- Discuss alternate methods to achieve goals
- Have fun with flexible thinking

# Supporting Initiation and Persistence

- Problems with initiation rarely stand alone
- Identify and address barriers to getting started
- Identify and address barriers to sustaining on task performance



# Supporting Working Memory

- Attention first
- Reduce load
- Increase meaning
- Recognition versus recall
- Teach self-advocacy skills




# Supporting Planning and Organization

- External supports for organizing thoughts and physical environment
- Time management instruction
- Strategy instruction




**ORGANIZATION**



**Write down assignments** in a Student Planner.      **Keep school materials in order** to find them easily.

**TIME MANAGEMENT**



**Use time wisely** by estimating and scheduling work.

**PLANNING**

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**Plan ahead for long-term projects** by breaking tasks into steps.

# Supporting Self Monitoring



- Set goals
- Provide feedback
- Collect data on own behavior
- Evaluate own behavior
- Evaluate own work



# Resources

Smart but Scattered: The Revolutionary  
“Executive Skills” Approach to Helping Kids  
Reach Their Potential by Peg Dawson and  
Richard Guare

Executive Skills in Children and Adolescents,  
Second Edition: A Practice Guide to assessment  
and Intervention by Peg Dawson and Richard  
Guare

# Apps to Support Efficient Executive Functioning

App	Grades/Ages	Use	Cost
Plan It Do It Check It Off	Pre-readers	creates picture reminders	\$4.99
Evernote	Older elem. through high school	Creates notes and to do lists/makes audio reminders	Free
Notefuly	Older elem. Students --	Sticky notes and reminders	\$0.99
Audionote	Older elem. Students--	Notetaking ability using audio capability	\$4.99
WritePad for iPad	Upper elementary through high school	Allows students to take notes in their own handwriting, notes are then converted to digital text	\$9.99
My Homework Student Planner	middle school through college students	Allows student to track classes, homework, tests and projects. Can be used with both block and period scheduling	Free

# Apps to Support Efficient Executive Functioning

App	Grade/Ages	Use	Cost
Idea Sketch	Older students	Allows students to craft concept maps and flow charts. The app then converts the information to text outlines. Useful for planning projects, making lists, creating ing outlines or charts	Free
Functional Planning System	With adult help, for all ages	Uses video demonstrations to assist students in crafting visual to do lists. It gives the ability to choose items from a video library or create novel videos and gives step by step sequences for tasks that need to be completed daily or on a one time basis	\$4.99
FTVS (First then visual schedule)	Preschool--	Create visual schedules	\$14.99
Time Timer	Preschool --	Time management	\$2.99

# Apps to Support Efficient Executive Functioning

App	Age/Grades	Use	Cost
Remember the Milk	Elementary school	List making	Free
Corkulous	Older elementary school students --	Used for collecting and organizing ideas	Free
Inspiration Maps	Middle and HS students	Used for brainstorming, presenting ideas etc	\$9.99
Kidspiration	K-5	Used across subject areas to organize thoughts create projects using graphic organizers	for Ipad only

<http://www.fcps.edu/dss/sei/ats/executivefunctioning/AssistiveTechnologyforExecutiveFunctioning.pdf>

# Questions?



[www.fcps.edu](http://www.fcps.edu)