



# #LIBERTYSTRONG

Newsletter from your Clinical Team

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## How are we doing and what would you like to see in the Clinical Newsletter?

We want to connect with you! Please let Angie Huber know what you would like to see in the newsletter. We will do our best to meet your request. Send any requests to [aahuber@fcps.edu](mailto:aahuber@fcps.edu).

### Eating Disorders (taken from FCPS site)

Eating disorders are behaviors that can lead to serious health problems. When discovered early, eating disorders are treatable.

Eating disorders are conditions that can have a serious effect on health. They are serious behaviors that affect every aspect of the child’s life. Eating disorders are not identified based on weight changes as much as behaviors and attitudes. Signs of eating disorders may differ between males and females and in different age groups. Often, a young person may not recognize the signs that they might have an eating disorder. Parents/guardians and family members are in a position to notice behaviors that cause concern. It is important that a child with an eating disorder be treated early by someone who understands this type of care.

#### Key things to look for around food:

Eating a lot of food that seems out of control (large amounts of food may disappear, you find a lot of empty wrappers hidden)

Develops food rules—may eat only a particular food or food group, cuts food into very small pieces, or spreads food out on the plate

Talks a lot about, or focuses often, on weight, food, calories, fat grams, and dieting

Often says that they are not hungry

Skips meals or takes small portions of food at regular meals

Cooks meals or treats for others but won’t eat them

Avoids mealtimes or situations involving food

Goes to the bathroom after meals often

Uses a lot of mouthwash, mints, and/or gum

Starts cutting out foods that he or she used to enjoy

#### Key things to look for around activity:

Exercises all the time, more than what is healthy or recommended – despite weather, lack of energy, illness, or injury

Stops doing their regular activities, spends more time alone (can be spending more time exercising)

Cont. pg 4

## 6 Ways to Practice Mindful Eating

### Mindless Eating

- 1 Eating past full and ignoring your body’s signals
- 2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3 Eating alone, at random times and places
- 4 Eating foods that are emotionally comforting
- 5 Eating and multitasking
- 6 Considering a meal an end product

### Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from

## Fairfax County Resources:

### Parent Support Line:

DFS parent support line, parent cafes and parenting classes ([link](#))

### Eating Disorders Helpline

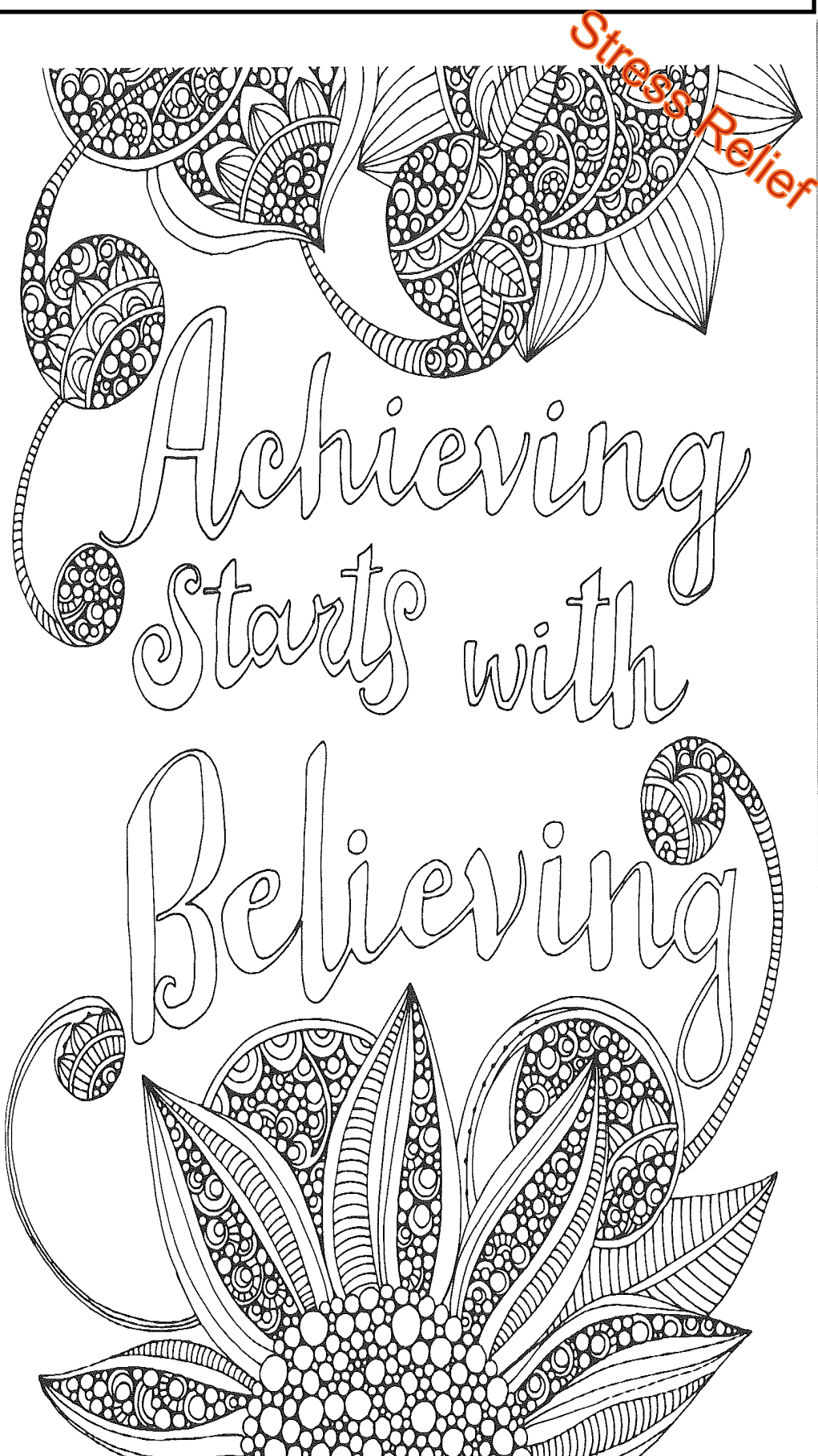
[Www.nationaleatingdisorder.org](http://www.nationaleatingdisorder.org)

### Fairfax County Resources

<https://www.fairfaxcounty.gov/healthymindsfairfax/common-diagnoses>

### FCPS Social Media Best Practices for Students

<https://www.fcps.edu/resources/technology/digital-citizenship-internet-safety/social-media-best-practices-students>



# TEXTING/ SOCIAL MEDIA ETTIQUETTE

By: Angie Huber, Licensed Liberty School Social Worker,

While text and social media can be a good way to communicate and keep up with others, it also has caused numerous concerns for parents in keeping up with this form of communications and interactions with their children as well as teaching appropriate skills. There are numerous skills to consider and also additional needs in monitoring the accounts for concerns. What problems are you seeing? I am going to list some problems that we have seen:

- ⇒ People not responding promptly and sometimes not at all (leaving people on “read”) or not displaying if they have “read” the message or not
- ⇒ Being too long winded or emotional (message difficult to assess based on information) (emojis can help with this)- although not considered appropriate in some situations
- ⇒ People presenting differently- more abrasive, argumentative, divisive, etc. online
- ⇒ Some people not being patient in waiting for responses
- ⇒ Texting/ being online in the middle of the night
- ⇒ Students texting and meeting others in the middle of the night
- ⇒ People not always knowing when to end the conversation
- ⇒ Group texts being difficult to navigate
- ⇒ Students having trouble using appropriate grammar after mostly texting
- ⇒ Intentionally creating negative, demeaning, divisive, or argumentative posts on social media or texting
- ⇒ Not giving people a “reasonable” amount of time to respond
- ⇒ People not knowing whether to ask permission on text prior to calling
- ⇒ People not double checking auto-correct (we all know it can come up with some very interesting “corrections”)
- ⇒ People give out their passcode and someone else takes over their account
- ⇒ People send inappropriate pictures/ videos of themselves.
- ⇒ People picking up texts when they should be engaging in other activities without their phone
- ⇒ Continuously texting someone when it is known that they are busy
- ⇒ “Ghosting” people
- ⇒ People not having a desire to see people because they would rather be online

**This is a fairly new world for all of us to navigate.** As mentioned previously, teenagers should not go without direction and continued monitoring to learn appropriate behaviors for relating to others in this manner. **Below are suggestions for parents in teaching your child to relate well in these situations:**

1. Honest, direct and clear conversations should always occur without ghosting, attacking, demeaning or ignoring someone else. Practice compassion and kindness in all situations. **(Just because you cannot see the person, does not mean that you can treat them differently or disrespectfully)**
2. **Be patient.** Just because someone feels that they have ongoing, direct and easy access to someone does not mean that the other person should be expected to respond right away all of the time. The recipient should be given a reasonable amount of time to respond, even if the sender knows that they are not busy. The recipient may want to have a thoughtful response or may have something occurring that was not known.
3. If someone is not being respectful, not reasonably responsive or seemingly not interested in talking as much as the sender would like, then it may be appropriate to set boundaries and accept that the relationship may not be as close as the sender would like. It is okay to move forward or focus on other relationships. Keep texts short and concise. If something longer is needed, it may need to go in email or in person.
4. Do not put personal information on social media. Do not communicate with people unknown. Do not text during night hours or when in conversations with others.
5. Some think, just typing “k” is rude. Be conscientious of how the message may be read, while trying to be short and concise. Don’t use too many acronyms.
6. Be careful with emoji’s. Some are interpreted differently depending on what type of phone is being used.
7. Do not harass, disrespect or send something that may be intentionally embarrassing about or to someone else.

(Eating Disorders continued from page 1)

### Physical Risk Factors:

Feels cold all the time or complains of being tired all the time. Likely to become more irritable and/or nervous.

Any vomiting after eating (or see signs in the bathroom of vomiting – smell, clogged shower drain)

Any use of laxatives or diuretics (or you find empty packages)

### Other Risk Factors:

Believes that they are too big or too fat (regardless of reality)

Asks often to be reassured about how they look

Stops hanging out with their friends

Not able to talk about how they are feeling

Reports others are newly judgmental or “not connecting”

### How to Communicate with Your Child

Understand that eating disorder sufferers often deny that there is a problem.

Educate yourself on eating disorders

Ask what you can do to help

Listen openly and be nonjudgmental

Talk with your child in a kind way when you are calm and not angry, frustrated, or upset

Let him/her know you only want the best for him/her

Remind your child that he/she has people who care and support him/her

Be flexible and open with your support

Be honest

Show care, concern, and understanding

Ask how he/she is feeling

Try to be a good role model - don't engage in 'fat talk' about yourself

Understand that your child is not looking for attention or pity

Seek professional help on behalf of your child if you have ANY concerns

### If Your Child Shows Signs of a Possible Eating Disorder

If you think your child may be showing signs of a possible eating disorder, please contact your doctor, school nurse, or one of the resources listed below. A child with an eating disorder should be seen by someone who understands the treatment of eating disorders. The earlier a person with an eating disorder seeks treatment, the greater the likelihood of physical and emotional recovery.

[Academy for Eating Disorders \(AED\)](#)

[Families Empowered and Supporting Treatment of Eating Disorders \(F.E.A.S.T.\)](#)

[National Eating Disorders Association](#), Toll free, confidential Helpline, 1-800-931-2237

**Your students can check out Ms. Huber's google office to see many cool things to do, learn about or to use to cope!**





# VIRTUAL ZEN DEN

[Sounds and Music](#)

[Meditation and Grounding Exercises](#)

[Visual Relaxation](#)

[Live Animal Cams](#)

[Yoga](#)

[Something Interesting](#)

[Pixar Short Film: La Luna](#)

[Pixar Short Film: Piper](#)

[Pixar Short Film: Day and Night](#)

[Pixar Short Film: Party Clouds](#)

[Art and Creativity](#)

[Games and Puzzles](#)

WWW.REALCOVERYJOURNAL.COM

## THE A-Z OF REASONS TO RECOVER From an EATING DISORDER

- A** Actually having energy to do things
- B** Bodies work better when they are fuelled
- C** Calorie counting is no fun
- D** Deprivation won't solve your problems
- E** Everyone who lives, eats
- F** Food has nothing to do with morality
- G** Gaining weight does not equal failure
- H** Having more time for things you enjoy
- I** It's an illness not a solution
- J** Justifying food is about as sane as justifying breathing
- K** Killing your body is unfair
- L** Laughter..proper belly laugh laughter
- M** Missing out to avoid food.. sucks
- N** Nobody expects you to stay sick
- O** Other people will still like you
- P** Perfection is not real
- Q** Quicker thinking, brains need fuel!
- R** Really feeling better
- S** Sitting still, without guilt
- T** Tasting new foods
- U** Undressing with no bodychecking
- V** Victorious - a word to describe you
- W** Weight is not worth
- X** Xtra snacks ;)
- Y** You deserve to thrive
- Z** Zombie days are for zombies





## Take Control of Your Tech Habits

## Commonsense strategies for keeping digital devices from ruling your life

mindful  
mindful.org



**Information overload**

## CHALLENGE

**CHALLENGE**  
A flood of data, info, news, gossip, messages, humor, and requests can overwhelm us and make us spend more time online than we want.

## STRATEGIES

In the information blizzard, it's not possible to keep up. Accept that. Choose your sources wisely, budget the time you spend there, and when you feel your mind tiring, move on.



### Constant distraction

## CHALLENGE

You're so caught up in checking and responding to email messages, texts, and phone calls that you have too little focused quiet time.

## STRATEGIES

Come back to your body, to doing one thing at a time and knowing why you're doing it. Plan times and situations when you connect and times to unplug. Stick with the plan.



## Friends, partners stuck on their devices

## CHALLENGE

The people you want to spend time with are too busy spending time with people who aren't there.

## STRATEGIES

It may seem petty, but it's essential to agree on when it's acceptable for each of you to be on your devices and when it's not. And with partners, it's key to have times when you're unplugged together.



## Social media anxiety

## CHALLENGE

**CHALLENGE**  
The number of connections becomes more than you can manage and the friendships can get awkward.

## STRATEGIES

It's so easy to say yes in social media. You might be left out, and a rising friend count can make you feel more connected, but just saying no can add space to your life.



## Children spending too much time staring at screens

## CHALLENGE

**CHALLENGE**  
You can never get your children's attention because they're always absorbed in texting, social media, or web surfing.

## STRATEGIES

**STRATEGIES**  
Accept your children's digital life, take a strong interest in it, talk about it. Then, it's a shared thing. You're also in a better position to impose limits to screen time and social media habits, if you need to.

# The PARENT RESOURCE CENTER offers numerous webinar opportunities throughout the year.

## Welcome to the FCPS Parent Resource Center

[Outflight staff](#) is available by phone [703-204-3941](tel:703-204-3941) or email [prc@fcps.edu](mailto:prc@fcps.edu). We're here to help.

Dunn Loring Center for Parent Services  
2334 Gallows Road, Room 105  
Dunn Loring, Virginia 22027

We offer a welcoming and engaging environment for families, educators, and community members. We provide access to [information and resources](#) to support the success of all students, including those with learning challenges, special needs, and disabilities.

### 2021-2022 SY Hours:

The Parent Resource Center is open 8 a.m. to 4 p.m. Monday through Friday.

In-person consultations are by appointment only. Please call in advance to make an appointment. Virtual Consultations are still available. Please call [703-204-3941](tel:703-204-3941) or email [prc@fcps.edu](mailto:prc@fcps.edu) for an appointment.

- Appointments are not necessary to browse the library and check out resources.
- You can .
- Contactless pickup is also available upon request.
- Please contact the PRC if you would like materials sent to your child's school or your FCPS office.

All visitors whether vaccinated or not must wear a mask.

## Webinar: Parenting Education for Arabic Families 4-part Series *\*Presented in Arabic*

Thursdays in March 2022 6:30-8 p.m.

The webinar series addresses the challenges faced by Arab parents when raising their children in the United States of America and the cultural differences between generations.

Topics include:

- Cultural, psychological, emotional, and personal differences

Parenting strategies based on empathy and understanding  
Join **Sarah Amri**, psychologist and Program Supervisor at Northern Virginia Family Service and **Hunada Zein Eddin**, counselor at Northern Virginia Family Service

- **3/10/2022** Effective Ways to Communicate
- **3/17/2022** Discipline Strategies

**3/24/2022** Effective Parenting Styles

[Register for Webinar: Parenting Education for Arabic Families 4-part Series](#) *\*Presented in Arabic*

## Supporting Early Learners: Growing the Caregiver's Toolbox: A Webinar Series for PreK-2 Families

- 3/11/22: Supporting Self-Regulation Development in Early Learners
- 4/22/22: Supporting Healthy Habits & Routines in Early Learners

5/20/22: Growing through Tough Moments in Early Learners

There are so many ways children learn and develop throughout early childhood. Relationships, habits, and even challenges can become rich opportunities to teach and foster lifelong learning and skills for our children. Learn more about how self-regulation, executive functioning, and routines can help your children learn and develop.

- Laura Thieman, LCSW, MPH, RPT- FCPS Social Worker Supervisor, Region 3
- Amy Sheldon, MEd, MSW, LCSW - FCPS Preschool Mental Health Clinician, Early Childhood Assessment Team

Lori Kraden, FCPS Educational Specialist, Behavior Intervention Services  
Fridays 10-11:30 a.m.

[Register for Supporting Early Learners: Growing the Caregiver's Toolbox: A Webinar for PreK-2 Families](#)

For more social-emotional resources and lessons please visit the LS Clinical Team's website (see the link below works best in Google Chrome):

<https://sites.google.com/view/liberty-ms-clinical-team/mental-wellness-topics>

\*\*some new videos added\*\*\*

## Gang Prevention for Families and Community Members

Join us for this webinar about preventing gang involvement in Fairfax County.

- Participants will learn about programs, strategies, and supports to prevent youth involvement.

Discussions will also include supports available to those youth who may already be involved with or are currently being recruited by gangs.

Topics include:

- What is a gang and why do youth join gangs?
- Common gang activities
  - Risk factors associated with gang involvement
  - Protective factors that reduce gang involvement

Supports available in Fairfax County and FCPS

Presented by:

- Stefan Mascoll: Coordinator Student Safety and Wellness, Fairfax County Public Schools
- Kate Reen: Director of Youth Initiatives, Northern Virginia Family Service
- Francisco Klockner Gonzalez - Gang Prevention Coordinator, Fairfax County Juvenile and Domestic Relations District Court

Dianna Sosa, LCSW, FCPS School Social Worker  
Friday March 18, 2022 10-11:30 a.m.

[Register for Gang Prevention for Families and Community Members](#)

### Try these activities for your student!

⇒ Liberty Middle School Afterschool Program

<https://libertyms.fcps.edu/activities/after-school-program>

⇒ Fairfax County Park Authority Programs

<https://www.fairfaxcounty.gov/parks/parktakes>

### Resources:

If you or someone you care about is in crisis, please call [911](tel:911) or access one of the mental health resources below:

⇒ *Reach out to a trusted adult (parent, counselor, teacher, coach, etc.); <https://www.mentalhealth.gov/talk>*

⇒ *Text NEEDHELP to 85511 for the [Crisis Link](#) Hotline at or call them at 703-527-4077*

⇒ *Chat online with a specialist at [CrisisChat.org](https://CrisisChat.org) or [ImAlive.org](https://ImAlive.org)*

⇒ *Call an emergency mental health center at 703 573-5679 (Merrifield Center), 703-536-2000 (Dominion Hospital), or 703-289-7560 (INOVA emergency services)*

⇒ *CR2 – 844-627-4747*

⇒ *Go to the nearest emergency room at your local hospital*

**Call 911**

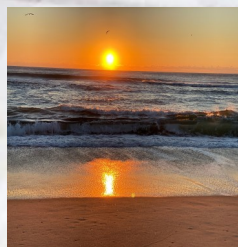


Counseling is often a good approach to help people to work through struggles that they are having in their life. Many feel comfortable with the idea of counseling and many do not feel comfortable. One of the benefits of counseling is that it can help you to find solutions or to problem solve more quickly than without it. However, some still may not be comfortable and to add to the challenges of becoming comfortable with the idea of counseling, during COVID, it is difficult to find counselors who are meeting in person and some do not feel comfortable with meeting virtually. A good alternative is to use journaling. Here are some journal prompts for March.

ARE  
YOU  
OK?



## JOURNAL PROMPTS FOR MARCH



# Mental Health Journal Prompts

- Write about the thing that you most want to let go of
- What is your perspective on happiness?
- Write about a past struggle that you overcame. How has it made you stronger?
- What is something that's missing from your life?
- What can you do today to make yourself feel better tomorrow?
- What distracts you from achieving your goals?
- What situations trigger anxiety and what can you do to make them more comfortable?
- Is there anybody negatively affecting your mental health? If so, why?
- Write about a time that you felt proud of yourself
- List 5 things that make you smile!

[beyondtheblues.co.uk](http://beyondtheblues.co.uk)



**Angie Huber**, School Social Worker

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

703-988-8222