

# Little River District Newsletter

January 2024

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*The views contained herein reflect the views of the individual School Board member who is the publisher of this newsletter and may not reflect the views of the Loudoun County School Board and/or Loudoun County Public Schools.*

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## Kicking Off 2024

I am Dr. Sumera Rashid, and I'm honored to be your Little River District School Board Representative!

I grew up in New Jersey and earned my Bachelor of Science degree in Biology from Fairleigh Dickinson University and a Doctor of Dental Medicine from Rutgers University (formerly known as the University of Medicine and Dentistry of New Jersey).

I have served as the Supervising Dentist for Northern Virginia Community College's (NVCC) Medical Education Campus for several years while treating patients in their dental clinic. Currently, I am the Dental Director of an accredited dental program at NVCC and have served the College for over 10 years.

I've lived in Virginia for 15 years; my family and I now live in Ashburn.

Learn more about me and get my contact details at <https://www.lcps.org/Page/253777>. Please feel free to reach out to me if I can be of any assistance as your Little River District School Board Member.

As this term gets underway, I'll be serving on the following committees:



- Curriculum and Instruction
- Student Behavior and Accountability
- Minority Student Achievement Advisory Committee (MSAAC)
- School Health Advisory
- Specialized Programs and Centers - I will serve as Chair of this committee

You can find Committee and general School Board Meeting dates and agendas [here](#).

You can also follow me on social media for updates and information between newsletters:

- [Facebook](#)
- [Instagram](#)
- [Threads](#)
- [X/Twitter](#)

I am excited to advocate for the students, teachers, staff, and communities of Loudoun County Public Schools!

***Dr. Sumera Rashid***  
***School Board Member, Little River District***

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## Get to Know Your School Board

I am just 1 of 9 School Board Members representing the schools, students, and communities of Loudoun County. Though I represent the new Little River District, you may also find it useful to learn about and connect with the County's [At-Large Representative Anne Donahue](#).

Our Board Chair is [Dulles District Member Melinda Mansfield](#), and our Vice Chair is [Sterling District Member Arben Istrefi](#).

**Learn More About Your Loudoun County School Board  
Representatives**

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## Important Dates

**Tuesday, January 30:** [Fourth Tuesday School Board Meeting](#) (adjusted date), LCPS Administration Building

Friday, February 9: [Student Holiday](#) (Lunar New Year)

Tuesday, February 13: [Second Tuesday School Board Meeting](#), LCPS Administration Building

Monday, February 19: [Student Holiday](#) (Presidents' Day)

## "United for Wellness" Mental Health and Wellness Conference

Join the [LCPS Department of Student Services](#) on Saturday, January 27 for the "United for Wellness" Mental Health and Wellness Conference!

Presenters, breakout sessions, food trucks, and more will be at Riverside High School in Leesburg, 9:30 am to 2:00 pm.

Visit <https://lcpsmhwc24.sched.com/> to register for your preferred sessions throughout the day!



**MENTAL HEALTH AND WELLNESS  
CONFERENCE**

**ONE LCPS:**  
*United FOR Wellness*

**Registration Now Open!**



Scan the QR code to see the schedule of speakers and register to attend sessions.  
<https://lcpsmhwc24.sched.com/>

What will be available at the conference?

- 46 presenters providing strategies promoting youth mental health and wellness
- Resource fair featuring area businesses that support mental health and wellness
- Student Fundraising tables
- Food trucks

**FREE ADMISSION**  
**Saturday, Jan. 27, 2024**  
**9:30 am - 2:00 pm**

**Riverside High School**  
**19019 Upper Belmont Pl.**  
**Leesburg, VA 20176**

  
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The LCPS Division of English Learners Family and Community Engagement (EL FACE)

[EL FACE](#) supports schools and EL families by providing multilingual programs to strengthen and sustain home-school partnerships and to increase opportunities for collaboration that enhance student outcomes. This team leads four programs designed to provide information and two-way communication with EL families via The Family Room, Parents as Educational Partners (PEP) Program, Welcome to LCPS Family Workshops, and EL Student and Family Feedback Circles.

- [The Family Room](#) is a virtual space to learn in community. Meetings are held monthly with English-Spanish and English-Arabic sessions.
- [The Parents as Educational Partners \(PEP\) Program](#) currently serves 32 LCPS schools, and the EL FACE team is open to opportunities to expand. PEP is designed to provide resources and service to English Learner families at the individual school level.
- Welcome to LCPS Family Workshops provide an orientation and printed toolkit for new families. Workshops are generally scheduled for the first Thursday of each month at Historic Douglass High School in Leesburg.
- EL Student and Family Feedback Circles are periodic focus group opportunities for community-building and school improvement

You can [contact the Division of English Learners Family and Community Engagement](#) for more information about the services they provide.

## Learn More About EL FACE

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## Fentanyl and Opioid Informational Sessions

LCPS has sent out communications about how they'll work within our communities to help combat the dangers of opioids. Be sure to check your email for periodic messages. I encourage you to visit the LCPS Fentanyl and Opioid Awareness resource page: [www.lcps.org/opioid](http://www.lcps.org/opioid).

This winter, you can attend an in-person learning session:

- Saturday, January 27, at the [United for Wellness Conference and Resource Fair](#) at Riverside High School in Leesburg
- Thursday, February 15, 7pm - 9pm. at Woodgrove High School in Purcellville

Keep an eye on the LCPS website and social media; more community outreach sessions will be planned.

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## Superintendent Community Listening Sessions



Community Listening Sessions with Superintendent Aaron Spence continue throughout the school year. Upcoming sessions include:

- January 24 at Potomac Falls High School
- January 31 at Academies of Loudoun

For timing, as well as further locations, please visit <https://www.lcps.org/suptcls>

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## Stay in Touch

Reminder: for up-to-date information on Board activities, Little River District news, and notable school accomplishments, please follow me on [Facebook](#), [Instagram](#), [Threads](#), and [X/Twitter](#).

Have a question or comment? [Send me an email](#).

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**Dr. Sumera Rashid**

Little River District School Board Member

