



---

## ARTICLES

---

### **Letter from FSYP President John Naland**

Greetings from FSYP! We hope that your summer is turning out to be as busy-in-a-fun-way as is ours. Here is what we have been up to lately [Read More](#)

### **'How Attending Boarding School Has Influenced Me'**

The newest FSYP sponsor [TASIS](#) introduces us to student Hannah Gage, and how boarding school provided her the opportunity for personal growth and independence. [Read More](#)

### **'Some Recommendations about Recommendation Letters'**

Author, educator, and friend of FSYP, Josh Stephens discusses the importance of recommendation letters for students as they get ready to start the college application process. [Read More](#)

### **'The Way Home'**

Ellen Mahoney, founder and CEO of Sea Change Mentoring, and an adult "TCK" herself, shares what it's like to "go home", when you are not quite sure where home is. [Read More](#)

---

## UPCOMING PROGRAMS AND EVENTS

---

### **[FSYP High School Re-Entry Program 'Fitting in Fast'](#)**

**Friday, August 28, 6pm - 9pm at Oakwood Falls Church**

Each August, FSYP hosts a High School Re-Entry Program aimed at teens entering grades 9- 12.

The program is designed for high school students in the foreign affairs agency communities who are returning from abroad, moving to the U.S. for the first time, or still struggling with re-entry issues after an earlier move. This interactive program, featuring a panel of experienced Foreign Service teens, encourages students to identify and address their questions and concerns about teen social culture and high school life in the DC area while developing a support network of FS peers.

We are excited to have Sarah Novak, certified Life Coach and EFM, moderate this year, along with Dr. Jim Brush from the Department of State's Child and Family Program.

**FSYF Middle School Re-Entry Program 'Taking Charge'**

**Sunday, August 30, 2pm - 4pm at Oakwood Falls Church**

Starting in 2014, FSYF added a Middle School Re-Entry program for youth in grades 6-8. This program is designed for Middle school students in the foreign affairs agency communities who are returning from abroad, moving to the U.S. for the first time, or still struggling with re-entry issues after an earlier move. This interactive program encourages students to identify and address questions and concerns about middle school, while developing a network of local FS peers. This program is moderated by Sarah Novak, Certified Life Coach and EFM, along with Dr. Jim Brush from the Department of State's Child and Family Program.

**FSYF Welcome Back Picnic and 5K Fun Run**

**Sunday, September 20, 2pm - 6:30pm at Nottoway Park, Vienna, VA.**

All are welcome! Join FSYF for one of our most popular events of the year. This year we are planning a fun afternoon of activities including the family friendly 'Fun Run', classic picnic games, face painting, good food and great company. We'll provide the burgers, hot dogs, veggie burgers and beverages, we ask that you bring a side dish or dessert to share. We welcome your teenagers help with volunteering for the run and managing games! And we're happy to provide a letter to them (upon request) certifying their volunteer hours if they help out.

**FSYF Summer 'Meet-Up' Events Continue! *During the summer months, FSYF hosts meet-up events at fun, local area venues for FSYF families. These free events are an opportunity for FSYF members in the DC Metro area to connect with each other. If your family has recently returned from overseas, is new to the FS, or just want to enjoy a casual FS social opportunity, please join us:***

**Pizza Party for FS High School Students, Saturday, September 12, 6:00pm - 7:30pm:**

High School students are invited to join us in the party room of the Lost Dog Cafe on Columbia Pike in Arlington for free pizza and soda. Lost Dog Cafe makes fabulous pizza and sponsors a rescue foundation that has saved the lives of over 16,000 dogs and cats. Parents and younger siblings are welcome to enjoy a meal in the main dining room (paying their own tab). The cafe is at 2920 Columbia Pike, Arlington, VA 22204 (near the intersection of Walter Reed Dr. and Columbia Pike). Metered on-street parking is usually available behind the building along S. 11th Street. Registration is required for this event and space is limited. [Register Here](#)

**Become a Member of FSYF**

Please consider joining FSYF and showing your support of FS youth. Choose from three affordable membership levels (a special bonus for new Lifetime members!)

**Welcome to New and Returning Members!**

Bayer	Briden	Brown	Bysfield	Cullen	Delong
Dinoia	Feeken	Fehrman	Hryshyshyn	Kryk	Lee
Letvin	Lombard	McKee	Stone	Stuftt	Tepper



## OTHER OPPORTUNITIES FOR FS FAMILIES

---

### [Programs of Interest at FSI: Classes are held at the Schultz Center 4000 Arlington Blvd.](#)

#### **Encouraging Resilience in the FS Child (MQ500): October 21**

Learn characteristics of resilient children and explore strategies to ease the transitions for Third Culture Kids.

#### **Special Education Needs Overseas Seminar (MQ 118); September 22, November 17**

Highlights the State Department overseas support system for children with special education needs.

#### **Raising Bilingual Children (MQ 851) September 23**

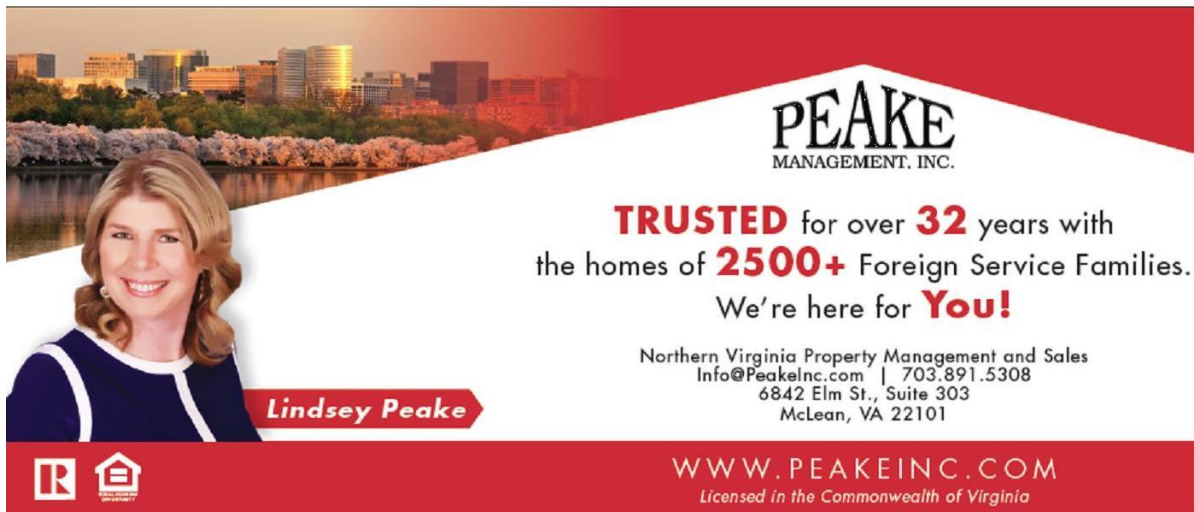
Learn the benefits and challenges of raising bilingual children

### [Diplomatic Security 10K Annual Tribute Run](#), October 10, 8am - 12pm

The run is open to everyone of all ages, whether you are a DS employee, family member, or just want to support the cause. This is the fifth year, the Annual Tribute honors DS agents, local guards, and others who have died in the line of duty. Registration is \$35 and must be submitted before October 3.

---

*FSYF is grateful to [Peake Management](#) for sponsoring the FSYF Parent Newsletter*



**PEAKE**  
MANAGEMENT, INC.

**TRUSTED** for over **32** years with  
the homes of **2500+** Foreign Service Families.  
We're here for **You!**

Northern Virginia Property Management and Sales  
Info@PeakeInc.com | 703.891.5308  
6842 Elm St., Suite 303  
McLean, VA 22101

**WWW.PEAKEINC.COM**  
*Licensed in the Commonwealth of Virginia*

*Lindsey Peake*

---

**About the Foreign Service Youth Foundation:** Since 1989, FSYF has helped Foreign Service youth embrace the adventure of an internationally-mobile childhood by encouraging resilience and fostering camaraderie. Global programs include: a Foreign Service youth written newsletter, an adult newsletter, five annual contests, and two scholarships for college-bound seniors. D.C.-area events include: re-entry seminars for high school and middle school students, a college admissions workshop, teen/tween game nights at [Oakwood Apartments](#), and a Fall welcome back picnic. FSYF also assists [FLO](#) and [AAFSW](#) in providing emergency support to families evacuated from overseas. For more information, visit [www.fsyf.org](http://www.fsyf.org). CFC code 39436.