

Frost Middle School FAQ's

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Access these FAQ's electronically with links here:



After-School & Late Buses

- Check out our [After School site](#) for specifics and information. We encourage all students to get involved!
- Late buses are offered Monday-Thursday.
- Activities run from 2:20- 4:30pm, depending on the activity. Late buses pick up around 4:30pm.
- Parent pick up is permitted at any time. Students who are walkers may sign out and leave any time.
- Daily after school attendance is taken for student accountability. You may reach out to Ms. Metzker, our After School Specialist, to confirm your student's attendance or with any after school program question.
- Once students leave the school building after 2:20pm, they are not permitted to re-enter to attend a club. Club attendance starts at 2:20pm. Students may not walk to Fair City, or other locations, and then return to Frost to take a late bus home. All students must be in their club location no later than 2:20pm.

Attendance

- If your student is absent, a parent/guardian should contact the main office, or submit the absence form through the [Frost Website](#).
- Students and parents can check SIS and Schoology to determine missing assignments.
- Students should follow-up with teachers and use Falcon Focus time to complete missing assignments.
- Students have the same number of days missed to complete assignments (i.e., if a student is absent Monday, missing work would be due by Wednesday)
- Attendance is a key to student engagement, connection, and achievement. Please view the [FCPS Attendance](#) resources for additional information.

Bell Schedule

- The Bell Schedule can be found here [on our website](#).

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- The bell schedule is subject to modification. It will be posted to our website.
 - Frost implements a “block” type bell schedule with Blue and Gray days. Please review the calendar and bell schedule posted to our website with your student.

Cafeteria/Lunch

- Students are able to access school lunch, or bring lunch from home.
- View the [Food & Nutrition Services](#) website for more information, and to create a payment account.
- For the first week of school, Frost students are escorted to the correct lunch by their classroom teacher.
- During this first week, students are required to sit at a designated table with their class. While at the assigned tables, students should be looking around to observe other possible friends to sit with when seat changes are allowed.
- During the second week of school, students are given the opportunity to find a new seat with friends. Once seats are determined, students are expected to stay in their assigned seat.
- Frost has 4 lunches - A, B, C, & D. A student’s lunch is determined by their 5th or 6th period teacher. Students are provided this information on the first day of school. This information is not available prior to the school year starting and is not on the student’s class schedule.
- If a student is having difficulty in the cafeteria, or would like to request a seat change - they are encouraged to speak to one of the staff members on duty in their lunch.

Calendar

- Please view the [FCPS Standard School Year Calendar](#) for important dates, holidays, closings, teacher work days, etc.

Phones & Devices - “Away for the Day”

- FCPS expectation for student cell phones, headphones, and other personal devices is “Away for the Day” in that student devices should be silenced and put away during the school day, unless a student has specific permission from a teacher.
- Some teachers may allow students to use their personal device during class for instructional purposes.
- Students are not required to have a cell phone or personal device.
- If a student’s personal device is confiscated for the third time, parents will be notified and a parent will pick the device up from the main office.
- If you need to contact your student during the school day, please call the main office to deliver a message to them. Students may also come to the main office and ask to use their cell phone, or an office phone, to contact a parent if needed.
- Additional supervision of teen technology use is recommended. We recommend having open conversations with your teen about their digital citizenship, safety, parent expectations, supervision, responsibility when using technology, and parental settings to limit access to social media during the school day.

Course Selection

- Course selection information can be found on the [Frost Website](#).
- FCPS offers grade level, honors, and advanced academic courses at the middle school level. Honors level courses are open enrollment. Advanced Academic placement is determined through a separate application process.
- When registering your new student, please share if they previously had any gifted, advanced academics, or special education services at their previous school.
- School Counselors are available to explain and discuss appropriate and various placement options.

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- 8th grade World Language classes are high school level courses and will count towards and display on a student's official high school transcript and Grade Point Average (GPA).
 - Math courses of Algebra 1, Geometry, and Algebra 2 are also high school level courses and will count towards and display on a student's official high school transcript and Grade Point Average (GPA).

Falcon Focus

- Students are assigned to one of their teachers for Falcon Focus. View the bell schedule for more specific timing.
- On specific days during Falcon Focus each week there will be school-wide lessons and advisory activities that are teacher-led.
- The remaining time is designed for students to complete school work, get extra help, make-up missed assignments, visit the library, or read.
- Students are occasionally assigned to a specific teacher for intervention or special programs.
- There is a FCPS requirement for recess in middle school. This is a 15 minute screen-free break during the school day. Outdoor space will be utilized when weather permits.

Lockers

- Students can have a lockers by request from a parent. Requests will be written to the students counselor or administrator.
- Students should plan to carry a backpack with them, and carry their laptop and other school supplies.
- Students will be assigned a locker in the PE locker room to store their PE uniform and some personal belongings.
- A limited number of hall lockers may be available, upon request and if needed, but may not be located near class locations.
- Students taking band or orchestra classes will be assigned a space to keep their instruments.

Military Families at Frost

- Frost has a student body of approximately 10% military connected students
- Additional resources and information can be found on our [website](#).

Parent Communication

- Make sure you are signed up to receive all Frost and FCPS related information through [News You Choose](#).
- Weekly emails are sent from the county and schools to keep you informed.
- Check your email settings so they do not get set to spam/junk.
- Review all [FCPS Parent Communication](#) information to stay informed.

Parent Resources

- [Frost Parent-Teacher Association](#)
- [FCPS Family Resource Center](#)

Parent-Teacher Communication

- If a student or parent has questions or concerns regarding academic progress, it is encouraged to first check [SIS ParentVue](#), and [Schoology](#) accounts.
- Parents are able to contact teachers directly via email or phone with content specific questions.
- If concerns continue, please contact your student's teacher and counselor. Parent conferences are set up on an as-needed basis.
- Frost has an additional staff member of a Family Liaison. Our Liaison is available to help families understand the school's culture, policies, procedures, and practices. They can also help connect families to resources in the community.

Personal/Social Support

- School Counselors are assigned to each Team.
- If you have concerns for your student's academic, personal, or social well-being, please do not hesitate to reach out to your student's assigned counselor.
- Counselors provide academic, career, and personal/social support to all students at Frost through classroom lessons, small group curriculum, community building circles, and with students individually.
- Academic Advising/Course Selection takes place every January/February. Every student will meet individually with their counselor to discuss proper course selection for the following school year.
- Please visit the [Student Services page](#) for additional information and counselor contact information.
- Frost also has School Psychologists and School Social Workers to provide additional support for our students and families, as needed. Their contact information is also available on our [Student Services page](#).

SIS/Schoology/Google

- All students and parents have access to SIS and Schoology accounts.
- SIS is where teachers input grades, parents can view student attendance, class schedules, course requests, bus numbers, and more!
- Schoology is where teachers post assignments, how students submit assignments, and class specific resources.
- All FCPS students are given an (ID#)@fcpsschools.net Google Drive account. This account is used to complete any class assignments posted in Schoology that may be linked to a Google assignment. It is recommended that parents ask their student for their Google sign in information, as assignments in Schoology can only be viewed if also signed into Google.
- [SIS ParentVue](#)

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- [Schoology](#)

Standardized Testing

- Virginia standardized assessments are called SOL's (Standards of Learning), and VGA (Virginia Growth Assessments).
- VGA's are completed two times per year, in the fall and spring to measure student growth in the areas of Reading and Math.
- SOL's are summative assessments completed in the spring.
- State testing requirements are updated and these standardized tests are subject to change.
- The specific testing schedule will be finalized in the spring and teachers will notify students of when their tests will be completed.
- 7th grade students completed Reading and Math SOL assessments.
- 8th grade students completed Reading/Writing, Math, and Science SOL assessments.
- SOL specific information can be found on the [VDOE Site](#).
- Passing scores on middle school SOL's are not required for promotion.
- All 7th grade students who are new to FCPS, and do not have an abilities test on file, will be notified by Frost and take the CogAT or NNAT test in the October time frame. Please contact your child's counselor if you have questions about the CogAT/NNAT, or visit the [FCPS Advanced Academics Website](#).

Student Schedules

- Student schedules are finalized the week before school begins in August.
- All 7th grade students will receive their schedules during the 7th Grade Orientation.
- New to Frost 8th grade students will receive their schedules during their specific orientation date/time.
- All other 8th grade students are able to come pick-up their schedules and give a self-guided tour on the specified date/time.

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- Student schedules are also available for view in ParentVue and StudentVue of SIS the week before school begins for those unable to get them in person.
 - Once schedules are finalized, schedule change requests must go through the student's counselor, and may not be possible.
 - There is a freeze on all schedule changes during the first 2 weeks of school. The only exceptions are for schedules with missing classes, or errors.
 - We are able to take note of special scheduling requests, but cannot guarantee they can be accommodated.

Teams

- Every student is assigned a Team, based on their common English, Science, and Social Studies teachers.
- Teams are around 150 students each. This model helps build a smaller community for our students.
- We are not able to accommodate team change requests.
- The team of teachers and counselors meets one time per week during a common planning period to discuss common assessments, calendar share, and discuss any student concerns.

Technology

- All FCPS students are assigned a school issued laptop and power cord.
- Students are responsible for bringing their laptop to and from school each day.
- Teachers incorporate a variety of technology into their curriculum.
- Students are expected to check and complete assignments through Schoology and SIS.
- Frost technology support can be requested from our School Based Technology Specialist, or Technology Support Specialist.
- Information can be found on the [Frost Technology Webpage](#).

Transportation

- Students who are classified as walkers, live within 1.5 miles of the school. These students may bike, walk, or be driven to school. We are not able to accommodate storage for student's skateboards.
- Bus transportation is arranged through the county Transportation Office, and are not Frost school based decisions/assignments. Please contact the [Transportation office](#) with any questions.
- Frost Transportation Office can be contacted at 703-446-2050.
- The "Kiss & Ride" at Frost becomes very backed-up in the mornings - please plan accordingly, as getting stuck in "Kiss & Ride" is not an excused tardy. We recommend arriving to school by 7:15 if you plan to drop off in the "Kiss & Ride."
- The front of the building is considered the Bus Lane, and is not accessible to cars between 7:00AM-7:30AM; and 1:45PM-2:35PM. If you are dropping off or picking up your student between these times, please use the side parking lot to avoid being blocked by buses. Buses will NOT move for you to get out during these times.
- Due to our limited space for parent drop off and pick up, we recommend eligible students ride the bus.
- If a bus arrives late to school - staff are notified and that is an excused tardy.
- During the first 2 weeks of school, all staff members assist students with the dismissal routine and locating their bus. We make every effort to ensure students do not miss their bus.
- FCPS Students are eligible to receive a free Fairfax County Connector bus pass. Please see your school counselor to request a bus pass.

We welcome you to Frost!

Please contact our main office staff, or Student Services department if you have any questions not covered in our online resources or through this FAQ.