



Frances Knight Thompson was educated in the Chesapeake Public Schools and is a graduate of Hampton University, where she received a Bachelor of Science degree in Music Education. She also holds a Master of Science in Education degree in Guidance and Counseling from Old Dominion University and an Endorsement in Gifted Education from the University of Virginia.

Mrs. Thompson began her career as an elementary school music teacher with Virginia Beach City Public Schools and taught for 15 years. She continued her career with VBCPS as an Elementary School Counselor for another 15 years. Mrs. Thompson retired in 2014 from VBCPS after more than 40 years of service. At her retirement, she was assigned as Guidance Department Chair for Kemps Landing Magnet School, formerly a Virginia Beach middle school for intellectually gifted students. Following her retirement from school counseling, Mrs. Thompson worked part-time in the VBCPS Office of Equity Affairs as Project Manager, coordinating professional development for teachers and staff, managing the planning for the VBCPS African American Male Summit, facilitating Candid Conversations about Race, and assisting the Director of Equity Affairs in the daily operations of the office.

During her professional career, Mrs. Thompson was awarded Kemps Landing Magnet School's Teacher of The Year. In 2010, she received the Humanitarian Award from the Virginia Beach Human Rights Commission and received the Martin Luther King Jr. Community Leaders Award presented by the Urban League of Hampton Roads. Even in retirement, her passion in education continues to be increasing the identification of students in underrepresented populations for gifted programs, as well as resolving the issue of the disparity in the academic achievement of African American males and their counterparts, a local, state, and national concern for all educators.

Mrs. Thompson is very involved in the Hampton Roads community. She serves on the Board of Directors of *Teens with a Purpose*, a local youth organization focused on providing a forum for youth to use their voices, talent, and abilities to positively impact the lives of their peers. She is the Executive Vice-President of ChainBreakers, Inc., a community development corporation dedicated helping low-income families in the city of Portsmouth, VA to become more self-sufficient and to better their quality of life. In 2016, she was appointed by the Virginia Beach City Council to the Virginia Beach Human Rights Commission. In 2018, she was appointed by the Virginia Beach City Council to the city of Virginia Beach Minority Business Council and serves as the Secretarial Officer of the MBC. Mrs. Thompson is also Executive Director of Hymns for Him, Inc., a non-profit organization dedicated to congregational hymn singing. She was most recently appointed Chair of the board of directors of Second Act Communities, a non-profit organization committed to providing affordable housing.

Mrs. Thompson is married to Pastor Ronald W. Thompson, Senior Pastor of Mt. Sinai Family Life Christian Center located in Portsmouth Virginia. They are the loving parents of three adult children and reside in Virginia Beach, Virginia.