Stop Hunger Now

This year the third grade community service initiative was to participate in *Stop Hunger Now*. Families in the Langley Pyramid joined together to collect money to help children in need. Students were encouraged to earn money to donate by doing extra chores. Together, the 3rd grade classes raised $2,200, which is equal to 8,800 meals. The 3rd grade teachers could not be more proud of their students.

In partnership with Stop Hunger Now, the Elementary, Middle and High Schools in the Pyramid are coming together this Saturday, February 7, 2015 at Colvin Run Elementary to prepare 100,000 meals for schools and orphanages around the world.
Calendar

Time Out of School

Please schedule your family vacations during FCPS designated holidays / breaks, which you can see at this link: http://www.fcps.edu/cal.shtml Be aware that missing school for extended periods of time negatively impacts your child and your child's teacher.

Week of February 2:
Thursday, February 5: Jump Rope for Heart, Gym, 3:20-4:30 pm

February 5-12 SCA Candy Grams

Week of February 9:
Wednesday, February 11: PTO Meeting with Janie Strauss as speaker, Lg Pod, 9:15-11:15 am
Thursday, February 12: Baked Potato Bar for Staff, Teacher’s Lounge, 10:30 am-1:30 pm

Week of February 16:
Monday, February 16: President’s Day Holiday, No School
Friday, February 20: SCA Wacky Hair Day

Week of February 23:
Tuesday, February 24: Bids for Kids Online Auction Begins

Thursday, February 26: Band Concert, Cafeteria, 7-8 pm

Friday, February 27: Parent University: Mindfulness with Spring Hill Parent, Dr. Luiza Alvisu, Cafeteria, 8:30-10:30 am


Jump Rope for Heart event for third through sixth grades will be held Thursday, February 5th from 3:20 – 4:30. The students that have expressed interest in attending the event have picked up the information with the permission slip from the physical education teachers.

Permission slips to attend the event must be turned in to the physical education teachers by today, February 4th.

No student will be allowed to attend the event without the permission slip.

Collection envelopes must be turned in by the day of the event.

Parents must pick up their child in the school lobby or the gym at 4:30. Our snowdate is Thursday, February 12th.
The Spring Hill teachers spent part of their February professional development day with Dr. Luisa Alvizu as she taught us about Mindfulness. Dr. Alvizu is a certified Mindful Schools teacher and piloted the program with Ms. Bauer’s third grade this October - December of this year. She is also the mom of Isabella Duque! The teachers learned Jon Kabat Zinn's definition of mindfulness - "Paying attention to the present moment on purpose." Besides increasing attention span, mindfulness helps increase self-awareness, improve impulse control, reduce stress and build community and empathy. Many Spring Hill teachers will begin to work with Dr. Alvizu for their own training in a mindful practice as well as training for their class.

Dr. Alvizu will be the teacher at the February 27th Parent University at Spring Hill. All are invited.
SCA Candy Gram Sale

When: February 5 – February 12
8:00 – 8:30

Where: Front Lobby

Price: $.50 each or a class set for $10

Why: We want to raise funds for the Spring Hill SCA. Funds will be used to purchase a school gift and make a donation to a local charity.

Each candy gram consists of a Valentine and a Charm’s Blow Pop.

Candy Grams will be delivered to the classrooms on the morning of February 13.

Please see a SCA representative, Ms. Manning, or Mr. Seagraves for more information.
Exciting Speakers Such As...

Arlene Randall, Fred Amico and Dr. Luisa Alvizu

Join us to hear Arlene Randall, Cooper MS Principal, and Fred Amico, Langley HS Assistant Principal, who are scheduled to speak on **Friday, February 27th** in the cafeteria.

- Coffee beginning at 8:30am
- Ms. Randall and Mr. Amico from 8:45am – 9:15am
- Dr. Luisa Alvizu will speak about the medical, mental and physical benefits of the growing field of Mindfulness

Dr. James Herrera

Child Psychiatrist Dr. James Herrera, Medical Director of The Lourie Center for Children’s Social & Emotional Wellness, will be giving a presentation to Spring Hill Parents titled "Anxiety, Attention and The Elementary School Student" on **Friday, March 6, from 9-10 am** in the Spring Hill Cafeteria. Dr. Herrera is a former Spring Hill student who completed his Psychiatry training at Harvard and is currently in private practice in McLean. We hope you can join us for coffee at this informative talk!

Register For...

Chess Club - Ending This Week!

**Chess Club registration goes through February 6th.** Students from 2nd through 6th grades may register. The registration cost is $95 per student per session and registration is online at [www.springhillpto.org](http://www.springhillpto.org). We need one parent volunteer to help set up boards and supervise snacks weekly. Please pick up your children promptly at 5pm. Questions: [springhillchessclub@gmail.com](mailto:springhillchessclub@gmail.com).

After School Activities

Register now for Spring After School Activities! See PTO website to register. Classes start the week of Feb 23rd. See the attached guide for activity descriptions and schedules.

Sign Up For...

Teacher Appreciation Valentine Baked Potato Lunch

The Staff Appreciation committee is hosting a Teacher Appreciation Valentine Baked Potato Lunch on **Thursday February 12th.** This is one of our most popular events and we need your help. We would appreciate donations of baked potatoes, chili for fillings and side dishes. If you are not a cook, we are also in need of raffle donations or help with clean up. You can contact Miriam at [miriansmith24@gmail.com](mailto:miriansmith24@gmail.com) or Lynne at [evangelineemanuel1014@gmail.com](mailto:evangelineemanuel1014@gmail.com) if you would like to help. Or sign up directly at:

[http://www.SignUpGenius.com/go/10C0D49A8A72DAAF0C1-valentines/5S56965](http://www.SignUpGenius.com/go/10C0D49A8A72DAAF0C1-valentines/5S56965)
Spring Hill PTO: The Scoop

February 4, 2015

We Need These Donations...

Coffee Pods!
The PTO purchased a Keurig coffee machine to keep in the Teachers' Lounge and would LOVE donations of coffee pods both regular and decaf so the teachers can treat themselves every day. Donations can be left in the teachers' lounge. Questions? Contact Lynne at evangelineemanuel1014@gmail.com.

Box Tops!
Kids, scour those drawers and cabinets at home for products from these big brands: Betty Crocker, Chex Mix, Fiber One, Hanes, Hefty, General Mills, Green Giant, Horizon, Kleenex, Land O'Lakes, Mott’s, Nature Valley, Pillsbury, Progresso, Scott, Totino’s, Yoplait, Ziploc, etc. Then clip and submit! Our “TOP 10” submitters will be recognized in the Panther Press.

Prizes: The “TOP” submitter will also win a $15 Target gift card. Plus a $15 gift card winner will be chosen via a drawing on the “Morning Show.”

Rules:
• Box Tops must include visible & valid (‘15 or later) expiration dates.
• Put them in baggies, or tape to blank paper or a collection sheet (attached).
• Please bundle Bonus certificates separately.
• **Include your name, teacher’s name and grade,**

Deadline: Give them to your teacher or leave in main office’s box by February 17th. For any questions contact Patty Keffer patricia.keffer@verizon.net or Denys King denys.king@gmail.com.

Thank You

Each week there are so many volunteers that take time to make our school a little better. Many thanks to:
• Kathy Carey and Kris Chaze for coordinating the terrific Skate Night event
• Ashley Profaizer for setting up the Yabe fundraiser at California Pizza Kitchen
• Roseanne Siegel and Tine Kristenson for organizing the Spring After School Activities
• Betsy Vrankovich for setting up the online registration for Chess Club and After School Activities
• Jammie Parise for keeping our outside sign up to date
To: Spring Hill Parents and Students
From: After-School Activities (ASA) Committee, PTO

Spring 2015 ASA registration, Monday Feb 2nd through Friday Feb 20th

The PTO is proud to offer a variety of after-school activities taught by our talented Spring Hill teachers.

Please carefully review the following class policies and procedures:

Class Times, Dates, and Locations
1. ASA classes will meet for 9 weeks between February 23rd and May 14th, unless otherwise indicated.
2. All classes will be held 3:30 – 4:30 p.m. after school, unless otherwise noted.
3. There are no activities on days that school is closed or when there is early dismissal. Classes skip weeks for holidays or school events such as Fun Fair.
4. All aspects of class offerings (locations, fees, dates, times, grade requirements, maximum/minimum enrollment and/or instructors) are subject to change.

Registration and Payment
1. Registration is open only to active Spring Hill PTO members. Non-PTO members of the Spring Hill community may register for an additional $8 fee per session. If you are not an active PTO member, you may join the PTO as a part of the registration process. (Families must re-join the PTO each and every school year to be active members.)
2. ASA registration is on-line only at the PTO website www.springhillpto.org.
3. Children are not permitted to attend class without advance registration and payment. Any unregistered child who arrives for a class will be sent to the school office to wait for their parents.
4. Once a class reaches maximum capacity, students may elect to be added to a wait list. Openings, if any, will be filled from the wait list on a first-come, first-serve basis.

Withdrawals and Refunds
1. Please consider class choices carefully as refunds will NOT be given beyond the registration period.
2. To withdraw from a class during the registration period, send an email to ASASpringhill@gmail.com.
3. Requests to withdraw received prior to the close of the registration period will be refunded, less a processing fee of $10.
4. Requests to withdraw received after the close of registration will not be refunded.

Class Cancellation
1. In the event that a class is cancelled for a particular day, we will do our best to offer a make-up class, however a make-up class is not guaranteed.
2. In the event that your child misses class on a day that the class is held, no make-up class will be offered.
3. No refunds will be given for missed or cancelled classes.
Pick Up/Late Pick Up/Behavior

1. **Children MUST be picked up at the class location** after each class by their parents or other designated adult. Children will not be permitted to meet parents outside school or at kiss and ride or walk home from classes.
2. Parents must park in a legal parking spot while picking up their child(ren) and may not park or stand in the bus circle.
3. Children may be removed from participating in their class(es) and future participation may be denied if they are picked up late from class two times.
4. Children may be removed from participating in their class(es) and future participation may be denied if they exhibit persistent behavior problems before, during or after their classes.

Questions?

ASA classes: contact Tine Kristensen at tine@kristensen.org.uk or Roseanne Siegel at roseanne.siegel@cox.net

<table>
<thead>
<tr>
<th>Day</th>
<th>Time and Location</th>
<th>CLASS</th>
<th>GRADES</th>
<th>TEACHER</th>
<th>DESCRIPTION</th>
<th>FEES</th>
<th>Class Dates</th>
<th>Max/Min Class Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>3:30-4:30 Room 212</td>
<td>Geography Club</td>
<td>4th-6th</td>
<td>Mr. Mosher</td>
<td>Learn about the world around you through a variety of games and activities. We’ll use a variety of resources to gain a better understanding of the cities, states, countries, cultures, and other geographic features that make up our planet. Which state is the Granite state? Is Greenland really green? What language do they speak in Brazil (and why)? This is a great club for fans of maps and trivia, Jeopardy, and the annual Geography Bee.</td>
<td>Class: $135</td>
<td>February 23 March 2, 9, 23 April 13, 20, 27 May 4, 11</td>
<td>12/8</td>
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<tr>
<td>Mon</td>
<td>3:30-4:30 Large Pod</td>
<td>Fitness and Fun Running Divas</td>
<td>Girls 3rd-4th</td>
<td>Ms. Gerike</td>
<td>A fun fitness club for girls. A portion of the class will be spent discussing a healthy lifestyle, boosting self-esteem and supporting one another. The remainder of the class will be dedicated to fitness including stretching, group fitness and running to build stamina with a goal to run a 5K as a group in April. No running experience is necessary, just the will to try and a positive attitude. A healthy snack will be provided. Please wear PE attire/sneakers for both indoor and outdoor time.</td>
<td>Class: $135 Activit y fee: $9 9 weeks</td>
<td>February 23 March 2, 9, 23 April 13, 20, 27 May 4, 11</td>
<td>12/8</td>
</tr>
<tr>
<td>Day</td>
<td>Time</td>
<td>Location</td>
<td>Grade</td>
<td>Teacher(s)</td>
<td>Description</td>
<td>Class</td>
<td>Dates</td>
<td>Fee</td>
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<tr>
<td>Tues</td>
<td>3:30-4:30</td>
<td>Room 136</td>
<td>5th-6th</td>
<td>Ms. Berson Ms. Papathanassiou</td>
<td>Do you love Strategy Lab? This is a unique and fun opportunity to maximize your problem solving abilities while developing your skills in communication, collaboration and concentration. We will play strategy games not regularly taught in the larger class setting as well as have more time to sharpen our skills with some favorites.</td>
<td>$135</td>
<td>February 24 March 3, 10, 17, 24 April 7, 14, 21, 28</td>
<td>9 weeks</td>
</tr>
<tr>
<td>Tues</td>
<td>3:30-4:30</td>
<td>Gym</td>
<td>4th–6th</td>
<td>Mrs. Shaheen</td>
<td>Come and learn both Volleyball and Basketball. Each game will be taught and practiced on alternate weeks. Please wear PE attire/sneakers.</td>
<td>$135</td>
<td>February 24 March 3, 10, 17, 24 April 7, 14, 21, 28</td>
<td>9 weeks</td>
</tr>
<tr>
<td>Wed</td>
<td>3:30-4:30</td>
<td>Cafeteria</td>
<td>4th–6th</td>
<td>Ms. James, Ms. Fowler, and Ms. Devylder</td>
<td>Express your creativity, working on costumes, props, scenery and managing responsibilities for the production of “The Wizard of Oz”. No acting involved.</td>
<td>$135</td>
<td>March 4, 11, 18, 25 April 8, 15, 22, 29 May 6</td>
<td>9 weeks</td>
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<tr>
<td>Thurs</td>
<td>3:30-4:30</td>
<td>Large Pod</td>
<td>4th–6th</td>
<td>Ms. Greene</td>
<td>Students will learn dance basics including stretching and basic vocabulary. By the end of class, they will completely learn a choreographed dance.</td>
<td>$135</td>
<td>February 26 March 5, 12, 19, 26 April 9, 23, 30 May 7</td>
<td>9 weeks</td>
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<tr>
<td>Thurs</td>
<td>3:30-4:30</td>
<td>Gym</td>
<td>3rd–6th</td>
<td>Mr. and Mrs. Minutoli</td>
<td>Come and have fun playing activities such as gaga-ball, wiffle ball, kickball, cricket, Frisbee and steal the bacon, speed ball, handball, and other exciting indoor games. Please have PE attire/sneakers to participate.</td>
<td>$135</td>
<td>February 26 March 5, 12, 19, 26 April 9, 23, 30 May 7</td>
<td>9 weeks</td>
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<tr>
<td>Friday</td>
<td>3:30-4:30</td>
<td>Cafeteria</td>
<td>2nd–6th</td>
<td>US Chess Center</td>
<td>Organized by the Chess Club. Please contact this committee for specifics.</td>
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BIDS FOR KIDS 2015

Get online for bargains that support the PTO and our donor businesses.

Just 20 days until our online auction debuts!

The new Bids for Kids online auction raises money for classrooms and is for our adult community! This will be our major Spring fundraiser and most importantly it replaces the Silent Auction at Fun Fair.

Check out what you’ll be able to bid on!

Sleep away camp sessions
Tickets to local sporting events
Wine tastings
Dinner at nearby restaurants
Birthday parties
And much much more!

But, Bids for Kids only works if you bid!

Bids for Kids opens online Tuesday, February 24th!

To donate an item to Bids for Kids, please contact Stephanie Short skleger@gmail.com or Paula Mosby at paulacmosby@live.com ASAP. Stay tuned for more info about what’s coming!
Parents are in a constant time crunch, and we all do our best with the tough balancing act of juggling work, raising our children, spending quality time with our families, and carving out personal time for ourselves. We’re often left feeling stressed and drained, and wondering how we can find more time, space, and energy in our lives. **How can mindfulness help us as parents?** Our 6-week course teaches parents mindfulness practices that are scientifically validated and provide numerous positive benefits for our health and well-being. These well-researched, practical tools help bring a greater sense of patience, kindness and empathy into the home, greater calm and balance to our lives, and a renewed sense of joy and strength to our families and communities.

**Join us as we learn about Mindfulness for Parents!**

**In this 6-week course you will learn:**

- How we define “mindfulness” and why it is an essential life skill
- How mindfulness positively impacts and improves the functions of the brain
- Ways in which mindfulness increases attention, stress-reduction, resilience and empathy
- Simple practices to help you transform into a more present, open, and receptive parent
- How to support your child’s brain at key developmental stages
- Practical skills & resources for integrating mindfulness practices into your daily life

**Feb. 13 - March 20, 2015**  
*Fridays 9:30-11am*  
Emmaus UCC 900 Maple Ave E  
Vienna, VA  
Cost: $275

**Instructor: Trisha Stotler** has been a student of meditation for over twenty years. She teaches classes and retreats in the DC area to both beginners and advanced practitioners, including the year-long course she created called Bringing Mindfulness to Life. A long-time Mindfulness-Based Stress Reduction (MBSR) instructor, she emphasizes the practical application of mindfulness in all activities. As a breast cancer survivor and a mom to three young kids, she considers mindfulness practice an essential part of her daily life.
CURRICULUM PRESENTATIONS AT COOPER MS
(Parents Only)

Rising 7th Grade: Thursday, February 5, 7:00 pm
(Level IV only)

Rising 7th Grade: Wednesday February 11, 9:30-10:30 and
Thursday February 12, 6:30-7:30

Rising 8th Grade: Wednesday February 25th 9:30-10:30

ELECTIVE FAIR AT COOPER MS
(Students and Parents)
Rising 7th Grade—February 19, 6:30-8:00 pm
(Snow date - February 26, 6:30)

COOPER COUNSELORS VISIT 6th GRADE CLASSES
Churchill Road: February 17
Colvin Run: February 17
Great Falls: February 18
Spring Hill: February 18
Forestville: February 19
Franklin Sherman: February 19
Pizza, Drinks, Fruit & Homemade goodies, supplied by our PTA, will be on sale throughout the evening.

A special thank you to the Longfellow PTA for their support of this event.

Longfellow Middle School

DATE: THURSDAY, 02/19/2015
TIME: 6:00—8:00 PM

Locations by Last Name:

A-K: Lecture Hall

L-Z: Cafeteria

Agenda:
- Course Registration Overview
- English, Social Studies, Math & Science Curriculum Info
- After School Programs
- Electives Information

Special Education Parents Meeting:
Library, 5:30—6:00 PM

ESOL Parents Meeting:
Room 222, 5:30—6:00 PM

FOR QUESTIONS CONTACT: LONGFELLOW STUDENT SERVICES OFFICE AT 703-533-2603

Snow Date: 2/24/2015
Are You Prepared? Make Plans Now!

Inclement Weather and Emergency Closing Plans
Make Arrangements Now in Case of an Unforeseen Schedule Change

Due to inclement weather or other emergency situations, it may be necessary to close schools for the entire day, to open schools two hours late, or to close two hours early. The procedures used in school closings are detailed below. Keep this information in a convenient location for future reference.

Parents are urged to make arrangements now for the care of their children when schedule changes are made (and to provide for the rare situation when it is necessary to close an individual school because of a power failure or other circumstances). Children should know where to go or what to do if a parent will not be or is not home.

FCPS has several schedules set up to deal with inclement weather. These are put into effect when conditions threaten the safety of children and FCPS staff who are walking, driving, or riding buses to schools. These schedules are:

(1) Keep schools closed. (2) Open two hours late. (3) Close two hours early.

As soon as a decision is made to implement one of these changes, we post the information on:

- FCPS cable Channel 21
- www.fcps.edu.
- Facebook and Twitter.
- Email notifications will be made through our Keep in Touch (KIT) system.
- Called in to local radio and television stations.

We try to make a decision by 4:30 a.m. when schools will be closed all day or will open two hours late. This gives us 30 minutes so that the public announcement can be posted and reach all media outlets by 5:00 a.m. On some occasions, it is not possible to make these time frames as weather can change unexpectedly. On some other occasions, the school system has been able to make a scheduling decision the day before so that parents, staff members, and students know what will happen the following day. This usually happens when precipitation is already on the ground and the temperatures are such that the precipitation on the ground is frozen or will refreeze.

For more information, go to http://www.fcps.edu/news/weather.shtml