Dear Parents:

As you recall from last week, I had recently re-read a dynamic article written for the American Educator by Barak Rosenshine (spring 2012) on the 10 overall principles of instruction that highly effective teachers demonstrate on a regular basis. I discussed the first five principles last week and now I will relate the next five. As stated previously, it is wonderful to see that these research based strategies are alive and well in the classrooms of Spring Hill.

6. **Check for student understanding.** Research studies consistently show that when teachers frequently check if students are learning new material they are much more effective educators. At Spring Hill we call checking for student understanding “dip sticking” similar to how a mechanic may check the oil of an engine with the long metal wand that reaches deep into the engine block. Checking for understanding does not have to be a quiz or a test, it can be as simple as asking children questions so they are able to explain how they derived an answer or as complex as asking them to defend why they believe a certain way. It may also include asking students to elaborate and augment the statements of classmates as agreeing or disagreeing and why. These are all simple, yet, powerful tools in limiting misconceptions.

6. **Obtain a high success rate during class instruction.** In many educational studies the “sweet spot” when it comes to a high success rate of understanding hovers around 80%. At Spring Hill we expect every child to master the material, some may take longer or have to put in extra effort but we feel that the expectations must be set at mastery for all. Again, we get back to the notion of perfect practice makes perfect. If children are reinforcing errors, it can be difficult for them to unlearn erroneous information. This is one reason why we try to monitor the amount and focus of homework at Spring Hill. Information that has been taught completely and with fidelity should be practiced. This is much preferable to homework where background knowledge is weak and misconceptions and frustration arise.

7. **Provide step by step supports for challenging tasks asked of students.** A scaffolded support is temporary and is specifically designed to assist learning. Teacher modeling, a teacher thinking aloud, cue cards, checklists, note taking, graphic organizers, rubrics and other means to help recall information are all effective tools our teachers at Spring Hill use to provide students with support. Our teachers also encourage students to skim effectively, write short summaries and compare those to anchor models (work that is shown to be of high quality) so that students can compare the model with the work they have produced.
9. **Require and closely monitor independent practice.** All students need extensive, successful, independent practice in order for skills and knowledge to transfer to long term learning. Often, over teaching is necessary to lead students to fluency. Basic math facts, language concepts, conjugating verbs, knowing the facets of the water cycle are all examples of where additional review and demonstrated practice are vital for long-term usage of the information.

9. **Engage students in weekly, monthly and quarterly review.** Students need extensive and broad instruction, specific skill practice, the ability to delve deeper into topics and extensive practice to move from cursory learning to long-term memory. Building on prior knowledge is critical and makes it so much easier for students to learn more sophisticated information when they have a solid foundation. At Spring Hill our staff endeavors to have students make connections, establish patterns and problem solve when faced with new information. This is why set times are established to periodically “check” information learned which is so critical to the overall cognitive success of our students. We ask quite a bit of our teachers in this process. Many of their assessments are designed to elicit “formative” information, meaning information that gives the teacher data on how well each child is progressing and how then the teacher will modify his or her instruction to meet students’ needs. In addition, teachers also elicit “summative” information, meaning data that gives teachers overall information of students’ progress that would be used for grading purposes. Throughout all of these assessments, teachers are self-reflecting on the efficacy of their own instructional practices as well. The research is clear, a self-reflective teacher is an effective teacher.

In summary, the ten principles outlined are drawn from three major sources: research on how the brain acquires and utilizes information; instructional procedures that are used by highly successful educators; and, procedures created by researchers that have been shown to help students learn complex tasks. Rest assured that our highly successful staff at Spring Hill strives to continue to perfect the ten principles of effective instruction.

Best regards,

Roger Vanderhye

Roger Vanderhye, Principal

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**See Inside this Issue:**

- **Page 1-2:** Principal Letter,
- **Page 3:** Message from AART
- **Page 4:** Early drop off, Calendar, Health Promotions
- **Page 5:** SH Chorus, Geography Bee Finalists
- **Page 6-8:** PTO News
- **Page 9:** Chinese Coffee Flyer
- **Page 10:** Recharge Your Brain Flyer
- **Page 11:** Cooper MS Curriculum Presentation Flyer
- **Page 12:** Longfellow MS Curriculum Night Flyer
- **Page 13:** McLean Community Players Flyer
- **Page 14:** Speak in the Spotlight Flyer
- **Page 15:** Inclement Weather Information

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This school newsletter will be issued every Wednesday during the school year on our website, under “News and Events.” You will receive an email link to the newsletter if we have your current email address. Deadline for submissions are Mondays by Noon. Email nelda.hirji@fcps.edu Please include Panther Press in the subject.
A message from your Advanced Academics Resource Teacher, Erica Berson

I have just made "live" a Spring Hill ES AAP website for parents, teachers, and students: https://msbersonshotspot.shutterfly.com. You'll notice HOT Spot is in the title. HOT stands for Higher Order Thinking which involves critical and creative thinking, questioning, and the like. While it's a work in progress, I have already posted:

- pictures of students in various classes engaged in strategy games in the HOT Spot and doing critical thinking in the classrooms
- helpful hints for incorporating HOT strategies at home
- information about the levels of AAP service and Portrait of a Graduate
- and a wealth of information about the Level IV screening process.

Ahhh and regarding the last mentioned item, as many of you are aware, we have entered Level IV AAP screening "season"! 😊 The Advanced Academics office has really done a terrific job on THEIR website of providing everything and anything you need to know about the process. With the referral files due right around the corner on February 3, I'd like to first direct your attention to the FAQs about the screening process and procedures: http://www.fcps.edu/is/aap/faqs.shtml. I realize that the process can be overwhelming, but this is a very user friendly Q and A that would be a great place to begin for most of your questions. As for the February 3 deadline, that date is firm. As you will see on the link provided, there will be no exceptions to submitting additional materials or the referral packet.

As you can imagine, lately I've had many inquiries from parents about Level IV screening. If your questions are not answered via the links I've provided, here are some additional ways I may be able to assist you. I will be holding a general information session to help parents through the process from 8:30-9:30 on January 27 in room 136. This is both for students in the pool and for those being referred. You will learn how best to complete the file packet, what materials to include, and details of the process. If you have questions that must be answered personally regarding your child and the Level IV AAP Screening Process, please use the following link to request a meeting with me at the times I've made available https://msbersonshotspot.shutterfly.com/levelivscreening. Should you need to change or cancel, you can do it yourself on the website or send me a request to do so. If you have a brief question that can be answered via email, you may contact me directly at elberson@fcps.edu.

Thank you!

Erica Berson
AART
SHES
Attention Parents:

Due to safety and supervision concerns students may not be dropped off in the mornings before 8:10. There are no staff members here before that time to supervise them. At 8:10, students may go to the cafeteria to await dismissal to their classrooms at 8:25.

When school has a 2hr delayed opening, children should not be dropped off before 10:10

Did your child get enough sleep last night? Kids need 9-10 hours of sleep a night. Their brains need sleep so that it can recharge and their bodies need sleep to allow their muscles, bones and skin to grow and fix any injuries.

6 ways to teach your children healthy sleep habits:
1. 30 minutes before bedtime, turn off TV, computers and other electronic devices. (Computer and phone lights actually wake up the brain.)
2. Keep all electronic devices under parental control.
3. Keep the bedroom a cool, quiet and a relaxing environment.
4. Read with them; listen to quiet music.
5. Make sure they have had plenty of exercise during the day, but avoid lots of physical activity 2-3 hours before bedtime.
6. Avoid caffeine in the afternoon and at night, including sodas and large amounts of chocolate.

More Info:
National Heart, Lung and Blood Institute:
http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch.html

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 January 19:

Wednesday, January 21: Clubs, Candids and Panoramic Photos, Lg Pod, 9am-All day
Friday, January 23: Geography Bee, Cafeteria, 2-3 pm

Saturday, January 24: Family Skate Night, Reston Skate Quest, 6-8 pm

Week of January 26:
Monday, January 26: Chinese Coffee, Cafeteria, 8:30 See pg for flyer
Thursday, January 29: 2 hr Early Release
Friday, January 30 & Monday, February 2, No School, Student Holidays

Saturday, January 31-Monday, February 2 California Pizza Kitchen Fundraiser
See pg 10 for flyer

Full 2014-2015 calendar: click here:
http://www.fcps.edu/about14-15cal.shtml
This Friday, January 23, Spring Hill students will participate in the annual National Geographic Geography Bee. Representatives from each 4th, 5th, and 6th grade homeroom, who were top-scorers in their classroom-level bees, will compete to be crowned Spring Hill Geography Bee champion. The winner of the school competition will have an opportunity to represent SHES at the state-level bee later this year. The bee will take place in the cafeteria on Friday at 2:00pm. Congratulations to all of the class winners for making it this far:

<table>
<thead>
<tr>
<th>Home Room</th>
<th>Class Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mosher</td>
<td>Kevin Farnsworth</td>
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<tr>
<td>Kiernan</td>
<td>Charlie Jackson</td>
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<tr>
<td>Lee</td>
<td>Andrew Nguyen</td>
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<td>Fowler</td>
<td>Bora Tekin</td>
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<td>Swiers</td>
<td>Owen Sullivan</td>
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<td>Greene</td>
<td>Tucker Brown</td>
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<td>DeWispelaere</td>
<td>Caroline Chaze</td>
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<td>Fitzsimmons</td>
<td>Joshua Pak</td>
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<td>Bulford</td>
<td>Ella Hyams</td>
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<td>Iesue</td>
<td>Erika Li</td>
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<td>Seagraves</td>
<td>Sophia Montie</td>
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<td>Smith</td>
<td>Shaan Rashid</td>
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<td>Papathanassiou</td>
<td>Ryan Bond</td>
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<td>Ginsberg</td>
<td>Mikael Nguyen</td>
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<tr>
<td>Burns</td>
<td>Nico Maric</td>
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<tr>
<td>Minutoli</td>
<td>Hannah Tsai</td>
</tr>
</tbody>
</table>
Save the Date! Skate Night Is Back!

**When:** Saturday, January 24th  ~ **Where:** Skate Quest in Reston  ~ **Time:** 6:10-8pm

Tickets will be sold before school in the lobby January 20-23rd for $10 per skater (includes skate rental). Cash or checks payable to Spring Hill PTO. Spring Hill will receive a % of each pizza slice sold at the concession stand that evening so come hungry. Helmets are encouraged for all skaters. Skate Quest does not provide helmets, so please bring your own. Bike helmets are acceptable. No actual tickets will be distributed. Names will be on a list at check in the night of the event.

Chess Club Registration

**Chess Club registration began January 19 and goes through February 6.** Students from 2nd through 6th grades may register. The registration cost is $95 per student per session. Registration is online at 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. For questions, please email springhillchessclub@gmail.com.

Next Box Tops Contest

Individual students are eligible to win this time!

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 17**th. For any ?’s: Patty Keffer patricia.keffer@verizon.net or Denys King denys.king@gmail.com.

Coffee Pod Donations for Teachers

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 evangelineemanuell1014@gmail.com.
COLLECT BOX TOPS FOR EDUCATION™ FOR YOUR SCHOOL!

1. Clip Box Tops. Don’t forget to check the expiration date.
   Recorta los cuadritos de Box Tops y verifica la fecha de expiración

2. Tape or glue Box Tops on this sheet.
   Pega los cuadritos de Box Tops en la hoja hasta que esté completa

3. Send completed sheet to your school.
   Envía la hoja completa al coordinador de tu escuela

© General Mills.

Teacher name: __________________________
REAL FOOD for KIDS

1st Annual DC Metro “Kids Cook” Recipe Contest

Hosted By

WILLIAMS-SONOMA

Seeking creative and inspired future chefs in grades 4-8

Contest
Create a nutritious and delicious breakfast or lunch entree or a snack using any combination of fresh fruits, veggies, whole grains, healthy fats and natural sweeteners

How To Enter
- Submit recipes by January 31, 2015 at www.realforkids.org
- Judges select top recipes. Competitors will be notified by February 7, 2015
- Cooking competitions begin on February 21, 2015 at participating stores. Finalists advance to cook off
- Grand Prize cook off to be held in Clarendon on February 28, 2015

Prizes
- Grand Prize:
  - Recipe sampled at all participating stores
  - All Clad pan
  - Cooking lesson with renowned chef
- Store finalist prizes:
  - Cooking lesson for four at Williams-Sonoma
  - Super Food cards from Nourish Schools
- All store competitors receive a gift bag from Williams-Sonoma

Participating Williams-Sonoma Locations

Clarendon, Fair Oaks Mall, Mazza Gallery, Old Town Alexandria, Reston Town Center, Tysons Galleria

Please visit www.realforkids.org to enter and for a complete outline of event rules and timeline
Spring Hill Chinese Coffee
Spring Hill Chinese parents are invited!

Please join us for conversation over coffee and refreshments. Principal Roger Vanderhye, Counselors Judy Trigiani and Dona Sasala will be joining us!

When: Monday, January 26th, 8:30 a.m.
Where: Cafeteria

Questions? Please contact Spring Hill Chinese Parent Ambassadors, Amy Adams (amyzadams@hotmail.com) & Alice Guo (aguo@generaldynamics.com).
RECHARGE YOUR BRAIN!
Get 9 to 10 hours of sleep a night.

better thinking
greater creativity
healthier body and mind
IMPORTANT DATES

Mark Your Calendars

COOPER MIDDLE SCHOOL

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
Colvis 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.

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
McLEAN COMMUNITY PLAYERS

A HILARIOUS COMING-OF-AGE MUSICAL!

13

MUSIC AND LYRICS BY
JASON ROBERT BROWN

BOOK BY
DAN ELISH AND ROBERT HORN

ALDEN THEATRE, MCLEAN COMMUNITY CENTER

JANUARY 30-FEBRUARY 15, 2015
FRIDAYS & SATURDAYS 8:00 P.M. • SUNDAY MATINEES ON FEB. 1, 8, AND 15 AT 2 P.M.
TICKETS 866.811.4111 OR MCLEANPLAYERS.ORG

THROUGH A COOPERATIVE AGREEMENT WITH THE WASHINGTON METROPOLITAN EAR, AUDIO DESCRIPTION SERVICES FOR INDIVIDUALS WITH VISION CHALLENGES WILL BE OFFERED AT THE FEB. 14 PERFORMANCE.

13 IS PRESENTED BY SPECIAL ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI). ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI, 421 WEST 54TH ST., NEW YORK, NY 10019.

PHOTO BY TOBY CHIEFFO-REIDWAY
IRISH EYES PHOTOGRAPHY BY TOBY
You are invited to learn to

Speak in the Spotlight!

Who:
All Girls Grades 4-6

What:
Theatre and Acting Skills Training To Speak With Confidence!

When:
Friday, February 6, 2015, 7-8:30 pm

Where:
Spring Hill Elementary School Cafeteria

Why:
Priya Miller, a member of the Alden Theater’s Unruly Theatre Project, will bring her skills and a team of experienced actors and assistants to train you in an essential life skill, public speaking! Whether you are talkative or quiet, shy or outgoing, you will leave the training knowing how to be your best at speaking and communicating with others by utilizing expression and confidence. Priya is an alumnus of both Spring Hill and Churchill Road Elementary, and is now a Junior at Langley High School. She created her training as her Girl Scout Gold Award project to share her passion for public speaking and her desire to help young girls gain communication skills and confidence as building blocks to their successful future.

RSVP: pjmnature@gmail.com as soon as possible!!!

Other details: Resources list will be provided to participants. Free. Adult chaperones will be present. Parent welcome to stay. Parent email collected at training if you wish to provide feedback on the training and receive a summary. Questions: Please call 703.362.8189.

These materials are neither sponsored nor endorsed by the Fairfax County School Board, the Superintendent, or this school.
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