Dear Parents and Community Members,

Happy almost spring! I know, it sounds like a cruel joke doesn’t it with yet another snow day already this week? I have eclectic bits of news you can use but nonetheless they are important pieces of information that I wish to share with you. Here goes:

- **Dr. Garza is coming to SHES on Friday, March 13th.** We are very pleased to announce that our superintendent of schools is coming to visit us for the second time since her tenure began. We want to pack the house, so to speak, so please join us for our PTO meeting at 9 AM on March 13th. More on this from the PTO as well as a reminder from the SHES office.

- Despite all of the school days closed and the two hour delays due to the weather, our new student calendar this year has easily absorbed the number of hours our students have been out of school. Thanks to the extra two plus hours of instruction added to every Monday throughout the year, elementary school students will spend as many or more hours in school this year than any year in recent memory. Plus, no need to discombobulate family schedules to make up days, baring a major catastrophe.

- Our application to FCPS to receive the OK to fund our Spanish World Language Through Content (LTC) is moving forward. The principals from Longfellow, Cooper, McLean and Langley, respectively, signed off on our application as did our Region 1 Assistant Superintendent’s Office. Fingers crossed that we will be approved next year so that we will have a bit of Spanish instruction for all children. I will keep you informed. Thank you to all parents who participated in the survey, the amount of input was considerable.

Continued on pg 2
What do I do as a parent to keep my child engaged in learning during the summer, holidays and snow days? I receive this question quite often, as do our teachers, especially during the winter months when closing and delays are so common. Many teachers provide work on BlackBoard and other sites, some send e-mails with updated work, but be sure to check out some of these ideas as well:

◊ Go to our SHES website, click on the chalk board icon “For Students” and a world of literally thousands of activities are at your disposal covering all core subject areas and difficulty levels. You can find SOL Pass, Schoogle, Virtual Field Trips, Dance Mat Typing, Khan Academy, Atlases, Homework Helper… the list is extensive and a trove of great things for children to work on is just a click away.

◊ Read, read, read. As I have opined for years, you hit a curve ball by swinging the bat at curve balls, you play a violin more effectively by practicing the violin and you become a more fluent reader by reading. Comprehension skills, vocabulary growth and fluency of thought are all improved by reading silently, to another person or in tandem. Novels, non-fiction texts, graphic novels or any other way you can get the printed word in front of children will improve their skills; this even includes reading on the screen (though we do try to keep this to a manageable degree).

◊ Play games that are not electronic. Whether it’s Yahtzee, Chess, Monopoly, or any other game that involves thinking, mental math or strategy, board and dice games are fantastic ways to improve cognitive brain functions. Getting children away from electronic games and into thought provoking games, many we have in our HOT (Higher Order Thinking) lab here at SHES, not only builds brain connections but improves socialization, communication and friendly competition.

◊ Exercise. Just as the brain needs to keep active, so do our children. Shoveling snow, cutting the grass, raking leaves, vacuuming the house and washing cars were the best ways my parents had me stay “active” during the summer, weekends and holidays (when I wasn’t trying to hit a curveball that is).

Have a wonderful rest of the week!

Roger Vanderhye

Roger Vanderhye, Principal

Spring Hill Students: We would like everyone to participate in a special reading activity for Dr. Seuss Day and week — READ AT HOME and READ AT SCHOOL!

Here are more fun things at school this week:

◊ FRIDAY: SCA official wear RED and WHITE Day (or Dr. Seuss outfits)
◊ “CAT in the HAT” bookmarks for everyone!
◊ FRIDAY: We will show the Dr. Seuss biography video on Channel 6 several times during the day.
◊ Be sure to watch the News Show every morning all week for the “Name that Book: Dr. Seuss Quotes! Game”
◊ Websites for other activities and ideas:

Mrs. Hugger, Librarian
Mrs. Lefcourt, Reading Teacher
MARCH: Power Up With a Healthy Snack

Hectic schedules and easy access to junk food make it hard to control unhealthy snacking. Here are some tips to make healthy snacking a habit for you and your children.

- **Make snacks in advance.** For example, slice veggies and keep them in the fridge ready to eat with hummus or low-fat dressing.
- **Pack it up.** Always keep a healthy snack with you when you’re on the go, such as nuts and dried fruit.
- **Keep an eye on the size.** Snacks should not replace a meal, so look for ways to help your kids understand how much is enough.
- **Read labels carefully.** Don’t believe product marketing – read nutrition labels to determine if the food contains high amounts of salt, sugar and fat.


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](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 March 2:**

- **Friday, March 6:** Parent University, Dr. Herrea, “Anxiety, Attention and the Elementary School Student, Cafeteria, 9-10 am
- **Bids for Kids auction ends**

**Week of March 9**

- **Thursday, March 12:** 5th & 6th GR Orchestra Concert, Gym 7-8 pm
- **Friday, March 13:** SCA Wacky Hair Day
  - PTO Meeting, speaker Dr. Karen Garza, Lg. Pod, 9-11am

**Week of March 16:**

- **Monday, March 16:** Student Holiday, No School
- **Thursday, March 19:** 4th GR Orchestra Concert, Cafeteria, 7-8 pm

**Saturday, March 21:** Fun Fair 10am-3pm

Spring Break March 30-April 3

- **Monday, April 6:** Student Holiday, No School

**Full 2014-2015 calendar:** click here: [http://www.fcps.edu/about14-15cal.shtml](http://www.fcps.edu/about14-15cal.shtml)
Healthy snacks give YOU ENERGY to power your day!

SNACK QUIZ!
Pick the healthy snacks!

Healthy snacks give you energy to power your day!

Healthy snacks=
Healthier YOU!
Bids for Kids Online Auction – LAST CALL!

Picking summer camps? Want to check out some local vineyards? Want a guaranteed parking spot at school? Planning a birthday party? We’ve got options for all that AND MORE in our Bids for Kids auction, but it’s only available until 10pm on Friday, March 6. Go to www.SpringHillPTO.org (no password required!) to shop the items and find your favorites. It only takes a few minutes to register as a bidder on the auction site.

This is the PTO’s major spring fundraiser, replacing the Silent Auction at Fun Fair. All the funds we raise go towards Appropriations for technology purchases and other school needs.

For Auction FAQs and the Auction Rules, please see the link on www.SpringHillPTO.org. Once you have been notified you are a winner, please come pick up your items or gift certificates from 5-7pm on March 12th or 1-5pm on March 13th at school, or contact the Auction committee chairs, Paula Mosby or Stephanie Short to make other arrangements.

Superintendent Garza to Visit Spring Hill March 13th

Save the date! If there is one PTO meeting you will want to be at this year, it’s this one! FCPS Superintendent Karen Garza will be our guest speaker on Friday, March 13th, beginning at 9:00 am. Superintendent Garza will speak about the future of FCPS and Spring Hill and there will be a question and answer session as well. A brief outline of the ongoing budget discussion for FY2016 can be found here.


Make sure that you don’t miss this opportunity for face-to-face interaction with our Superintendent!

Dr. James Herrera: “Anxiety, Attention and the Elementary School Student” Talk on March 6th

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 and this special speaker!

Help! Bus Notes Volunteers Needed!

Our matching bus notes program is short in volunteers. Please email Sherri at sh_nikaeen@yahoo.com if you are available to help. Shifts are assigned once a month on Friday mornings. Without parent volunteers, our Bus Notes will not be able to continue!
Box Tops Contest Results: 9,000 Submitted!

THANK YOU to the 136 students and teachers who brought Box Tops in for our winter fundraising contest. Almost 9000 Box Tops were collected then mailed to Michigan in a package weighing 9 pounds! This means $900 dollars for Spring Hill!

Congratulations to “Top Student Submitter” Peter Adie, a 2nd grader in Ms. Sergi’s class, with 336 unexpired Box Tops! Peter wins a $15 Target gift card. And we recognize our other 9 “Top Clippers!” who each also sent in hundreds and receive a certificate:

Gabriella Blatner, 2nd grade  
Katie Dzwonczyk (nicely packaged too), 4th grade  
Alexa Fretwell, 5th grade  
Derrek Hsu, 3rd grade  
Chloe Reed, 6th grade  
Gheeda Omais, 6th grade  
Jennifer Mears, 2nd grade  
Brooke Mills, 2nd grade  
Lydia Keffer, 6th grade

On Friday February 27th, all student submitters (except the top winner) were entered into our drawing, which took place on “The Morning Show.” Congratulations to Samira Shirazi, a 1st grader in Ms. Gerike’s class, for winning the second gift card!

Every one of Spring Hill’s 36 classes had at least one student submit. Ciullo, Iesue, Greene, Sergi and Swiers were the classes with the most participants! Grade-wise, the 2nd grade had the most participants with the 5th grade close behind.

Way to go everyone, and special thanks also to the parents! We know it’s often you who are buying the products and clipping behind the scenes!

Thank You

Each week there are so many volunteers that take time to make our school a little better. Many thanks to:

- Stephanie Short, Paula Mosby, Valerie Daniel, Renée Boudreau, Lisa Ross, Jessica McMichael, Maria Kelly, Miriam Smith, Stefanie Stayin, Laura Miller and Jill Holloman for getting fantastic auction items and creating the Bids for Kids auction from scratch!
- Dr. Luiza Alvizu for speaking at Parent University, and Keuri Patel and Valerie Daniels for organizing Parent University. Dr. Alvizu also took the time to make her presentation in Spanish to our Spanish-speaking families.
- Pamela Fox and Jina Lee for setting up all the coffee before Parent University and Jenny D’Alessandro for her delicious treats
- Jennifer Tam and Natalia Simonova for doing Bus Notes
- Susan Connery and Amelia Steiner for doing the Birthday Board
- Mary Welch and Alicia Bond for organizing the Room Parent packets for Fun Fair
- Rachel Qi, Nancy Bao, Yuan Yao, Dezhi Ma, Eric Mi, Han Xu, Laura Li, Alice Guo, Anne Zhu, Karen Bai, Nan Tian, Yen Tran, Wendy Chan, Bill Andrie, Yuwen Chen, Amy Adams, Claire Zhu, Caitlyn Kwong, Feinian Chen, Yanna Wu, Yuanyuan Wang, Tammy Thornsbury, Juanli Guo and Sandy Mo for your delicious and generous contributions to the first ever Chinese New Year feast for our Faculty and Staff
- All our parents who contributed to and helped at class Chinese New Year celebrations!
Who will have the coolest cake?

Start planning how to decorate your cake for the Cake Decorating Contest. The theme is **Blast Off to Fun...**, and you are encouraged to use that for your decorations. Prizes will be awarded in each grade (K-6), plus the 4th-6th graders will enjoy an awards assembly hosted by the principals.

Bring your cake (in a cake box or disposable container) to the stage the morning of Friday, Mar. 20. (Any clean box is fine, but we suggest actual cake boxes with see-through covers, which are available at stores like Michael’s for just a few dollars. Please be sure to clearly note your name, grade, teacher, AND any common food allergens, like nuts or chocolate. The next day the cakes will be used as prizes for the Cake Walk. If you have any questions, please email Paula Mosby, paulacmosby@live.com, or Karen DeFilipps, kudefilipps@msn.com.

Adult Volunteers Needed

The success of Fun Fair is dependent upon everyone’s participation. Have you told your Room parent which shift you will do? It is expected that all families sign up for at least one shift.

Blast Off...To Fun! T-Shirts

The official Fun Fair t-shirt is lime green--tie-dye--100% cotton. Only $20 a t-shirt, both child and adult sizes! These awesome shirts will be for sale in the lobby Mar. 17-20 from 8:00 – 8:25 am and of course, the day of the fair *while stocks last!* Make sure you get yours. If you want to help sell t-shirts, please contact Amelia Steiner at ameliasteiner@gmail.com.

Calling for International Food Contributions

Come and join us at the International Food tables. It is a wonderful opportunity for families to enjoy ethnic food and to contribute to our school. You’re welcome to bring your hometown food from anywhere in the United States (it doesn’t have to be international). Your grandma’s recipe would be awesome too!

If you wish to donate food, please fill out the bottom portion of the back of this flyer and send it to school with your child to return to his/her teacher by March 6. Should you have questions, please contact Joung Hyo Lee at R505afl@gmail.com or Tracy Comstock at tracy@silverlinerealtygroup.com.

More Fun Fair information at www.springhillpto.org
Fun Fair Raffle

The Fun Fair Raffle is your chance to win prizes from dozens of selections...everything from iPads to American Girl items. The kids go crazy when they hear the winners. Tickets for the raffle prizes may be deposited in the raffle boxes, in Room 112, at the Fun Fair on Saturday, March 21. All winners will be announced during the Fun Fair, you need not be present to win. For more information, please contact MaryAnn Rebhan, mjrebhan@yahoo.com, or Jen Dzwonczyk, jendz@verizon.net.

Fun with Faculty Raffle

This raffle is all about winning experiences, like ice cream socials and movie outings, with Spring Hill teachers. You can enter to win by completing an entry form at the Fun Fair, and promising to pay $25 should you win. Winners will be drawn at the Fun Fair shortly after 1:30 pm, and will be announced. You need not be present to win. Please email questions about this activity to Ashley Profaizer, profaizer4@gmail.com, or Megan Roberge, megan_roberge@yahoo.com.

Ticket Sales

Buy your tickets early and save! Tickets are needed for games, activities and the Fun Fair Raffle. Discounted tickets will be sold in the front lobby Mar. 17-20, 8-9 am & 3-4 pm. We strongly encourage buying in $5, $10 or $20 increments. Please make checks payable to “Spring Hill PTO”.

$1 = 5 tickets   $5 = 25 tickets
$10 = 50 tickets $20 = 100 tickets

On the day of the Fun Fair, Mar. 20, tickets will be sold in the lobby for:

$1 = 4 tickets   $5 = 20 tickets
$10 = 40 tickets $20 = 8- tickets

Please put your name and telephone number on the back of EACH ticket. You need this for the Fun Fair Raffle, and should you lose them (which happens often), we can return them to you. If you can help sell tickets the week before Fun Fair, email Lori Gormly, lgormly@yahoo.com, or Kate Trosch, kate.trosch@gmail.com.

INTERNATIONAL FOOD CONTRIBUTION

Parent Name(s): ____________________________________________________________

Email Address or phone number: ____________________________________________

Eldest Student and Teacher: ________________________________________________

Name of the food (origin/nationality): ______________________________________

Ingredients of the food:
Does your child like basketball? Do you need a fun and safe place for them to spend their Spring Break? Well, enroll them in the Hoop Life Spring Basketball Camp.

Hoop Life is a premier basketball training organization that trains players ranging from beginners to professionals. Our camps will raise your child’s basketball skills and IQ in a fun, safe, and competitive basketball environment. All of our coaches have playing or coaching experience on higher levels of basketball including the NBA.

Each child will leave with a wealth of basketball knowledge and a renewed sense of the value of the game.

Go to www.myhooplife.com to register online for any camp

Hoop Life
Spring Basketball Camp

Alexandria/Annandale, VA Location
Attendees: Boys & Girls
Ages: 4 to 14 years old
Dates: March 30 – April 3
Time: 9am – 4pm
Where: Glasgow Middle School
4101 Fairfax Parkway
Alexandria, VA 22312

Chantilly, VA Location
Attendees: Boys & Girls
Ages: 4 to 14 years old
Dates: March 30 – April 3 & April 6-10
Time: 9am – 4pm
Where: NOVA Field House
14810 Murdock St.
Chantilly, VA 20170

McLean, VA Location
Attendees: Boys & Girls
Ages: 4 to 14 years old
Dates: March 30 – April 3
Time: 9am – 4pm
Where: Cooper Middle School
977 Balls Hill Road
McLean, VA 22101

Alexandria, VA Location
Attendees: Boys & Girls
Ages: 4 to 14 years old
Dates: April 6-10
Time: 9am – 4pm
Where: One Life Fitness
305 Hooffs Run Drive
Alexandria, VA 22314

For more information: Call Coach Kevin Harris @ 571-241-1486 or email him at kevinharris@myhooplife.com

Spring Basketball Camp Registration Form

Head of Household (first/last name) __________________________ City __________________________ State _________ Zip __________

Home Ph. __________________ Work Ph. __________________ Cell __________________

Email _______________________________ Camper Name __________________________

Gender M___ F___ Grade _____ Date of Birth__/__/__ Camper T-Shirt Size _________

(Check All that Apply)

Glasgow MS: $40 Deposit ___ $175 Early Registration before Feb. 6th ___ $205 Early Registration with Lunch before Feb. 6th ___ $200 Normal Registration ___ $230 Normal Registration with Lunch ___

NOVA FH: $40 Deposit ___ $200 Early Registration before Feb. 6th ___ $230 Early Registration with Lunch before Feb. 6th ___ $250 Normal Registration ___ $230 Normal Registration with Lunch ___

Cooper MS: $40 Deposit ___ $200 Early Registration before Feb. 6th ___ $230 Early Registration with Lunch before Feb. 6th ___ $250 Normal Registration ___ $280 Normal Registration with Lunch ___

One Life: $40 Deposit ___ $200 Early Registration before Feb. 6th ___ $230 Early Registration with Lunch before Feb. 6th ___ $250 Normal Registration ___ $280 Normal Registration with Lunch ___

*Lunch includes 2 slices of pizza & Gatorade daily
*Multi-Family Discount of $15 per child available
*Multi-Family Discounts cannot be applied to the early registration price

Total Enclosed $ __________

Register online at: www.myhooplife.com

Mail completed registration form with payment to: Hoop Life, Inc.

Make Checks Payable to: Hoop Life, Inc. P.O. Box 25672 Alexandria, VA 22313

Hold Harmless Agreement: In consideration of Hoop Life, conducting various programs and allowing the above to participate in such programs, the undersigned realizing the risk of injury attendant to such programs, does hereby and forever discharge Hoop Life and its officers, agents, and employees from any and all actions, claims or liability resulting from or arising out of or based upon any bodily injury or property damage which may be sustained by the undersigned or the undersigned’s child while participating in such programs.

Signature required of adult participant, parent or guardian of child __________________________ Date __________________

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