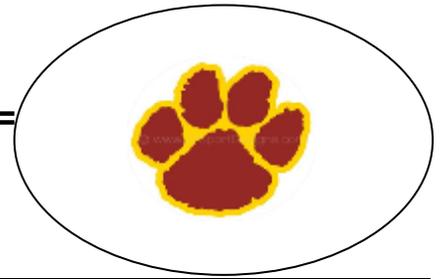


COUGAR COURIER

From the Desk of Dr. Rodney L. Berry, Superintendent



Volume I, No. 34 APRIL 23, 2017



APRIL

Character Trait of the Month Good Citizenship

Being a **Good Citizen** involves showing respect, pride, and allegiance for our country. Learning to function and participate in a democratic society. Making positive contributions to our school and community. Citizenship— Social conduct: the duties and responsibilities that come with being a member of a community Being civil which is the state of being polite. Also relating to what is happening between different citizens or a group of citizens. Doing good things for other people. Accepting social structures such as not being rude, but being polite and courteous.

Reflections...

Many of you have noticed that baseball season is finally here! We can all learn a thing or two from the game of baseball, such as the value of teamwork, patience, trust, and accountability among other characteristics. To be successful in baseball or even softball, you need to learn from failing and losing, more so than the act of winning. For example, baseball is one of few sports where losing (having a batting average of .300) is pretty good! Perfect games are a rarity. Even World Series champions have had to fight back from tough defeats or mental lapses earlier in a season. Striving to win is important but also learning from your mistakes is essential to success on the diamond. After watching our baseball and softball teams compete a few weeks ago I was reminded of the book, Homerun that was co-written by John Maxwell. He used a baseball diamond to explain how to follow specific steps to reach goals. He states that your goals should be based around four values of having a winning attitude. They are:

- First base is based on winning with discernment
- Second base is centered on winning within
- Third base is based on winning in the community with others
- Home plate is centered on competence and its winning results

In summary, for a baseball team to win, it must have talented and capable individuals. More importantly, those individuals must recognize the value of the team, be willing to contribute to and build upon each other's strengths, ask for help when needed, learn from each other, and thoughtfully put the needs of the team above the personal needs of each team member. Our strength as a school division lies and will continue to lie, not only because of the talent of our staff, but also in the willingness of all of us to have a winning attitude. Therefore, as you reflect upon your contributions to our team, and how it relates to us reaching our goals for this school year, ask yourself, "What more can I do to help our teams win?" **Go Cougar Nation!**

"Hitting Home Runs"



APRIL is:
National Autism Awareness Month
National Child Abuse Prevention Month
Math Awareness Month
National Poetry Month
National Youth Sports Safety Month
School Library Media Month
World Habitat Awareness Month

Focus for the Month of April

Continue to communicate the purpose of your lesson to your students

Instructional Focus for the Month of April

Lesson Planning Tips

Lesson Plans should include:

1. SOL Objectives
2. Leveling of your students. They should be “personalized” for high (enhanced), medium (targeted), and low (prerequisite) students.
3. Differentiating from bell to bell.
4. Independent assignments
5. Student directed assignments
6. Teacher directed assignments
7. Leveling of homework for high, medium, and low students.

Thinking of You

Our condolences go out to **Mrs. Charlotte Wood** and her family on the loss of her father. Please keep her family in your thoughts and prayers.

Commendations!

- I would like to thank **Ms. Kara Shorter** of NIS for making the Earthquake Cake for the Teacher Advisory Council meeting. It was soooo delicious!



- Submitted by Mrs. Hinton: I had the opportunity to attend the **JV baseball** game Wed. night against RHHS. I was so proud of our boys! I was also very pleased at the wonderful sportsmanship that I witnessed by our team. But most of all, I was astounded at the magnificent sportsmanship shown by teammate **William Drew**. He showed pride, virtue, and kindness to ALL players and coaches throughout the game. I took time to talk to his mother and mentioned how appreciative I am, as an educator, to be able to see such fine qualities in a well-brought up child.

Athletic Schedule

MONDAY, 4/24:

Girls Soccer - Buckingham - HOME - 5:00 (Patterson)

Boys Soccer - Buckingham - HOME - 6:30 (Ford)

TUESDAY, 4/25:

JV Softball / Varsity Baseball - Buckingham - HOME - 5:30 (Bartasavich / Herring)

JV Baseball / Varsity Softball - @ Buckingham - 5:00 (depart 2:45)

WEDNESDAY, 4/26:

Track and Field - @ Amelia w/Randolph-Henry - 4:30 (depart 3:15)

FRIDAY, 4/28:

Girls Soccer - @ Randolph-Henry - 5:00 (depart 3:00)

Boys Soccer - @ Randolph-Henry - 6:30 (depart 4:00)

Submitted by Mrs. J. Smith: NHS Lady Cougars Soccer team won today against Franklin City, 1-0, with Tayelor Benson scoring the goal! Keeper Emily Coppedge had 5 saved. Thanks for your support!



Teaching Tip of the Week:



**Picture of Erin Gruwell
(Author of the Freedom
Writers)**

For the next few weeks I will be sharing teaching tips from Erin Gruwell, author of former #1 bestselling book *The Freedom Writers*. I had the pleasure of meeting her a few years ago...

Teaching Tip of the Week:

Be inclusive and treat your class like a family

"I bet if it wasn't for this second family, a lot of people wouldn't even be with their first." - Diary 44

One thing we know about learning is that we all require motivation to learn. Many are motivated by extrinsic rewards (grades, the prospect of college or a better job) and many are motivated by intrinsic rewards (the satisfaction of learning something new, simple curiosity, an inner drive to study one's passion or perhaps the challenge to excel beyond one's peers). Most of us, however, are also motivated by the environment in which we are learning. This motivation can be either negative or positive. We can choose not to learn because we don't care what the teacher or our peers think of us,

What's Happening in the Classroom?

Submitted by Mrs. Fowlkes-Simmons: Spring Hill Baptist Church completes another year of After School Tutoring. Students will be rewarded with a trip to Kings Dominion!



NIS

Submitted by Mrs. Martin: 5th grade students and teachers have been making bread to donate to the local food bank on Saturday. This activity incorporated 21st century learning skills, as well as many math concepts.



All Subjects

- For **Non-English classes** try adding a writing component to your formative assessment to assist English teachers with cross curricular writing.
- Please make sure your **Objectives** are posted on the board! This will assist you in following the Scope and Sequence and the Curriculum Framework.
- Use the **Table of Specifications** to assist you when creating assessments. This ensures reliability and validity.
- Use your respective **Curriculum Framework** to assist you with planning your lessons. They can be found on the Standards of Learning webpage which is located at:
http://www.doe.virginia.gov/testing/common_core/index.shtml
- You can use these websites as tools to assist you during instruction:
<http://www.readtheory.org/> : (assists with reading and writing)
<http://www.khanacademy.org/>;
<http://edutech4teachers.edublogs.org/>;
<http://www.edudemic.com/>
- SOL Practice items can be found at the following link:
<http://www.doe.virginia.gov/index.shtml>

or we can choose to connect deeply to the learning because we want the respect of our classmates and teacher. When a classroom is like a family, not only are we safe to take risks in our learning (like asking questions and challenging each other's ideas), but we are also motivated to learn simply by being in each other's presence.

Instructional Focus for the Month of April

Writing Objectives

Objectives should include what the student will accomplish during the given lesson, including the:

- **Conditions** under which the students will exhibit those behaviors
- **Behaviors** students will exhibit to show learning
- **Criteria** the teacher will use to determine whether students meet the objective.

For example:

“Given dry cells, wires, switches, bulbs, and bulb holders and general theory about electrical circuit and pathways, students will work in cooperative groups to create a functioning series circuit in which the bulb lights up, and will independently diagram the circuit by correctly drawing and labeling all parts.”

- Teacher Direct resources:
http://www.doe.virginia.gov/testing/teacher_direct/index.shtml
- The Standards & SOL-Based Instructional Resources
http://www.doe.virginia.gov/testing/sol/standards_docs/
- Questioning Strategies links:
[http://beyondpenguins.ehe.osu.edu/issue/energy-and-the-polar-environment/questioning-techniques-research-based-strategies-for-teachers.](http://beyondpenguins.ehe.osu.edu/issue/energy-and-the-polar-environment/questioning-techniques-research-based-strategies-for-teachers)
http://www.mindtools.com/pages/article/newTMC_88.htm

Math

<http://www.doe.virginia.gov/instruction/mathematics/index.shtml>
http://www.doe.virginia.gov/instruction/mathematics/professional_development/index.shtml?utm_source=TD+January+21%2C+2015&utm_campaign=TD+January+21%2C+2015&utm_medium=email

English

<http://www.doe.virginia.gov/instruction/english/index.shtml>
http://www.doe.virginia.gov/instruction/english/professional_development/institutes/2014/index.shtml?utm_source=TD+January+28%2C+2015&utm_campaign=TD+January+28%2C+2015&utm_medium=email

Science

<http://www.doe.virginia.gov/instruction/science/index.shtml>

History

<http://www.doe.virginia.gov/instruction/history/index.shtml>

Special Education

http://www.doe.virginia.gov/special_ed/index.shtml

Classroom Management Strategies

<http://www.schoolimprovement.com/resources/strategy-of-the-week/?hp=strategy-of-the-week>

Jan Richardson's Research-based Vocabulary Protocol:

Step 1: Provide students with a kid-friendly definition. Do not ask them if they know the word. This wastes time and students remember the first thing they hear. So... if someone says the wrong definition, you've set the students up for misunderstanding. Ex: If the new word is maneuver, say, "Maneuver means to move around."

Step 2: Connect the new word to students' background knowledge and experiences. For example, "A soccer player maneuvers or moves the ball around the opponents to get to the goal." Be sure to use the new word with a kid-friendly definition during your example.

Step 3: Show the students how the word is used in text and direct them to an illustration, if one is provided. Ex: "In this text, you will read how ancient workers maneuvered, or moved large stones without machinery."

Step 4: Turn and Talk. Ask students to explain the new word to a student sitting next to them. Ex: Talk to your partner about something you can maneuver."

➤ Take time to use student friendly definitions. Stay away from formal dictionary .com or Google definitions. They are not helpful.

➤ Don't just read the context of the word out loud to students, take students into the book/passage and show them the word in context.

How to Write Good Lesson Plans

In order to meet **Functional Implementation**, your lesson plans must:

1. Align with the Standards of Learning and Curriculum Framework Essential Knowledge and Skills in both content and cognitive level (evidence of standard unpacked)
2. Link to the unit or curriculum Big Ideas (Questions, Enduring Understandings, Themes, etc.)
3. Outline objective (includes the behaviors students will exhibit to show learning and the conditions under which the students will exhibit those behaviors.)
4. Outline the criteria used to determine whether learners have met the objective.
5. In order to reach **Full Implementation**: Include multiple cognitive levels up to or greater than the standard itself.

➤ Pictures and real items (i.e. lid) would be helpful, especially for our ESL students.

Upcoming Meetings

Burkeville Elementary School

1. **Faculty Meetings** - 2nd Monday of the month
2. **Team Meetings** - weekly during common planning
3. **Data Meetings** - Beginning, Mid-Year and End of year with administrators
4. **Leadership Meeting** - 3rd Thursday of the month

Blackstone Primary School

1. **Leadership Meeting** – 4th Friday of the month
2. **Faculty Meetings** – 2nd Mondays of the month
3. **Team meetings**- weekly during planning
4. **Data meetings** - 2nd and 4th Wednesdays

Crewe Primary School

1. **Leadership Meetings**-1st Monday of the month
2. **Faculty Meetings**-2nd Monday of the month (Sometimes 3rd)
3. **Team Meetings**- Every Wednesday during grade level planning
4. **Data Meetings**- Quarterly or as needed

Nottoway Intermediate School

1. **Leadership Meeting**- 4th Monday of the month
2. **Faculty Meetings**- 2nd Monday of the month
3. **Team meetings**- weekly during assigned time (lunch, planning, after-school)
4. **Data meetings**- after benchmark assessments (within 2-3 days of completion)

Nottoway Middle School

1. **Faculty Meetings** – 3rd Monday of each month (except for 4th Monday in January and February)
2. **DREAM Department Meetings**- 3rd Monday of each month

Nottoway High School

1. **Faculty Meetings** –2nd Monday of the month
2. **Department Meetings**- 1st Wednesday of the month w/ principal

Amelia/Nottoway Technical Center

1. **Faculty Meetings** - 1st Thursday of the month at 2:30 pm
2. **Team/PLC Meetings** - 2nd Thursday of the month at 2:30 pm
3. **Leadership Meetings** - 3rd Thursday of the month at 2:30 pm
4. **Joint Board Meetings** - 4th Thursday of the month at 7 pm

School Board Office

1. **SBO Senior Level Team Meeting**- Every Monday
2. **Tech Team**- First and third Wednesday each month.

Announcements and Reminders

- Try **sharing your lesson plans and curriculum documents** with your students. This gives them a roadmap of where you are headed.
- Try a “**No Worksheet Day**” once a week. This will give you an opportunity to give authentic and creative assignments.
- Please **remind your students to study each night**. Research shows that elementary students should study- 30 mins., middle school students- 1 hour, and high school students should study-1 ½ hours per night.

A LOOK AHEAD:

Apr 26	NIS SOL Kick Off Party
Apr 27	Staff Meeting @ NHS @ 9am
May 2	ANTC Joint Boards Meeting @ 7 pm
May 2	Spring Band Concert @ 7 pm
May 5	NHS National Honor Society Induction @ 9:30 am
May 6	NHS Prom
May 10	SAC 10 am and TAC 2 pm Meetings
May 25-26	Final Exams
May 26	Last Day of School for Students
May 27	NHS Graduation @ 10 am
May 29	Memorial Day Holiday
May 30	Last Day for Teachers

- Please make sure that you are **teaching from bell to bell**. We cannot afford to waste instructional time.
- This is a reminder to post your **3 Essential Questions of the Day** daily using the appropriate level of Bloom's. We will be checking on this during our observations this week.
- Submit your **lesson plans weekly** to your school administrator
- Use **instructional strategies** daily (see CRISS ex. to the left of newsletter)
- Core teachers please submit your **lesson plans** to your inclusion teachers in enough time that they can complete their plans on time. They will need samples of the worksheets and tests/quizzes to make accommodations. Thank you for working together!!
- If you have an opportunity, **video record yourself teaching**. It is a great way to improve your instructional pedagogy.
- Let your administrator know if you have a **special lesson** that you would like for the instructional department to observe and highlight in the *Cougar Courier*.
- Remember to use your **Bloom's verbs** to guide what is written in your lesson plans, taught in class, and assessed on tests.
- Focus on both the **Cognitive Level** and **Content** to create your objectives & assessments. Use the Table of Specifications to help.
- **Grades are expected to be updated weekly**. You should record at least 2 grades weekly (18 per 9 weeks). This will assist our parents and students with knowing their academic performance thus far.
- **Please limit field trips during the SOL Testing**. This time should be focused on upcoming assessments.
- **Annual Field trips requests** need to be turned in to the SBO by December 5, 2016 so there is time to get the bus approval from central office.
- All planned **field trips** for the school year should be submitted to the School Board office by December 5, 2016. These field trips represent those trips that you take annually; such as Jamestown and Washington, D.C. Field trips other than those that are planned for the year need applications submitted at least thirty days prior to the date of the trip.
- For Safety and Security, **please wear your ID badges** at work.
- To save energy, please **turn off all lights, shut down all monitors, and computers** especially when you leave in the afternoons
- To enhance school spirit, Friday's will be considered **Maroon** and **Gold** day throughout the division. At the discretion of your school administrator, please feel free to wear jeans along with our school colors on Fridays!

Healthy Lifestyles Tip of the Week

Create a routine or schedule for yourself. If you get yourself in the habit of studying, working out, and sleeping at certain hours, it will be easier to fit in all the things you need to do in a day without feeling too stressed out.

Recipe of the Week

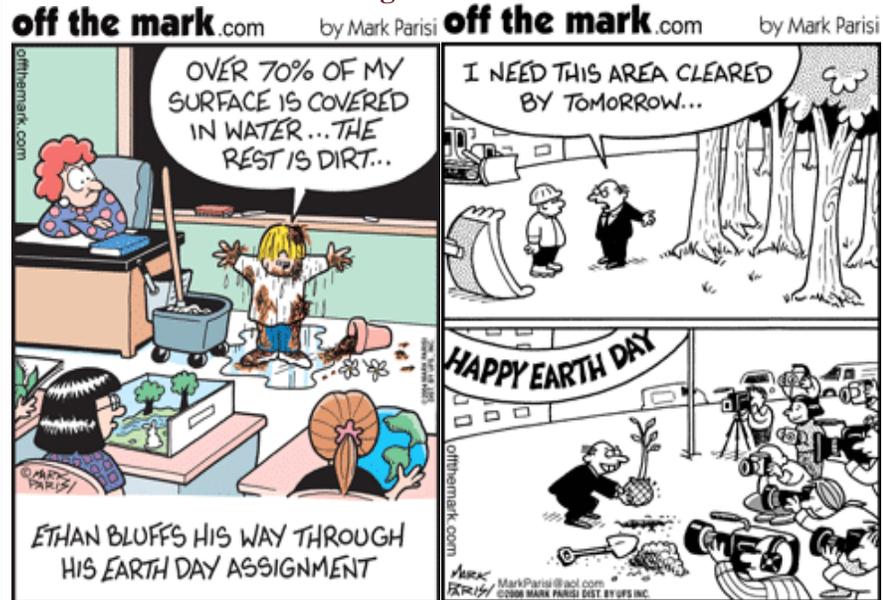
Apple Almond Pancakes

Ingredients

* 1/2 c Whole-wheat flour * 1/2 c Unbleached flour * 1 tb Brown sugar * 1 1/2 ts Baking powder * 1/4 ts Salt

* 2 Eggs, separated * 4 tb Oil * 1/2 c Buttermilk * 1/2 c Apple Juice * 1/4 c Chopped almonds Directions: Combine flours, sugar, baking powder, and salt in a mixing bowl. Beat egg yolks with oil, buttermilk, and apple juice. Stir into flour mixture with nuts until all ingredients are moistened (do not over stir). Beat egg whites until stiff and fold into batter. Spoon onto a hot, greased griddle and turn once when bubbles appear. Makes 8 to 10 pancakes.

Sometimes We Need To Laugh!



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Did You Know?

Earth Day Fun Facts

- Recycling one aluminum can saves enough energy to watch a TV for three hours – it is equivalent to half a gallon of gasoline.
- Earth Day is a relatively new holiday and was first celebrated on April 22 in 1970. More than 20 million Americans participated in this first Earth Day celebration
- Earth Day was founded by a senator of Wisconsin and the day is credited for creating the environmentalism movement.
- April 22 is the first official day of Spring in the Northern hemisphere and of Fall in the Southern hemisphere and was chosen to be Earth Day for this reason.
- If every newspaper was recycled, we could save about 250,000,000 trees each year. Unfortunately only 27% of all American newspapers are recycled.
- More than 20,000,000 Hershey's Kisses are wrapped each day, using 133 square miles of tinfoil. All that foil is recyclable, but not many people realize it.
- Only 11% of the earth's surface is used to grow food.
- The world's first national park was started in 1872 at Yellowstone National Park in the US.

**Congratulations
To All Faculty &
Staff Members
with April
Birthdays and
Anniversaries!**



- The first major international conference on environmental issues was held in Sweden in 1972 and was sponsored by the United Nations.
- The first wildlife refuge was formed on Pelican Island Florida in 1903.
- The patron Saint of ecologists is St. Francis and the first proclamation of Earth Day was made by the mayor of San Francisco in 1970.
- A highlight of the annual Earth Day ceremony at the United Nations is the ringing of the Peace Bell that was given to the UN by Japan. It is made from coins given by school children to further peace on our planet.

Poems of the Week

Sonnet For An Unforgettable Teacher



When I began your class I think I knew
The kind of challenges you'd make me face.
You gave me motivation to pursue
The best, and to reject the commonplace.
Your thinking really opened up my mind.
With wisdom, style and grace, you made me see,
That what I'd choose to seek, I'd surely find;
You shook me out of my complacency.
I thank you now for everything you've done;
What you have taught me I will not outgrow.
Your kind attention touched my mind and heart;
In many ways that you will never know.
I will remember you my whole life through;
I wish that all my teachers were like you.

By Joanna Fuchs

Quote of the Week

“Treat people as if they were what they ought to be and you help them become what they are capable of becoming.” -- Goethe

“It is not what is poured into a student that counts but what is planted.” --
Linda Conway

“A teacher who is attempting to teach without inspiring the pupil with a desire to learn is hammering on cold iron.” -- Horace Mann

“The great end of education is to discipline rather than to furnish the mind; to train it to the use of its own powers rather than to fill it with the accumulation of others.” -- Tyron Edwards

“Be devoted to one another in brotherly love. Honor one another above yourselves.” --Romans 12:10