Winter 2016 After School Activities Program (ASAP)

Registration Begins Sunday December 6th @ 8:00 pm

Beginning the week of December 2nd, Please visit the Selden’s Landing website under the PTA ASAP tab for a full list of classes and descriptions.

http://seldenslanding.my-pta.org/content.asp?PageID-14

Hard copies of the Winter Packet 2016 packet will be available at the SLES Front Office for your convenience.
Online registration will open at 8:00 p.m. on Sunday December 6, 2015 and will close at 8:00 p.m. on Wednesday December 16, 2015.

REGISTRATION: For the Winter 2016 session, online registration is required. You must pay by credit card via Pay Pal (Pay Pal account not required). Visit the Seldens Landing website at http://seldenslanding.my-pta.org/content.asp?PageID=14 and click on the “PTA” drop-down menu and then “PTA ASAP” link to access full class information and the online form. A first-come, first-serve registration process will be used for all ASAP sessions. Online registration will open at 8:00 p.m. on Sunday December 6, 2015 and close at 8:00 p.m. Wednesday December 16, 2015.

Fully completed registration forms with payment must be submitted and received by Wednesday December 16, 2015. LATE REGISTRATIONS WILL NOT BE PROCESSED UNDER ANY CIRCUMSTANCE.

Families will be sent an enrollment confirmation via e-mail before the start of each class. Please be sure the email address you provide during registration is the email you will read most frequently as this is the method we will use to communicate cancelled classes or confirmations throughout the session. Further communication will ONLY be made if there is a problem with your registration or if your child did not get into a class. DO NOT call the school for class placement confirmation. Make note of the dates of your child’s activity, remind your child and plan accordingly. No further reminders will be sent home. Students are permitted to enroll in multiple classes at the time of initial registration.

OTHER PAYMENT INFORMATION: Parents who owe fees from a prior session will not be eligible to register their children for new classes until payment is received. There will be no refunds once a child is placed into a class.

MAKE-UP POLICY: After-school classes will not be held if Loudoun County Public Schools are closed. If there is inclement weather, classes held outdoors may have to be cancelled and parents will be notified by e-mail that day. Every effort will be made to schedule a make-up class. However, if make-up classes cannot be scheduled in a timely manner, prorated refunds will not be issued.

SESSION INFORMATION:

- All classes are six-week sessions from 2:45pm – 3:45pm unless noted. All classes will begin the week of, Monday January 4, 2016. Please mark your calendars with your class dates once enrollment confirmation has been received.

- Students must be picked up by a designated adult at the class location no later than 3:45 p.m. It is imperative that children be picked up promptly; failure to do so may lead to the student being removed from the ASAP Class.

- Class locations will be posted under the PTA ASAP tab on the SLES website as well as in the front hall the first week of classes as well as every day that there is an ASAP class.

- If your child cannot attend a class, you must call the school by 1:00 pm or send a note with your child’s name, ASAP class and the date that the child will be absent. This is extremely important so that we may account for your child’s whereabouts.
<table>
<thead>
<tr>
<th>Day</th>
<th>Class Title</th>
<th>Grades</th>
<th># of Weeks</th>
<th>Maximum Enrollment</th>
<th>Instructor</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Brain Teasers and Mind Bender Games</td>
<td>1-5</td>
<td>6</td>
<td>20</td>
<td>Mrs. Ruzanic</td>
<td>$90</td>
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<tr>
<td>Mon</td>
<td>Creative Crafting*</td>
<td>1-5</td>
<td>6</td>
<td>30</td>
<td>Mrs. Brosnan, Mrs. Williams</td>
<td>$100</td>
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<td>Mon</td>
<td>Robotics 101</td>
<td>2-5</td>
<td>6</td>
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<td>Mr. Eldridge</td>
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<td>Mon</td>
<td>Willingham’s Workshop</td>
<td>1-5</td>
<td>6</td>
<td>24</td>
<td>Mr. Willingham</td>
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<tr>
<td>Mon</td>
<td>Mad Science Laboratory</td>
<td>3-5</td>
<td>6</td>
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<td>TYKE Center</td>
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<tr>
<td>Tue</td>
<td>STEMtastic Design Jr.</td>
<td>1-2</td>
<td>6</td>
<td>16</td>
<td>Mr. Eldridge</td>
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<td>Tue</td>
<td>Art Club Jr.</td>
<td>K-2</td>
<td>6</td>
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<td>Mr. Loya</td>
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<td>Tue</td>
<td>Drama Kids</td>
<td>1-5</td>
<td>6</td>
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<td>Tue</td>
<td>Studio Bleu Hip Hop</td>
<td>1-5</td>
<td>6</td>
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<td>Tue</td>
<td>Candy Chemistry*</td>
<td>2-5</td>
<td>6</td>
<td>25</td>
<td>Mrs. James, Mrs. Haskins</td>
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<tr>
<td>Tue</td>
<td>Chorus 5th Grade A.M. Class*</td>
<td>5</td>
<td>Oct-May</td>
<td>N/A</td>
<td>Mrs. Hrynyk</td>
<td>$130</td>
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<tr>
<td>Wed</td>
<td>Clay Club</td>
<td>2-5</td>
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<td>Mr. Loya</td>
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<td>iSprint Speed &amp; Agility</td>
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<td>Wed</td>
<td>Barre &amp; Pilates</td>
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<td>Wed</td>
<td>Science Exploratorium Part 2</td>
<td>K-2</td>
<td>6</td>
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<td>Little Scholars</td>
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<tr>
<td>Thu</td>
<td>Learn Now Music – Group Guitar</td>
<td>2-5</td>
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<td>Learn Now Music</td>
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<td>Thu</td>
<td>Chorus 4th Grade A.M. Class*</td>
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<td>Oct-May</td>
<td>N/A</td>
<td>Mrs. Hrynyk</td>
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<td>Fri</td>
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<td>2-5</td>
<td>6</td>
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<td>Mrs. Brosnan</td>
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<td>Fri</td>
<td>Art Club Sr.</td>
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<td>Mr. Loya</td>
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<td>Fri</td>
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<td>Little Scholars</td>
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<td>Fri</td>
<td>Confidence Building &amp; Board Breaking†</td>
<td>K-2</td>
<td>3†</td>
<td>30</td>
<td>Top Kick Martial Arts</td>
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<tr>
<td>Fri</td>
<td>Confidence Building &amp; Board Breaking†</td>
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* Additional fee will be collected for materials on the first day of class. See class description for details.
† Three weeks of class at Seldens Landing. White Belt Graduation at Top Kick. See description for details.

These classes are offered through the Seldens Landing Elementary PTA Fundraiser Program. Classes are offered after school hours at a time when health services are not available through the school. The school cannot provide health information to ASAP instructors. It is the responsibility of parents to notify instructors of any health or medical needs. Participants are expected to follow the LCPS Student Code of Conduct. We reserve the right to remove, for the remainder of the session, any student whose inappropriate behavior disrupts the program. If an ASAP class is cancelled, parents will be notified by 1:00 p.m. The school will follow the regular dismissal plan unless the parent notifies the school office of a change.

**CONTACT INFORMATION:** If you have any questions, please contact the ASAP Coordinators at selensasap@aol.com. All registration materials can also be found here: [http://seldenslanding.my-pta.org/content.asp?PageID=14](http://seldenslanding.my-pta.org/content.asp?PageID=14)
**CLASS DESCRIPTIONS MONDAY:**

**Brain Teasers & Mind Games – Grades 1-5 – Meets Mondays:** Want to challenge your brain AND have fun at the same time? Come on out and engage in fun, educational, brain challenging games! Some games are individual, while others have you competing against a number of different opponents. Games such as Rush Hour, Blokus, Mancala, Chocolate Fix, Squzzles, Tip Over, Izzi, Look Look, Scram Blitz, Dizios and Qbitz are just a few games to explore. A great time is sure to be had!

**Creative Crafting – Grades 1-5 – Meets Mondays:** Come and join Mrs. Brosnan and Mrs. Williams to explore your creative side. We will be making a different craft each week out of some everyday items you may find around your house. Club members will make different crafts related to the season using paint, ribbon, pipe cleaners and various other crafting materials. Each week the students will bring home a new craft to proudly display at home. **An additional fee of $15 will be collected on the first day to cover crafting materials.**

**Lego Robotics 101- Grades 2-5 – Meets Wednesdays:** Come join Mr. Eldridge and learn how to program Lego Robots to go through mazes, perform task, and even dance. In this six week class you will be paired with another student and the two of you will learn how to program the robots using the Lego Robotics’ MindStorm program. Here is a quick overview of what you will be doing each week:

- Week 1- Robots, Software, and Programming
- Week 2- Mazes Part 1
- Week 3- Mazes Part 2
- Week 4- The Engineering Challenge
- Week 5- Programming for Dance Off
- Week 6- The Robot Dance Off

Throughout the class we will be creating videos and posting them weekly onto our Robotics’ website so parents and friends can see what we are up to. The robots, software, and computers will all be provided, you only need to sign up before the class is full. See you there!

**Mad Science Laboratory – Grades 3-5 – Meets Mondays:** The Youth Enrichment Center (TYKE) has created a fun way to introduce the scientific method to kids by charting data, exploring chemical reactions, work with electronics, programming skills and more. Each week is something different and exciting and sometimes tasty!

- Week 1. Skittles Lab- featuring colorful data graphing and charting
- Week 2. Chemistry Lab- exploring chemical reactions that fizz and float
- Week 3. Electronics Lab- making circuits that blink and buzz
- Week 4. Rocket Lab- featuring launch energy and trajectory up to 50 feet!
- Week 5. Robotics Lab- Using We-Do Lego robots
- Week 6. Biology Lab – creating cells with clay and tasty DNA

**Mr. Willingham’s Workshop – Grades 1-5 – Meets Mondays:** Come hammer, glue, and paint at Mr. Willingham's workshop. Each week kids will assemble and paint projects that include birdhouses, cars, toolboxes, and more! Kids will learn do-it-yourself skills, tool safety, and gain a sense of accomplishment after each project is completed. Six projects total and kids keep every project they build!
CLASS DESCRIPTIONS TUESDAYS:

STEMtastic Design Jr. - Grades 1-2 – Meets Tuesdays: Come join fourth grade teacher Mr. Eldridge as we use STEM (Science, Technology, Engineering, and Math) to explore, create, and learn. During this six week class we will be building bridges, towers, cleaning up oil spills, and even making devices that shoot marshmallows. Lessons will be exciting, engaging, and geared for 1st and 2nd graders. After each class students will have something they can take home to extend each lesson on their own. If you are interested in Science, Technology, Engineering, or Math this ASAP class is for you.

Art Club Jr. - Grades K-2 – Meets Tuesdays: Younger students will have the opportunity to work with a variety of art materials in the art classroom, from clay, to watercolor, and collage to Model Magic in this fun-filled, creative setting. We will be working on new art projects each session!

Drama Club – Grades 2-5 – Meets Tuesdays: Drama Kids offers an exciting program for kids in Grades 1-5. Our enriching and time-tested curriculum is designed not only to teach acting skills, but also to build student confidence, encourage teamwork, and bolster public speaking skills. Drama Kids highly trained teachers motivate and inspire the students to become articulate communicators through enthusiastic participation in a wide range of creative activities including speech, creative movement, and improvisation. Enroll today to reserve your child’s spot in this exciting and empowering program!

Studio Bleu Hip Hop – Grades 1-5 – Meets Tuesdays: Studio Bleu Dance Instructors will teach you various Hip Hop dance movements in a fun-filled and vibrant class environment. Boys and Girls are welcome.

Candy Chemistry – Grades 2-5 – Meets Tuesdays: Have you ever wondered what happens when you add heat to a jolly rancher? What happens to a marshmallow in the microwave? Sign up for Candy Chemistry and you’ll do some CrAzY experiments using your favorite candies! Become a SMARTIE pants with Candy Chemistry! **An additional fee of $10 will be collected on the first day to cover experiment supplies.

Chorus – Grades: 5 – Meets Tuesdays (5th Grade): If you love to sing then chorus is for you. Chorus is open to all 4th and 5th grade students. No audition is necessary, just come to rehearsal and do your best! In chorus you will learn to sing a variety of music, from classical to pop, and everything in between. In addition you’ll have a great time performing with your friends and fellow musicians. We will perform both at Seldens and out in the community, including a national anthem performance for the Frederick Keys baseball team. Chorus is a yearlong activity that begins during the last week of September and goes through April. (The baseball performance is still TBD and may end up in May or June depending on availability.) Detailed rehearsal calendars will be distributed at the first chorus rehearsal. Rehearsals will take place on Tuesday morning for 5th graders and Thursday morning for 4th graders. 4th and 5th grades will combine for several rehearsals prior to each performance (these will be noted on our rehearsal calendar). On rehearsal days students arrive at 7:00AM, and rehearse from 7:10AM – 7:45AM. Cost includes: Chorus t-shirt, student ticket to the Keys game performance, dinner at Cluster Concert, and music fee.
CLASS DESCRIPTIONS WEDNESDAYS:

Clay Club – Grades 2-5 – Meets Wednesdays: Students in grades 2 - 5 will be able to create three-dimensional art works using various clay-related media in the art room, including earth clay, Model Magic and Plasti-clay. The instructor will present a project each session, and students will have the choice to create something similar, or something completely different, using the materials provided during that particular session.

STEMtastic Design - Grades 3-5 – Meets Wednesdays: Come join fourth grade teacher Mr. Eldridge as we use STEM (Science, Technology, Engineering, and Math) to explore, create, and learn. During this six week class we will be building bridges, creating paper airplanes, making rubber band powered cars, and much more. Lessons will be exciting, engaging, and geared for 3rd, 4th, and 5th graders. After each class students will have something they can take home to extend each lesson on their own. If you are interested in Science, Technology, Engineering, or Math this ASAP class is for you!

iSprint Speed Agility Program - Grades K-2, and 3-5 – Meets Wednesdays: Take the first step to a faster step! Come join us as we go up and down, left and right, back and forth all the way to the finish line. OTA will implement its signature curriculum for teaching the latest techniques in athletic skill development. This “one stop shop” for improving as a soccer player, basketball player, football player, baseball player, lacrosse player, field hockey player, tennis player, volleyball player, and playground champion will include games, track and field contests, and a field day atmosphere every class! This program will include elements of the Presidential Fitness Challenge and Road Runners Course Program. The only question that will be asked, “Can you beat who you were on the first day, when you play on the last day?” Sign up to find out!

Barre & Pilates - Grades 2-5 – Meets Wednesdays: Come channel your inner ballerina and learn the basics of both Barre and Pilates. Each class we will explore different movements that will help with strength, balance using functional movements that we come across every day! We will work on flexibility and fluid movements all while having FUN!! Maybe even a game or two!! We will spend some time on just Barre movements, some time on the mat with Pilates exercises, and then blend the two! Each student will need a mat and water for each class.

Science Exploratorium Part 2 – Grades K-2 – Meets Wednesdays: Join is for Part Two of Science Exploratorium! Did you know that science and art are related? Come discover, experiment, and create as we learn about the colliding worlds of art and science in this STEAM-based class. We will examine the fundamentals of chemistry by watching colors ignite a canvas and practice the principles of physics by designing creative inventions with pulleys and levers. Put on your lab coat and pull out your paintbrush as we dive into the art of science!
**CLASS DESCRIPTIONS THURSDAYS:**

**Learn Now Music Group Piano Lessons – Grade 2-5 – Meets Thursdays:** “Music for Life” – Learn Now Music’s mission is to Create a Positive Musical Experience for all of our students! Our budding musicians will participate in guitar instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class that they can use to explore musically and for at home practice. Instruments must be returned at the end of the program on the last scheduled class day. For more info please contact http://learnnowmusic.com/ Let’s have a Musical Year! LNM

**Jr. Minecraft Animation (New) – Grades 1-3 – Meets Thursdays:** In this class, younger students will be introduced to basic 2D and 3D animation techniques using Minecraft characters and stages. Kids will expand their observation skills and imagination by studying motion in reality and how it influences motion in animation. Students will create various short animation exercises and projects by applying basic acting theories and animation principles to scenes they create. Topics Learned: Animation Principles, Scene Composition and Creating Storyboards. Skills Gained: Storytelling and Problem-solving. Does your child aspire to become an animator? Sign up for this class today!

**Minecraft Animation (New) – Grades 4-5 – Meets Thursdays:** In this class, students will be introduced to basic animation techniques using Minecraft characters and stages. Kids will expand their observation skills and imagination by studying motion in reality and how it influences motion in animation. Students will create various short animation exercises and projects by applying basic acting theories and animation principles to scenes they create. Older students will create longer animation scenes. Topics Learned: Animation Principles, Scene Composition and Creating Storyboards. Skills Gained: Storytelling and Problem-solving. Does your child aspire to become an animator? Sign up for this class today!

**POP Golf – Grades K-2 – Meets Thursdays:** POP Golf is a great introduction to the wonderful game of golf. Our Program has players implementing the skills they have been taught including GRIP, STANCE, AIM, SWING, and PUTTING. Players rotate through stations using SNAG Golf Equipment which was created by Jack Nicklaus. Snag stands for: STARTING.NEW.AT.GOLF. The game is a hole in one!

**Chorus – Grades: 4 – Meets Thursdays (4th Grade):** If you love to sing then chorus is for you. Chorus is open to all 4th and 5th grade students. No audition is necessary, just come to rehearsal and do your best! In chorus you will learn to sing a variety of music, from classical to pop, and everything in between. In addition you’ll have a great time performing with your friends and fellow musicians. We will perform both at Seldens and out in the community, including a national anthem performance for the Frederick Keys baseball team. Chorus is a yearlong activity that begins during the last week of September and goes through April. (The baseball performance is still TBD and may end up in May or June depending on availability.) Detailed rehearsal calendars will be distributed at the first chorus rehearsal. Rehearsals will take place on Tuesday morning for 5th graders and Thursday morning for 4th graders. 4th and 5th grades will combine for several rehearsals prior to each performance (these will be noted on our rehearsal calendar). On rehearsal days students arrive at 7:00AM, and rehearse from 7:10AM – 7:45AM. Cost includes: Chorus t-shirt, student ticket to the Keys game performance, dinner at Cluster Concert, and music fee.
CLASS DESCRIPTIONS FRIDAYS:

Readers Theatre – Grades 2-5 – Meets Fridays: Reader’s Theater is reading a story aloud, like a play, without memorization, props or a stage. Club members will be assigned a character role and read their part with expression, meaning and enthusiasm. Repeated readings will provide the practice of “Repeated Guided Oral Reading” and is a proven method to build reading fluency. Reader’s theater will give club members an outlet for creative expression and a safe platform for building reading confidence which translates into success in many other areas of their lives. Strong reading and comprehension skills are the cornerstone for a successful educational experience. Reader’s theater is a well-known fluency building strategy that engages and entertains students while they learn and improve their skills.

Art Club Senior - Grades 3-5 – Meets Fridays: Students in grades 3-5 will have the opportunity to work with a variety of art materials in the art classroom, from clay, to watercolor, and collage to Model Magic in this fun-filled, creative setting. We will be working on new art projects each session.

Dinosaur Discovery Part 2 – Grades K-2 – Meets Fridays: Join us for Part Two of Dino Discovery! Take an adventure back to the Jurassic Era where we will learn about dinosaurs who roamed the Earth millions of years ago. Uncover fascinating facts, build a dinosaur replica and have an archeological dig as you explore your paleontological skills. In Dinosaur Discovery, you will become a paleontologist faster than ornithomimids running from a T-Rex!!

Confidence Board Breaking – Grades K-2 and 3-5 – Meets Fridays: Build Confidence through Martial Arts and Board Breaking Fun! This 3-class introduction focuses on Martial Arts Etiquette and Hand Board Breaking on targets, plastic and wood with a White Belt Graduation Ceremony at TopKick at the end of the session, located in Lansdowne Town Center. Each session follows the same format:

Week 1 - Introduce Martial Arts Strikes and Blocks, Board Breaking practice on Target
Week 2 – Introduce the 3 Strikes Self-Defense Drill, Board Breaking on Plastic Board
Week 3 – Introduce Bully Buster Techniques, Board Breaking on Wood Board!

January 8, 15, and 22 classes are for grades K – 2.
Graduation Ceremony Tuesday 1/26 @ 6:45pm at TopKick

January 29, February 5, and 12 classes are for grades 3 – 5.
Graduation Ceremony Tuesday 2/16 @ 6:45pm at TopKick
Computer science is a foundation for every student. Join us to help millions of new learners start with one Hour of Code. Sign up at hourofcode.com

What is the Hour of Code?

A one-hour activity. Students of all ages can choose from a variety of self-guided tutorials, for kindergarten and up. Tutorials work on any modern browser, tablet, smartphone, or even with no computer at all.

Code.org’s own tutorials feature Disney’s Frozen, Scrat from Ice Age, Angry Birds, and Plants vs. Zombies. New tutorials are coming to kick off the 2015 Hour of Code!

A spark to keep learning computer science. Once students see what they create right before their eyes, they’re empowered to keep going.

No experience needed from teachers and students.

A global movement with more than 100 million learners in 180 countries. Anyone, anywhere can organize an Hour of Code event. Tutorials are available in 40 languages.

Why computer science?

Every 21st-century student should have the opportunity to take part in creating technology that’s changing our world. The basics help nurture creativity and problem-solving skills, and prepare students for any future career. But most schools still don’t teach computer science.

“The Hour of Code is coming, again!”

“I challenge girls in every single country to learn one Hour of Code” — Malala Yousafzai, Nobel Peace Prize winner

Get involved
Host your own Hour of Code. Spread the word with #HourOfCode!
The incredible Hour of Code movement:

1 in 3 students in US schools have tried an Hour of Code.

Over 100M students have participated at 77,000 events worldwide.

More girls have tried computer science than in the last 70 years.

Celebrities, tech visionaries, and even the President

- Every Apple Store in the world hosted an Hour of Code.
- President Obama wrote a line of code with students at the White House.
- The movement has been featured on Google, YouTube, Yahoo!, Bing and Disney homepages.
- Celebrities Ashton Kutcher and Jessica Alba and tech leaders Sheryl Sandberg, Bill Gates and Jack Dorsey talked with classrooms in live video chats.

Together, we can fix the diversity gap in computer science

By exposing both girls and boys to fundamental computing concepts on a level playing field, starting with the earliest learners, we can inspire today’s generation of students to build technology.

Almost half of all Hour of Code participants are girls. 35% of participants are black or Hispanic* VS On average, computer science classes are only 18% female and 8% black or Hispanic

Over 300 partners have come together to support this grassroots campaign, including DonorsChoose.org, The College Board, Microsoft, Google, Salesforce, The Walt Disney Company, Target, Teach for America, Khan Academy and more.

Prizes for EVERY organizer

- Every organizer will receive $10 to Amazon.com, iTunes or the Windows store as a thank you gift!
- One lucky school in every US state (+ Washington, D.C.) will win $10,000 worth of technology.

Mark your calendars for December 7-13, 2015!

Start at hourofcode.com

The Hour of Code is organized by Code.org, a public non-profit dedicated to expanding access to computer science and increasing participation by women and underrepresented students of color. The Hour of Code is celebrated during the annual Computer Science Education Week in December.

*demographic estimates are sourced from surveys sent to registered Hour of Code organizers in December 2014.

Watch out for the Seldens Landing Coding Club coming soon!!!
FAMILY TIP SHEET
Common Sense on Evaluating Websites

What’s the Issue?

The Internet is bursting with information. Some of it’s correct, some of it’s questionable, and some of it is just plain wrong. The Internet is typically the first place young people look when they begin researching a report or are just browsing for information on their favorite topic. But as you know, not everything they find on the Web can be trusted. And skills they learn about research and evaluation in elementary school will provide them a foundation they’ll continue to use in middle school and beyond.

Why Does It Matter?

Anyone can publish on the Internet, so not all sites are equally trustworthy. Teens have the ability to be skeptical, but younger children tend to believe what they read and accept it as the truth. When children find sources online that aren’t of high quality, they risk using incorrect information, getting only part of the story, and worst of all, denying themselves the opportunity to truly learn as much as possible about a topic.

When children use a website for their research, they should make sure it’s worthy of their trust. Fortunately, there are ways to evaluate the trustworthiness of a site. Along with choosing sites with good design and at the right reading level, kids should evaluate the substance and content of the material.

common sense says

Ask questions to evaluate the trustworthiness of sites. You can help your child evaluate the quality of a website with a little detective work.

• Who wrote this? Check to make sure the author or organization is credible by looking at their title, expertise, and background.

• What is the source of the information? Does the site come from a well-known organization or news source?

• How does this compare to other information? When evaluating websites it’s important to look at multiple sites so you can compare information.

• When was this updated? Has the site been updated recently? If not, move on. What is the site linked to? Was the site linked from another webpage that you trust? If so, that’s a good sign.

• Are advertisers targeting you? Help your kids notice when advertisers are trying to get their attention as they search. Teach your kids to question what the ads are saying.
Join the fastest growing sport in the Loudoun County: Field Hockey!

Potomac Field Hockey has been running youth field hockey programs more than 10 seasons. Join us and find out why field hockey is the fastest growing sport in Loudoun County!

U8 FUNdamentals
Ages 6-8 • Girls & Boys • Fall & Spring
Learn a solid foundation of basic skills while having fun. Once per week sessions include skills stations and scrimmages. Includes PFH pinnie.

U10 & U12 Youth Rec League
Ages 9-12 • Girls & Boys • Fall & Spring
Open to players of all skill levels aged 9-12. Players will be teamed by high school cluster to promote school spirit. Practices are held once a week and have 7v7 games on Saturdays. Includes PFH pinnie.

U14 Youth Rec League
Ages 12-14 • Girls • Fall & Spring
Open to players of all skill levels aged 12-14. Players will be teamed by high school cluster to promote school spirit. Practices are held once a week and have 11v11 games on Saturdays, some versus other area league teams. Includes PFH pinnie.

Register today at www.potomacfieldhockey.org/registration