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](http://www.potomacfieldhockey.org/registration)
The three Cs of group work

Three kindergartners work together on a mural in art class. Several fifth graders discuss a novel they read in reading group. No matter how old your child is, being able to communicate, collaborate, and compromise is important when he works with others. Consider these ways to practice at home.

**Communication**
Group members communicate better when one person speaks at a time. Let your youngster create a "talking stick" by covering a ruler with aluminum foil or decorating a paper towel tube. During a family discussion, pass the stick around—only the person holding it may speak. This will remind your child to wait her turn and listen to what others say.

**Collaboration**
Show your youngster that when people combine ideas, they often come up with new or better ones. Pretend you're a restaurant marketing team in charge of designing a pizza or burger. Start by looking at menus for interesting twists (barbecue pizza, burger with fried egg), and create something different (blue cheese pizza, Caesar burger). Then, work together to make your new menu item for dinner.

**Compromise**
When group members disagree on a topic for their presentation or on who will take what role, it's important to compromise. That means stating what you would prefer—and what alternatives you're willing to accept. Your child can try this at home when your family makes a decision. For example, maybe one sibling wants to go sledding while another would prefer ice skating. They could agree to sled first—but the one who wanted to ice skate gets to choose the hill they'll sled on.

Keep track of progress

By staying on top of how your youngster does in school, you can support his achievements and nip any problems in the bud. Try these strategies.

- **Go over papers.** Look at each graded assignment your child brings home. This is an easy way to see what he's doing well and what he needs to work on.

- **Use electronic tools.** If the school posts grades online, check them regularly.

- **Communicate with the teacher.** Contact her if your youngster says a subject is difficult or brings home low grades. You could ask about ways to help him.
Behavior “mysteries”

Is your youngster’s behavior sometimes baffling? Here are solutions to common scenarios parents face.

My child behaves in school but acts out at home. Your youngster probably feels more relaxed at home and can let his guard down more with you. Rest assured this is normal. Remind him of the consequences for misbehaving at home, and follow through when he acts out. (And be glad that your child behaves at school!)

After school, my youngster doesn’t want to talk about his day or start homework. Your child may be struggling to switch out of “school mode.” Try giving him a break first—he may appreciate a few minutes to unwind, just as some adults do after work. Suggest a snack and exercise, such as riding his bike or jumping rope.

My child only obeys me when I raise my voice. If your youngster knows he has to do what you ask only when you shout, he’ll probably wait for your raised voice before he listens. Tell him that you’ll ask nicely once, and after that, there will be a consequence for not listening.

Activity Corner

Experiment with evergreens

Your child may wonder why some trees stay green throughout the year (evergreens) and others lose their leaves (deciduous). With this activity, she can find out.

Let your youngster cut out two green construction-paper “leaves” and sprinkle them lightly with water. She should wrap one in waxed paper and lay both leaves in the sun for at least two hours. What happens? (The bare leaf stays dry, but the protected one remains moist.)

The science: A deciduous tree loses water through its leaves’ tiny pores, so it gets rid of the leaves to conserve water in harsh weather. But evergreen leaves have a waxy cuticle, or covering, kind of like the waxed paper that protected your child’s paper leaf. This coating keeps the water from evaporating, so leaves can remain on the tree throughout the winter.

Q & A

Spell-check pitfalls

Q: My daughter says spelling is no big deal because we have spell-check and autocorrect. How can I convince her that spelling still matters?

A: Spell-check and autocorrect are handy tools. But they’re not foolproof, and they’re not always available.

When your child writes a school report, sit with her while she runs spell-check. Together, look for examples of mistakes caused by relying on the computer. This often happens with homophones (it’s and its, you’re and your), for instance. She’ll need to know the difference to use the correct word.

Also, help her think of situations where she won’t have spell-check or autocorrect, such as taking a test or using special software that doesn’t include the feature. And if she can’t spell a word, she may not recognize it when she reads, which can interfere with her comprehension.

Finally, point out that if she studies her spelling words, thinks carefully about how words are spelled, and proofreads her work, she’ll find that the best spell-check is in her own head!

Parent to Parent

Helpful strategies for ADHD

My fourth-grader, Ryan, has ADHD, and he often loses books and papers and forgets to turn in assignments or to bring home slips for me to sign.

I talked to a fellow PTA parent whose oldest son has ADHD. She said her son puts sticky-note reminders everywhere—on his desk and binders and beside the front door. He also does better in school if he gets 11 hours of sleep, about two hours more than his siblings need.

I got colorful pads of sticky notes for Ryan, and he came up with a system for color-coding his reminders. Also, we are moving up his bedtime by a few minutes each night until we notice a difference. I know Ryan will still forget things from time to time, but it’s helpful to know that we have strategies to try.
Want to skip the Band lines at Music Choice Night?

If you *know* that you want to play a band instrument...

- Flute, Oboe, Clarinet, French Horn,
- Trumpet, Trombone, Baritone, Tuba, Percussion

You are invited to an individual meeting (lasting approximately 10 minutes) to professionally assist your child in carefully choosing a band instrument. Please email Mrs. Robblee, the BEMS Band Director, to schedule this individual test drive. In the email please include:

1. Your student’s first and last name
2. List three or more choices of band instruments that your student would like to try. (Choices are: Flute, Oboe, Clarinet, French Horn, Trumpet, Trombone, Baritone, Tuba, Percussion)
3. The days and approximate times from the list below that work best for you. Mrs. Robblee will write back and let you know what day/time to come.

Dates for individual test drive:
- Thursday, Jan. 21 - 4:00pm-7:00pm
- Friday, Jan. 22 - 4:00pm-7:00pm
- Thursday, Jan. 28 - 4:00pm-7:00pm
- Friday, Jan. 29 - 8:00am-5:00pm
- Wednesday, Feb. 3 - 4:00pm-6:00pm

(This is an option instead of the Music Choice Nights on Jan. 20/27 and *only* for band instruments, listed above. If you would like to test out instruments from strings, guitar, or sing in chorus, please come to the Music Choice Nights. Band instruments will be available to test out on those nights as well, but it takes longer to wait through all of the lines.)

Carolyn Robblee
Band Director
Belmont Ridge Middle School

[Carolyn.Robblee@lcps.org](mailto:Carolyn.Robblee@lcps.org)
RIVERSIDE HIGH SCHOOL
BOYS’ & GIRLS’ BASKETBALL

Presents The

Jr. Rams Hoopsters Club

Sponsored by Chick Fil-A

Come join the fun with the Riverside Rams Basketball teams by joining the Jr. Rams Hoopsters Club! Members can cheer on the Rams Boys’ and Girl’s Basketball teams in style with a Jr. Rams Hoopsters T-shirt and participate in some special events with the Boys’ and Girls’ Basketball teams. If you are in grades K-7 and want to show your Rams spirit, join today!

Membership is only $30! For families with multiple children, membership is $30 for the first child and $25 for the second child! A family of three or more children will be $75. Membership is valid during the current 2015-16 regular winter basketball season.

MEMBER BENEFITS

- Jr. Rams Hoopsters T-shirt & Chick Fil-A Welcome Kit
- A Chick Fil-A catered meal with the Boys’ or Girls’ Basketball team.
- Shoot-A-RAMA in early February at RVHS (Shooting skills, shooting contests and games with current Rams players)
- Priority sign-up for the Rams New Year’s Basketball Clinic on January 2, 2016
- Join the player tunnel at select home games (minimum of 2 games per season)
- Picture with the Riverside Ram mascot
- Advance notice of summer camps & clinics offered by the RVHS Basketball programs

Please note: tickets to games are not included in the Jr. Rams Hoopsters Club.

ONLINE REGISTRATION LINK:
https://lsa.sportngin.com/register/form/131050988
A processing fee which will be listed as a separate line item when checking out.

If applicants want to register by paper and pay with a check, please contact CoachKoscinski@gmail.com.
Potty trained (no pull-ups or diapers) to age 11
First come First Serve – First registered 60 children
Deadline to Register is on Wednesday, January 7th 2016

This is a great opportunity for parents to have an evening out on the town or to just stay in! All this without their children. Some of Riverside’s Educators Rising Members will be providing an evening of fun and entertainment for the children. We will watch a movie, play games, and bake and decorate cookies.

Saturday, January 9th
4 p.m. to 8 p.m.
Riverside High School
Hosted by: Educator’s Rising

We ask that the children wear comfortable clothing and not be dressed in skirts or dresses. Absolutely no Heely’s (or any type of roll-y shoes)!

1. Print and fill out the registration form from the Riverside website (see instructions below) and drop it off, along with $15, to one of the secretaries in the main office. Checks should be made out to RVHS. With “parents night out” in the memo.
2. Send children with a bagged lunch (dinner). Snacks, water, and juice boxes will be provided.
3. Drop-off starts at 3:45 p.m. at the back of the school at door D3 – by the playground.
4. Pick up is between 8 p.m. and 8:30 p.m. There will be a $5 charge for every 5 minutes you are late after 8:30.

Please Print Clearly
Contact Person: Deborah Kelley 19019 Upper Belmont Place, Leesburg, VA 20176
#304-433-2354

Registration Forms can be found by going to Riverside’s home page (www.lcps.org/riverside) and click on the “For Parents” tab and choose Preschool Lab Program, locate the Parents Night Out option on the left side of the screen and click on it. Then open the link to the registration form, print it out.