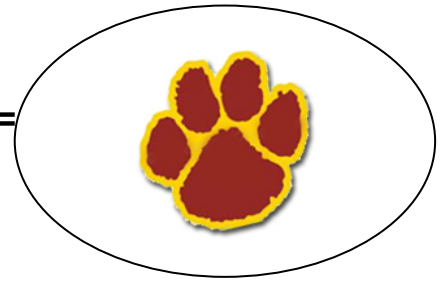


COUGAR COURIER

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



Volume II, No. 6 September 18, 2017



**There is Joy in
the Journey**

**Character Trait
for September
is...**

Honesty

Honesty involves the ability to be truthful, candor or sincere. It is moral uprightness and a characteristic of being fair. Honesty is the best policy, because it has the value of speaking the truth and creating trust in the minds of others around us. Honesty is a characteristic that creates respect from others.

Reflections

Last Friday I, along with a couple of our School Board Members, spoke to the Class of 2018 at the Senior Convocation. It was a wonderful event and many of our staff members organized and participated in the festivities. I spoke to our seniors on the subject, “Enjoy the Process”, and I would like to ask you as educators to do the same. There is a process to being an educator that we all go through. We pretty much go through the same routine every day. Each day we rise out of our bed, we come to school, teach, eat, we go back home to our families, and go to sleep. Therefore, I would like to challenge you to take moments during your day to look around you at all of beauty that being an educator offers you, and all that you do for your students each day along your journey. We have our good days along with our bad. But I guarantee you that if you think about the good, there will be more that is going right than going wrong. There is joy in our journey, because we find successes throughout the process if we take moments to pause, look around us, and enjoy the progress we are making each day. Enjoy each day teaching your students something new! Enjoy meeting with co-workers to plan instruction for the next week! Enjoy seeing your student’s smiling faces each day! Enjoy knowing that you are making a difference in the life of a child! As educators, we must remember that getting through the school year is not a race, we often need to pump the brakes and slow down. We get so focused on where we are headed or what we need to do, that we forget where we’re are, and all of the blessings that we have right now. So, enjoy each day of your school year and remember that there is joy in the journey. **Go Cougars!**

Enjoy the Process



Instructional Focus
for the Month of
September
“Increasing Student Engagement”

Teaching Tip of the Week:

“Capsule Vocabulary”

We all know that vocabulary is truly learned when it can be used naturally in speaking, listening and writing. Capsule vocabulary (page 152) employs four steps: talking, listening, writing, and reading. Procedure:

- 1) Select from 8 to 10 words that relate to a single topic or concept. Write these words on the board.
- 2) Begin discussing the topic with the class. In your model discussion, include the words.
- 3) Divide students into pairs. These paired partners hold a conversation using as many of the vocabulary words as they can. Encourage students to use complete sentences that make “sense.” Each student keeps track of the vocabulary words his or her partner uses.
- 4) Each student then writes a summary or brief paper on the topic being addressed that day using the vocabulary words modeled by you, the teacher.

Good News!

Nottoway High School will be entering into a partnership with Hampden-Sydney College’s Southside Achievers Guaranteed Admissions (SAGA) program. The program guarantees admission to Hampden-Sydney College to male students who achieves a cumulative GPA of at least 3.3 and 1100 on SAT. Not only are these students guaranteed admission, but they will receive at least \$12,000.00 in academic grants to assist with tuition and fees!



The Afterschool Tutoring Program @ Spring Hill Baptist Church will begin on October 11, 2017. Please let parents in the Blackstone area know about the fantastic opportunity for their children!

From Ms. C. Pierce: All schools in Nottoway County will be participate in the 9/29 Feed Virginia Day of Action. On Friday, September 29th, in partnership with First Lady Dorothy McAuliffe and the Commonwealth Council on Bridging the Nutritional Divide, volunteers across Virginia will come together to fight against hunger for the first ever Feed Virginia Day of Action.

Congratulations!

Congratulations to **Dr. Tommy Coleman** for being appointed as Assistant Superintendent of Greensville County Public Schools. We are so proud of him!

Commendations!

I would like to personally thank **Mrs. N. Davis and Mrs. M. Chamberlain** for assisting with the sign-in during the Senior Convocation. Your efforts are greatly appreciated!

We thank the team from the **Virginia Department of Education** for their feedback from the Academic Review of NMS!



Submitted by Ms. Harlow: I want to thank Mr. Wilson, along with the staff of Nottoway High School, all of their teachers along the way, the School Board and Dr. Berry for all they have done to help the Class of 2018 to reach their goals. The Convocation ceremony was sweet and simple, thank you. I am glad I was able to be part of their journey.



Submitted by Dr. Hicks: Mrs. Martin and Dr. Saunders did a great job presenting Effective Assessment Strategies and Effective Classroom Management Strategies to the new teachers on Thursday, September 14. Those were two areas in which the new teachers indicated they needed more professional development. The information was well received by the new teachers. There were 16 new teachers in attendance for this session. This was our second session of the New Teacher Orientation since school started. On August 17, Ms. Lewis and I presented an overview of the Teacher Evaluation System, discussed the documentation for their Teacher Portfolio, and conducted a needs assessment to determine the areas in which the new teachers needed more professional development. Also, Mrs. Yvonne Wilson, Virginia Education Association Representative discussed VEA benefits and provided refreshments. The next New Teacher Orientation will be held on January 25, However, during the next couple of months all teachers will receive Professional Development, and classroom observations will be conducted and feedback will be provided.



Instructional Focus for the Month of September

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.**”

Welcome Back!

We would like to welcome **Dr. Betsy Poulsen** back to the team. She is an OP from the Virginia Department of Education here to assist the NMS staff!



Athletic Schedule

TUESDAY, 9/19:

Golf - JRD Finals - The Manor - Farmville - 9:00 (depart 7:30 AM)

Volleyball - Prince Edward - HOME - 5:30 (Duff)

WEDNESDAY, 9/20:

Cross Country - @ Buckingham w/ Bluestone, PE - 4:30 (depart 2:15)

THURSDAY, 9/21:

Volleyball - @ Amelia - 5:30 (depart 4:15)

JV Football - @ Buckingham - 6:30 (depart 4:15)

FRIDAY, 9/22:

Varsity Football - Buckingham - HOME - 7:00 (Finnegan, A. Wilson, Martin, Austin)

Submitted by Ms. Noblin: Nottoway High School football game against Goochland this pass Friday night



What's Happening in Our Classrooms?

NMS

Submitted by Mrs. Geyer: Celebrating Homecoming Week Sept 14 - 20.

- Monday the 18th is P.J. Day or Sports Team Day
- Tuesday the 19th is Wacky Tacky or Camo Day
- Wednesday the 20th is Maroon and Gold Spirit Day
- Football game is Wednesday the 20th - Home vs. Prince Edward

BPS

Submitted by Ms. Noblin: Longwood University basketball team came to talk about how reading is very important in our children's life and if you read how far you will get in life so never give up!

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.



Dr. Berry with the students at a JV home football game.



A LOOK AHEAD:

Sep 18-22	School Level Classroom Observations and Walkthroughs by administrators
Sep 19	Region 8 Supt's Meeting
Sep 21	Staff Meeting @ 9 am in Mini Auditorium
Sep 25	ANTC Strategic Planning Meeting @ 7pm
Sep 26	NMS VDOE meeting in Richmond
Sep 28	ANTC Joint Board Meeting @ 7pm
Sep 30	SMART Goals Due
Oct 6	Wall of Fame Induction Ceremony @ 5pm
Oct 10	Principal's Meeting @ CPS
Oct 11	End of 1 st 9 weeks
Oct 17	Region 8 Supts. Meeting
Oct 17	Flu Shots given in Mini Auditorium from 2-6 pm
Oct 19	Report Cards to Parents/ Schools Close @ 12:30 pm (Parent/ Teacher Conference 1:30-7:00 pm)
Oct 19	Earthquake Drill
Oct 20	Early Release (12:30 pm) Staff Dev.
Oct 21	Homecoming Dance
Oct 31	Halloween!

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>
- 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://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.

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

Upcoming Meetings

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. **Data meetings**- after benchmark assessments (within 2-3 days of completion)
4. **Grade Level-Weekly:** Wednesdays- Math 5, Math 6 and Reading 6 @ 3:15 and Thursdays- Reading 5 at 3:15

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

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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.
- 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, 2017 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, 2017. 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!

Did You Know?

Educators w/ school ID receive free coffee on Tuesdays at participating McDonalds!



Recipe of the Week

Classic Pimiento Cheese

Ingredients

- 1/3 cup mayonnaise
- 3 tablespoons cream cheese, at room temperature
- 2 teaspoons Worcestershire sauce
- 2 teaspoons fresh lemon juice or apple cider vinegar
- 1 1/2 teaspoons dried mustard
- 1 1/2 teaspoons hot sauce
- 1 teaspoon sugar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons finely grated onion
- 1 (6-oz.) jar diced pimiento
- 8 ounces coarsely shredded extra-sharp white Cheddar cheese
- 8 ounces coarsely shredded sharp yellow Cheddar cheese



Preparation

Stir together first 9 ingredients in a medium bowl until smooth. Stir in onion. Fold in pimiento and cheeses. Cover and chill 8 to 12 hours. Let stand at room temperature 30 minutes, and stir well before serving.

Healthy Lifestyles Tip of the Week

When fast food is your only option, try these tips to make it a little healthier:

- **Skip the sides.** Eating a burger or sandwich by itself is often plenty filling, plus you'll save money by skipping the "value" meal.

- **Choose fruit and vegetables over fries.** Many fast food restaurants offer fruit cups or side salad as a healthy alternative to French fries.
- **If you must have fries, split the size.** Your kids love fries, so what do you do? Try splitting an order between the two of you.
- **Buy a baked potato instead of a burger.** Some restaurants offer potatoes plain or with all the fixings. Of course, the more toppings like sour cream, cheese, bacon and butter that are added, the less healthy it becomes.
- **Go for the grilled.** Poultry without skin is much leaner than the meats most fast-food companies use in their burgers, and it may be less processed.
- **Ask for a wheat bun.** Some places offer a wheat alternative so ask.
- **Pass on the “value-size.”** When you supersize, the size of your fries and drink isn’t the only thing that gets bigger.
- **Drink water, 100 percent juice or low-fat milk.** No one ever said that every fast food meal must be eaten with soda.

Sometimes We Just Need To Laugh

JUST KIDDING



JUST KIDDING



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



Poem of the Week

"I'd rather see a sermon than hear one any day."

I'd rather see a sermon than hear one any day;
I'd rather one should walk with me than merely tell the way.
The eye is a better pupil, more willing than the ear;
Fine counsel is confusing, but example is always clear,
And the best of all the preachers are the men who live their creeds,
For to see a good put in action is what everybody needs.
I can soon learn how to do it if you will let me see it done;
I can watch your hand in action, but your tongue too fast may run.
And the lectures you deliver may be very wise and true,
But I'd rather get my lesson by observing what you do.
For I may misunderstand you and the high advice you give,
But there is no misunderstanding how you act and how you live.
When I see a deed of kindness, I am eager to be kind.
When a weaker brother stumbles, and a strong man stands behind
Just to see if he can help him, then the wish grows strong in me
To become as big and thoughtful as I know that friend to be.
And all travelers can witness that the best of guides today
Is not the one who tells them, but the one who shows the way.
One good man teaches many; men believe what they behold;
One deed of kindness noted is worth forty that are told.
Who stands with men of honor learns to hold his honor dear,
For right living speaks a language which to everyone is clear.
Though an able speaker charms me with his eloquence, I say,
I'd rather see a sermon than hear one any day.

-- Edgar A. Guest

Quotes of the Week

"We didn't come this far just to come this far" –Anonymous

"Fulfillment is when you've done your best, to be your best." –John Maxwell

"It isn't what to have that counts... It's what you do with what you have." –Anonymous

"Where there is no vision, there is no hope"-George Washington Carver

"You are never down. You are either up, or getting up"- Anonymous

No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. – Isaiah 54: 17