



SAUNDERS MIDDLE SCHOOL

February, 2009

GERMS, GERMS, EVERY WHERE!!



Is it the flu, mono, or norovirus? These are all viral infections so they do not respond to treatment with antibiotics.

Seasonal flu is a contagious upper respiratory infection caused by an influenza virus. It is spread through coughing, sneezing, and coming in contact with something that has the virus on it and then touching your eyes, nose, or mouth. Flu is marked by respiratory symptoms such as coughing, sneezing, fatigue, muscle aches, fever, and headaches. The single best way to prevent catching and spreading seasonal flu is to get the flu vaccine. The flu season is from November through April so there is still time to get your flu shot!

Mononucleosis is caused by the Epstein-Barr virus, one of the most common viruses that cause diseases in humans. Symptoms include fatigue, headache, chills, general malaise, fever, sore throat, and swollen glands. Mono spreads by contact with saliva or nasal secretions. There is no vaccination, however once infected the body develops antibodies against it and will create its own immunity.

Norovirus is a gastrointestinal illness which causes nausea, vomiting, diarrhea, occasionally a headache, and low grade fever. Symptoms usually last between two to three days but often lead to high absenteeism in schools and daycares. It spreads by contact with stool or vomit of infected people.

The focus of preventing these and other illnesses is practicing good hygiene!

- Wash hands frequently with soap and warm water.
- Disinfect contaminated surfaces with bleach-based cleaners.

- Wash soiled clothing and linens in hot water and detergent.
- Avoid sharing cups, soda cans, utensils, and personal items.
- Cover your mouth with the inside of your arm (not your hands) when coughing or sneezing.
- Stay home when you're sick to avoid spreading the illness to others!

Please call the school nurse if you have any concerns about your child's health.

Kathy Lockhart, RN

Congratulations to Saunders Artists

Congratulations to Justin Newcomb and Cassidy Millette for having their work chosen for display at the VAEA Art Conference. This was held at the Westfields Marriott in Chantilly, Va., on November 13-15. Justin had a multi-media drawing of a turtle displayed and Cassidy had a drawing of a giraffe. Justin's art work will also be on display at the Virginia/DC Student Art Show at the 40th Annual National Staff Development Conference. This will be held at the Gaylord National Resort and Conference Center on December 5-10th.



Parent Volunteer Opportunities

Are you looking for a way to volunteer at Saunders? There are many ways that you can help the teachers, administration, and other staff members. If you are interested in volunteering at Saunders, all you need to do is contact the office, the guidance department, or

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one of your child's teachers and you will be pointed in the right direction to make sure your skills and help are put to good use! The teachers, administration, and staff thank you in advance for any skills and services you provide to our teachers and the students, directly or indirectly.

Here is a partial list of possible volunteer opportunities at Saunders:

- Changing bulletin boards in classrooms or in the hallways
- Changing hall display cases
- Grading daily warm ups in those classes that use them
- Filing in classrooms
- Hot gluing posters that have fallen in classrooms or in the hallways
- Supervising small groups that needing remediation during class time
- Taking over hall duties/bathroom checks
- Assisting students in classes of their choice
- Cutting burlap and muslin for the art classes
- Hand sewing stitcheries for art
- Relieve those who have lunch duty
- Helping students organize notebooks and lockers
- Sharing your skills and talents

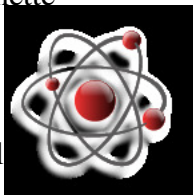
Science Olympiad Winners 2008

8th grade winners:

Alyssa Brown Nicholas Chladek
 Joey Mehr Jordan Brunette
 Jessenia Fernandez

7th grade winners:

Tatiana Younger Lexi Tilley
 Elise Ketch Tommy Bates
 Tyler Brown Tim Ware



6th grade winners:

Nyasha Sprow April Fitzpatrick

Paul Hurley Ryan Cho
 Tyler Higginbotham Sean Scanlon
 Gordon Russell Mariela Fuson
 Ian Nelson David Hardin

*Let's get organized !!
 To be more successful
 Get the extra help you need!*

Who: Any member of the Stripes Team!
What: Organize our binders, Make up tests
 Get extra help
When: Every Thursday 3 – 4:45 pm starting Feb 5
Where: In one of your Team Teachers' Rooms
Why: Why not?
How: Bring a note from your parent by Wed of the week you want to stay. It **must include** how you will get home: pick up by 4:30 pm or ride the activity bus.

Mian's Artwork on Display

Eighth grader, Sufyan Mian, is having his artwork displayed at the county library at Independent Hill. This is a beautiful intensity painting of a country cottage. Congratulations to Sufyan for having his work selected to represent Saunders Middle.

Seventh Grade Students with \$100 Left on Responsibility Registers!!!

Abdul, Aneesa
 Adam, Hannah
 Austin, Alexis
 Bakare, Claudine
 Barita, Michelle
 Basham, Abby
 Beato, Jenna
 Breuers, Jacob
 Brown, Tyler



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Bush, Kelsey
Bustillos, Nicole
Cunningham, Courtney
Darby, Jalan
Delene, Megan
Edmonds, Janel
Garza, Tyler
Hargest, Charlotte
Flucker, Darlene
Gibbs, Tyler
Harrington, Sydney
Hardy, Jasmine
Howell, Aliyah
Hunt, Lawrence
Hutchens, Kassi
Jiang, Judy
Ketch, Elise
Larroque, Miranda
Martin, Kierra
Mims, Brian
Pernot, Nathan
Paniagua, Heather
Primo, Brittney
Saucedo, Kevin
Shek, Andrea
Smith, Marcus
Topolski, Jenna
Walker, Victoria
Wasel, Shamah

Berryman, Tasia
Bouldin, Briana
Braxton, Samantha
Breuers, Jakob
Brown, Tyler
Bush, Kelsey
Bustillos, Nicole
Cantwell, Megan
Carroll, Isaac
Casey, Colleen
Clabon, Courtney
Coreas, Jesse
Cunningham, Courtney
Cuya, Marcela
Darby, Jalan
Delene, Megan
Doolin, Delayna
Doyle, Ashley
Dunning, Megan
Edmonds, Janel
Eng, Kyle
Fernandez, Diana
Fitzgerald, Deidre
Fletcher, Megan
Flucker, Darlene
Garza, Tyler
Gibbs, Tyler
Glover, Alyssa
Hargest, Charlotte
Hawkins, Tyler
Hunt, Lawrence
Hutchens, Kassi
Jameer, Hana
Jiang, Judy
Jorgensen, Leland
Ketch, Elise
Korkoya, Harrisa
Larroque, Miranda
Levermann Kelly, Victoria
Lindeman, Ashley
Lindsay, Nina
Long, Lauren
Lopez, Gabby

Seventh Grade Students Having No Missing Assignments!!!

Adam, Hannah
Angoe, Cecilia
Arguin, Conner
Austin, Alexis
Bakare, Claudine
Barita, Michelle
Basham, Abby
Baublitz, Mckenna
Beard, Alyssa
Beato, Jenna



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Lopez, Kasey
Lopez, Maria
McGuffey, Andrew
Mcguire, Erin
Mian, Avaiz
Mims, Brian
Mitchell, Satyrah
Mohammad, Sohaeb
Mosher, Madelyn
Pacheco, Brenda
Paniagua, Heather
Patel, Nidhi
Perkins, Alexius
Pernot, Nathan
Perrin, Katelyn
Pierrot, Lesley
Poole, Kristin
Portell, Corey
Portillo, Dalia
Portillo, Rebecca
Primozić, Brittney
Quay, Kelsi
Ramirez, Elisabeth
Robinson, Sonia
Saucedo, Kevin
Semunegus, Robel
Shek, Andrea
Smith, Charlotte
Smith, Marcus
Soberanis-chacon, Jose
Stanback, Danielle
Teixeira, Bria
Torres-Mendez, Joed
Underwood, Wyatt
Walker, Victoria
Wasel, Shamah
Washington, Alexa
Washington, Jelissa
Wood, Zachary
Zachman, Elizabeth
Zelaya, Katherine

Congratulations to the Youth Ambassadors for the Environment!

Shayna Vozniak

Samantha Milgrim

They will be representing Saunders at the Environmental Youth Summit for Prince William County!



Buy a 2009 Yearbook

It's not too late to purchase a 2009 Saunders Yearbook! Just click on the yearbook link on the Saunders website and follow the ordering instructions. The cost of a yearbook is **\$35**. Quantities are limited.

ALL COUNTY ART SHOW

Two of our sixth graders, Holly Godin and Raina Clasen, had their Mehndi Hand Design selected to grace of letterhead of the All County Invitation. Holly's design will be on the English translation and Raina's is on the Spanish. The theme for the 2009 All County Art Show is "Creative Hands, Innovative Minds". The show will be held at Woodbridge High School on Saturday, March 28, 2009, from 10:00 am to 5:00 pm. If your child has had a piece of artwork selected to go into the show, a letter of invitation will be sent home before March 28th.

The Saunders Art Club will be displaying their talents as face painters during the show hours. Visit the school display and have your hand or face painted by your local artists.

Saunders Spring Art Show 2009

The Annual Spring Art Show will be displaying the talents of our students during the month of April. The hanging of the art work will begin the week before Spring Break. Ribbons will be awarded for the BEST OF THE SHOW. Students will receive their ribbons during their awards ceremony at the end of the school year. Eighth graders will get their awards from the Art Department or their homeroom



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teacher. Please come by the school after Spring Break to view all of the wonderful creations our student body has made during the year.

GUIDANCE



The Saunders Counseling Connection...

Welcome to Saunders Guidance. Mrs. Sallyann Keehan, Guidance Director, is

assigned to the eighth grade students, Mrs. Amy Covell will counsel seventh grade students, and Mrs. Cathy Nickerson is counselor of the sixth grade students. Please feel free to contact your counselor with any questions or concerns you may have. Please continue reading for some important tips and announcements for students and parents to assist and ensure a successful school year.

IMPORTANT SOL TESTING INFORMATION 8TH GRADE ENGLISH WRITING MULTIPLE CHOICE

TUESDAY, MARCH 3RD

**8TH GRADE ENGLISH DIRECT WRITING
WEDNESDAY, MARCH 4TH**

All 6th and 7th and 8th grade students will take the following SOL tests in the spring: Reading, Math and Science. Eighth grade students enrolled in Algebra I will also take additional SOL. Parents and students are advised of the testing window May 18th to June 12th. Testing will be online in the computer labs this year. Students may visit the Saunders webpage for a link to the state website to allow students to take practice tests online. A more detailed schedule will be developed at a later date and posted on the website.

Important Scheduling Information for all Students

High School scheduling will begin in February. All eighth graders will complete a high school schedule for the school in their boundary. Eighth graders will receive instruction in class about course selection and this process. Students will receive a copy of their high school schedule and a course catalogue to take home

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with the parents. The academic course selection is based on the student's semester grades. The H.S. schedule must be signed by a parent and returned to the student's Language Arts teacher by the deadline given to them in class. The guidance department must deliver all high school schedules to the appropriate schools by a certain deadline. No student will be scheduled for a specialty school as no student has been accepted into any program. Please contact the Guidance Office if you have any questions.

Students and parents are reminded of the deadline to apply for all specialty schools is February 13th. The applications are available on the individual school's website. Parents may call guidance if they have any questions.

Students enrolled in any high school credit class will receive a high school credit at the successful completion of the course(s). A letter was sent home in the fall notifying parents of the procedure and deadlines which must be followed if they elect to have the credit omitted from the transcript. Please call guidance if you have any questions.

CAREER DAY – FRIDAY, APRIL 3RD

The annual SMS Career Day for this school year will be held on Friday, April 3rd from 8:00 am to 10:00 am. We are currently soliciting participants for this important program. The program is designed to assist our eighth grade students in learning from professionals the duties, responsibilities, educational requirements and training necessary in various career fields. We are certain our parents have something to offer and we are requesting volunteers from our community to participate in this year's program. What does it involve? Participants are given a table which the students visit to conduct an informal interview. Questions such as "What do you do during a typical day? Or "How much education do you need?" are asked by eighth graders. How do I sign up? Complete the form enclosed in this newsletter and return it via your child or fax it to office at 703-670-3078 (attention Cathy Nickerson). Please contact guidance if you have any questions.

CAREER DAY 2009

Mark your calendars...

The annual Career Day for this school year will be held on Friday, April 3, 2009, from 8:00 a.m. to 10:00 a.m. We are currently soliciting participants for this important program.

The program is designed to assist our eighth grade students in learning from professionals the duties, responsibilities, educational requirements and training necessary in various career fields.

We are certain our parents have something to offer, and we are taking this time to request volunteers from our community to participate in this year's program.

What is involved?

Participants are given tables which the students visit to conduct an informal interview.

Questions such as "What do you do during a typical day?" or "How much education do you need?" are asked by eighth graders.

How do I sign up?

Complete the form below and return it via your child or fax it to the Guidance Office at 703-670-3078.

Please provide the following information:

Name: _____

Address: _____

Work Phone: _____

Occupation: _____

Employer: _____

E-mail Address: _____

Fax Number: _____

We suggest that you bring any handouts, pictures, tools of your trade, etc., which might enhance students' understanding of your profession. Please remember that no weapons are allowed on school property unless pre-approved by school security.

Middle school parents and students may want to visit a career development website sponsored by Virginia Tech. The website is free and provides opportunities for students to take career interest inventories as well as researching particular careers. The address is: www.vaview.vt.edu. Saunders will be conducting a Career Day for 8th graders on April 3rd. Parents are encouraged to participate. Contact guidance if interested.

Parents and students are also encouraged to take advantage of an excellent career development online program available to all students and parents. To log in to the program, go to www.aces.bridges.com.

Click on Access – Site Login. Then enter:

Site ID: 0055480

Password: Spartans

This site provides up to date information on over 900 careers, including descriptions, salaries and outlook, education needed. Another section introduces students to the types of education students might pursue to match their career goals and interests. There is also a Parent Guide which may be helpful.

CONGRATULATIONS TO OUR 2008 CHARACTER COUNTS ESSAY WINNERS!!!

In October, Saunders students were encouraged to write essays in celebration of Character Counts week/month. Students had to choose one of the six pillars of good character to write their essay. The pillars include: citizenship, kindness, respect, responsibility, caring, and fairness. Winners were honored at the McGourt Government Building during a ceremony on Monday, December 1st, 2008.

The winners are:

Respect: Tatiana Younger, seventh grade, first place

Responsibility: Andrea Lenna Shek, seventh grade, first place

Fairness: Adreaiele Reed, eighth grade, second place

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Caring: Elise Ketch, seventh grade, first place and Kristy DelCid, eighth grade, second place

Citizenship: Alexis Lyttle, sixth grade, first place

Congratulations!!!!

What do you know about the victims of bullies?

Sometimes it is difficult to determine whether or not a person is being bullied. Often times, victims feel embarrassed and do not want to "tell" anyone that they are being bullied. Here are a list of the common signs victims may show:

- Student is frightened of walking/riding the bus to and from school
- Student does not want to come to school
- Student becomes withdrawn and/or anxious
- Student attempts, threatens, or talks about suicide
- Student cries often or has nightmares
- Student begins to perform poorly in school, grades drop
- Student comes home with clothes/belongings damaged
- Student begins to bully other children/siblings

Rule of Thumb

Have you ever wondered if your child is reading a book that is too difficult for him/her? Well, here is a quick and fairly accurate guide that will help you answer that question. Have your child open his/her book to any page. Then, ask your child to read the entire page starting from the top of the page. Every time your child comes to a word that he/she does not know have him/her raise a finger starting with the pinkie. If your child gets to his/her thumb before completing the page, the book is too difficult for independent reading.

Hilary Alexander
Reading Specialist

What to do if you notice these behaviors:

- Encourage the student to report bullying incidents to a responsible adult
- Assure the student that reporting the incident(s) is the right thing to do and that he/she is not to blame
- Validate the students' feelings by letting him/her know that it is normal to feel hurt, sad, scared, angry, etc.
- Help the student be specific in describing bullying incidents: who, what, where, when
- Ask the student to describe the steps already taken to resolve the bullying
- Coach the student to explore possible alternatives: avoidance, discussion, adult help, sticking by friends
- Advise the student to get help, it is not recommended that victims physically fight back...often, the bullying lasts longer and becomes more severe in this instance.

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