

# TJMS - Virtual Office Hours

# Spring 2020

Staff Member	Subject	Day	Hour(s)	Email	Notes
Ms. Allen	Math	Friday	10-10:30 for Per1 12-1 for Per2,3,6	elizabeth.allen@apsva.us	I will be available in Canvas Conference during my office hours on Friday, or you can reach out through email or Canvas if you have any questions or concerns.
Mr. J. Anderson	Business/Tech Ed	Tuesday	1:00- 2:00pm	jeffrey.anderson@apsva.us	send message in Canvas or email. I will start a virtual meeting if needed
Mr. P. Anderson	English 7	Wednesday	7:00 - 11:00 AM	peter.anderson@apsva.us	send message in Canvas or email. I will start a virtual meeting if needed
Mr. Ammon	Computer Science / Robotics	Tuesday	1:00 - 2:00pm	chris.ammon@apsva.us	send message in Canvas or email. I will start a virtual meeting if needed
Mr. Banach	Chorus	Tuesday	11:00AM - 12:00PM	christian.banach@apsva.us	Please contact me through email or Canvas and I will set up a time to meet with you! You can also message me in Canvas during the office hour time.
Ms. Bannach	Science 6	Monday	12:00pm-1:00pm	laura.bannach@apsva.us	I will be available in Canvas Conference during my office hour on Monday's from 12-1, you may request a conference, or you can email me anytime with questions.
Mr. Bee	Math	Friday	10:00-10:30 Math 6 11:00 Pre-Algebra	10:30- mathieu.bee@apsva.us	If you have any questions please contact me through email or Canvas.
Ms. Benante	English 8	Wednesday	12:00 noon - 1:00 pm	hunter.benante@apsva.us	ELA 8- 12-12:30 Storytelling 12:30-1. I will be available for individual conferences as well. Please reach out to me through email. I will respond to emails in a timely manner.
Ms. Bennett	Reading Strategies	Wednesday	1:30PM - 2:30PM	katlyn.bennett@apsva.us	I will be available in Canvas Conference during my office hour on Monday's from 12-1, you may request a conference, or you can email me anytime with questions.
Ms. Beyers	English 7	Wednesday	9:00AM - 10:00AM	camee.beyers@apsva.us	I will create a discussion thread on Canvas Discussion during the time of my office hours. If you have a question you don't want to ask in front of the group, message me in Canvas messenger during office hours.
Mr. Bittner	World Geography	Monday	9:30 AM to 10:30 AM	robert.bittner@apsva.us	Please reach out to me by email or through Canvas message during my office hours. I will reply to your message in a timely manner. Thank you.
Ms. Boda	FACS	Tuesday	1:00-2:00pm	heather.boda@apsva.us	Please send me a Canvas message or email anytime you have a question.
Ms. Bogdan	ELL	Friday	10:00am - 11:00am	jennifer.bogdan@apsva.us	
Ms. Boyle	French	Thursday	10:00AM - 11:00AM	susan.boyle@apsva.us	You may email me or send me a message via Canvas at any time and I will respond within 24 hours.
Ms. Broome	Reading 6	Wednesday	11:00am - 12:00pm	valerie.broome@apsva.us	I will be available from 11:00am - 12:00pm. I will create a meeting in my class Microsoft Team. Please reach out to me by email or through Canvas message at any time. I will respond in a timely manner.
Ms. Brown	English 6	Wednesday	10:00AM - 11:00AM	mary.brown@apsva.us	I'll be available in Canvas Conference from 10-11 on Wednesday. Students can also message me through Canvas. I will respond within 30 minutes if the message comes in during regular school hours. I also have a Google Voice # (571) 406-4145
Mr. Busby	Math	Friday	1:00-1:30 Int. Alg & 1:30-2:00 Per-Alg 8	jason.busby@apsva.us	If you have any questions or concerns please reach out through email or canvas. I also will respond to email throughout the day.
Ms. Calhoun	SPSA	Thursday	1-3 pm	emily.calhoun@apsva.us	Students can access through our class Microsoft Teams or through the link on the canvas home page
Mr. Carter	Math	Friday	1:30 - 2:00 Math 7; 2:00 - 2:30 Geometry	zachary.carter@apsva.us	If you have any questions or concerns please reach out through email or canvas.
Ms. Chawla	ELL	Friday	2:00-3:00pm	reema.chawla@apsva.us	Students can reach out to me by email or Canvas Conference link which is located in your child's course home page. I shall respond during office hours. Thank you.
Ms. Cross	Social Studies 6	Monday	12:00-1:00 pm	deborah.cross@apsva.us	If you have questions at any time, please send me a message through the Canvas Inbox.
Mr. Curran	Health & PE	Tuesday	10:00 - 11:00 AM	sean.curran@apsva.us	
Ms. DeMao	Math	Friday	10:00 am - 11:00 am	heather.demao@apsva.us	If you have questions at any time, please send me a message through the Canvas Inbox.
Ms. Detweiler	Resource Teacher for the Gifted	Thursday	9:00-10:00 am	megan.detweiler@apsva.us	
Mr. Dow	Math	Friday	10:00-11:00 am	kipchoge.dow@apsva.us	Students with any questions may message me on Canvas or via email.
Ms. Drew	English 8	Wednesday	12:00-1:00 pm	leslie.drew@apsva.us	If you have questions at any time, please send me an email or a message through Canvas.
Ms. Dunbar	EL Resource	Friday	11:00am-Noon + Noon-1:00pm	enid.dunbar@apsva.us	Available via Shepardson Canvas 11:00am-Noon and Stavrev Canvas (for SC students.) Noon-1:00pm
Ms. Egbert	Latin	Thursday	9:00AM - 10:00AM	elizabeth.egbert@apsva.us	My office hours will be through Canvas discussions or chat. I am available any time by email or Canvas message.
Ms. Faqih	Science	Monday	10:00 am - 2:00 pm	rabia.faqih@apsva.us	Students can ask questions using CANVAS Inbox during office hours
Ms. Ferrara	Spanish	Thursday	10:00 am - 11:00 a.m.	jaquelina.ferrara@apsva.us	I will be available through Conferences on Canvas during this time. You may also email me anytime, and I will respond within 24 hours.

Ms. Fitzpatrick	English 8	Wednesday	12-1 pm	<a href="mailto:kery.fitzpatrick@apsva.us">kery.fitzpatrick@apsva.us</a>	12-12:30 - ELA8; 12:30-1 - Storytelling
Ms. Foley	English 6	Wednesday	2:00-3:00 p.m.	<a href="mailto:mary.foley@apsva.us">mary.foley@apsva.us</a>	Students can also reach me via Canvas Inbox any time. I will respond as quickly as possible!
Mr. French	Interlude	Wednesday	10-10:20 am 6th grade 10:20-10:40 am 7th grade 10:40-11:00 am 8th grade	<a href="mailto:vernell.french@apsva.us">vernell.french@apsva.us</a>	
Ms. Garcia	Spanish	Thursday	Thursday 10:00-Sp II/10:30 SFSII/11:00 SFSI/11:30 IntraSFS	<a href="mailto:julia.garcia@apsva.us">julia.garcia@apsva.us</a>	I am available any time by e-mail or canvas message .
Mr. Gavin	English 6	Wednesday	9:30 am - 11:00 am	<a href="mailto:matthew.gavin@apsva.us">matthew.gavin@apsva.us</a>	
Mr. Gladney	Social Studies 6	Monday	11-11:30am	<a href="mailto:brandon.gladney@apsva.us">brandon.gladney@apsva.us</a>	
Mr. Golden	Science 7	Monday	1 pm- 2pm (tentative)	<a href="mailto:robert.golden@apsva.us">robert.golden@apsva.us</a>	
Ms. Gomez	Orchestra	Tuesday	11-12 am	<a href="mailto:Kristin.Gomez@APSVA.US">Kristin.Gomez@APSVA.US</a>	Students can also reach me via Canvas and email any time during regular school hours.
Ms. Green	Math Strategies	Tuesday & Friday	10AM - 11AM 8th grade 11AM - 12PM 7th grade 12PM - 1PM 6th grade	<a href="mailto:sonja.green@apsva.us">sonja.green@apsva.us</a>	Students can also reach me via Canvas Inbox any time during regular school hours.
Ms. Gunderson	American Sign Language	Thursday	Intro to ASL 8-10AM ASLI 9-9:45AM ASLII 10-10:45AM	<a href="mailto:jennifer.gunderson@apsva.us">jennifer.gunderson@apsva.us</a>	Students can also make appointment with me anytime during school hours if interpreter is needed.
Mr. Heath	Health & PE	Tuesday	10am-11am	<a href="mailto:martin.heath@apsva.us">martin.heath@apsva.us</a>	Students may reach me via INBOX in Canvas
Ms. Holland-Schuford	Science 7	Monday	1 pm -2pm (tentative)	<a href="mailto:traci.holland@apsva.us">traci.holland@apsva.us</a>	Parents and students can email me via Canvas and every Monday we will meet virtually via Canvas Conferencing
Ms. Hooper	Social Studies 7 & 8	Monday	10 am - 11 am	<a href="mailto:cindy.hooper@apsva.us">cindy.hooper@apsva.us</a>	
Ms. Hudson	Math Coach	Tuesday	8:30 am-12:00 pm	<a href="mailto:khethiwe.mdluli@apsva.us">khethiwe.mdluli@apsva.us</a>	
Ms. Jenks	EL Resource/Math	Friday	9am -10:30am	<a href="mailto:elita.jenks@apsva.us">elita.jenks@apsva.us</a>	Math 7: Wednesdays 12pm-1pm; Fridays 9am-10am through Conferences on Canvas. Pre-Algebra 8: Wednesdays 11:30am and Fridays 10am through Conferences on Canvas.
Ms. Jones	EL	Friday	10:50 AM-11:50 AM	Parents & Students may email me via Canvas with questions/concerns.	*Also available Wednesday 10:50 AM-11:50 AM; Thursday 1:30PM-3:15 PM (virtual).
Ms. Kaster	Science 8	Monday	1:00PM - 2:00PM	<a href="mailto:abigail.kaster@apsva.us">abigail.kaster@apsva.us</a>	
Ms. Kramer	Math	Friday	12-1 Int Alg & 1-2 Pre-Alg8	<a href="mailto:jessica.kramer@apsva.us">jessica.kramer@apsva.us</a>	Also available daily to respond to emails between 10-2 through email or Canvas
Ms. Lanman	Reading 6 & 7	Wednesday	2:00 - 3:00 PM	<a href="mailto:starr.lanman@apsva.us">starr.lanman@apsva.us</a>	
Ms. Larson	English 7	Wednesday	8:00-9:00 AM	<a href="mailto:emily.larson@apsva.us">emily.larson@apsva.us</a>	Wednesday & Thursday 8:00am -9:00am; I check my email & Canvas regularly but will be responding at these hours specifically
Mr. Lash	EL Resource / Math 8	Friday	1:00 -- 2:00	<a href="mailto:jeffrey.lash@apsva.us">jeffrey.lash@apsva.us</a>	In addition to Fri 1-2pm, I'm available via Canvas any day for help during normal school hours
Ms. Leonberger	Science 7	Monday	1 pm- 2pm (tentative)	<a href="mailto:kaila.leonberger@apsva.us">kaila.leonberger@apsva.us</a>	
Dr. Limo	Spanish	Thursday	10-10:20-SP 2/10:21-10:40-SP 1, INT/10:41-11 AM-TRANS, SP 6	<a href="mailto:lindarita.limo@apsva.us">lindarita.limo@apsva.us</a>	You may reach me by email or message me through Canvas during my office hours. I will respond in a timely manner. Mil gracias.
Ms. Lopez	Reading 7 & 8	Wednesday	11 :00-12:00 NOON	<a href="mailto:kelly.lopez@apsva.us">kelly.lopez@apsva.us</a>	Students can message me anytime in Canvas, I check Canvas daily. On Wednesday from 11-12 I will set up a chat through Canvas.
Ms. Madhi	English 8	Wednesday	12 -1: PM	<a href="mailto:aisha.madhi@apsva.us">aisha.madhi@apsva.us</a>	*I will also be available for individual conferences and will be checking email to respond to student/parent inquiries.
Ms. Majid	Arabic	Thursday	10:00-12:00 pm week days	<a href="mailto:sumer.majid@apsva.us">sumer.majid@apsva.us</a>	I will be available from 9am to noon, to communicate with parents via email or phone chat. I am available for students messages on canvas at any time.
Mr. Malinosky	IB Coordinator	Thursday	9:00AM- 12:00 Noon	<a href="mailto:kip.malinosky@apsva.us">kip.malinosky@apsva.us</a>	I will be available from 9am to noon, but happy to set up another time to chat by phone.
Ms. Mann	Reading 6	Wednesday	11:00 am - 12:00 pm	<a href="mailto:joanne.mann@apsva.us">joanne.mann@apsva.us</a>	I will be available in Canvas conferences during this time or by appointment at a different time
Ms. McMorrow	Social Studies 7	Monday	8:30am-9:30am	<a href="mailto:maureen.mcmorrow@apsva.us">maureen.mcmorrow@apsva.us</a>	I will be "live" and available on Canvas during this time. As always, you can use canvas or email to reach me.
Ms. McPhillips	Reading 6	Wednesday	11:00am - 12:00pm	<a href="mailto:kara.mcphillips@apsva.us">kara.mcphillips@apsva.us</a>	I will be available in Canvas conferences during this time or by appointment at a different time
Ms. A. Miller	Social Studies 6	Monday	10:00 - 11:00AM	<a href="mailto:ann.miller@apsva.us">ann.miller@apsva.us</a>	
Ms. J. Miller	Librarian			<a href="mailto:jillmiller@apsva.us">jillmiller@apsva.us</a>	If you have questions at any time, please send me a message through the Canvas Inbox.
Ms. K. Miller	Science 6	Monday	9:30-10:30 a.m.	<a href="mailto:kimberly.miller@apsva.us">kimberly.miller@apsva.us</a>	
Ms. Moran	French	Thursday	10-11 am	<a href="mailto:inger.moran@apsva.us">inger.moran@apsva.us</a>	I will be available in Canvas conference during this time or you may email me or message me via Canvas and I will respond within 24 hours.

Ms. Negrete	ELL	Wednesday	10-10:30 for Stingrays 11-11:30 for Dragons 30 for Phoenix	1-1: lauren.negrete@apsva.us	I will be available in Canvas conference during this time or you may email me or message me via Canvas and I will respond within 24 hours. I will hold additional office hours on Mondays as well.
Ms. Neunder	SPSA	Friday	11 AM-12 PM, or by appointment.	heidi.neunder@apsva.us	Please contact me to arrange an appointment at that time, and send me a message on Canvas anytime.
Ms. Noetzi	MSRT	Wednesday	2:00-3:00 pm	colleen.noetzi@apsva.us	I am available via email to schedule a phone call or Canvas conference.
Dr. Nolan	Social Studies 7	Monday	10-11 for Penguins and 11-12 for Monarchs	maureen.nolan@apsva.us	Students can message me through Canvas during school hours and I can also be reached via email!
Mr. Nolen	Technical Education	Tuesday	1:00-2:00pm	cassidy.nolen@apsva.us	send me a message in Canvas or Email. I will start a virtual meeting if needed.
Ms. Patterson	Health & PE	Tuesday	10-11am	britney.patterson@apsva.us	Please reach out to me by email or through Canvas message during my office hours. I will reply to your message in a timely manner.
Ms. Payne	World Geography	Monday	12:00:00 PM-1:00	Rachel.Payne@apsva.us	If you have any questions or concerns please reach out through email or canvas.
Ms. Pierce	Health & PE	Tuesday	10am-11am	veronica.pierce@apsva.us	Students may INBOX me via Canvas
Ms. Polek	English 7	Wednesday	11:00 AM - 12:00 PM	katarzyna.craven@apsva.us	I am available via e-mail, Canvas messages, and if needed, by phone.
Dr. Reynolds	Science 6	Monday	9:00-10:00 AM	anne.reynolds@apsva.us	If you have questions at any time, please send me a message through the Canvas Inbox.
Ms. Riley	Drama	Tuesday	8th 1:30-2:00, 7th 2:00-2:30, 6th 2:30-3:00	devon.riley@apsva.us	Students can email me through Canvas Inbox or my direct email with any questions. I will be available for Canvas Conferences during our schedule meeting time.
Mr. Rodriguez	Health & PE	Tuesday	10-11 AM	bob.rodriguez@apsva.us	
Ms. Rotchford	Math	Friday	10:00-10:30AM for Alg 10:30-11:00 for Geo	caitlin.rotchford@apsva.us	If you have any questions or concerns please reach out through email or canvas.
Mr. Samaniego	Math	Friday	MA 6 9:00am-10:00am; PA678 10:00am-11:00am	celestino.samaniego@apsva.us	
Ms. Shang	Math	Friday	1:00 PM - 2:00PM	lei.shang@apsva.us	I will also be available for individual conferences and will be checking email to respond to student/parent inquiries.
Ms. E. Shepardson	Art	Tuesday	10:30 - 10:50 6th grade. 10:50 - 11:10 7th grade. 11:10 - 11:30 8th grade	emily.shepardson@apsva.us	I will be available in Canvas chat at this time, but you may always contact me through email or Canvas
Ms. T. Shepardson	English 6	Wednesday	10-10:30, 12:30-1, and by appointment.	tracey.shepardson@apsva.us	I will be available on Canvas at that time, but I will set up personal and small group meetings on request.
Mr. Sivells	World Geography	Monday	11:00-12:00 AM	michael.sivells@apsva.us	If you have any questions or concerns, please email or message me through Canvas.
Ms. Smith	Equity & Excellence Coordinator	Thursday	10:00- 2:00pm Tues.- Thurs	stephanie.smith@apsva.us	I am always available via email; however, if you would like a conference call please utilize the office hours given. Canvas page update coming soon.
Ms. Snell	Science 8	Monday	11:00AM- 12:00PM	belinda.snell@apsva.us	Please feel free to reach out through email or Canvas if you have any questions or concerns.
Mr. Somerville	Math	Friday	10:00-10:30 Math 7 10:30-11:00 PA 7/8 11:00-11:30 Period 7 Support	nigeLsomerville@apsva.us	If you have questions or concerns, please reach out to me via Canvas or email. I will also have a Virtual Conference via Canvas Tuesdays from 10-11
Mr. Stavrev	Social Studies 6	Monday	12pm-1:00pm	tommy.stavrev@apsva.us	
Mr. Stith	Health & PE	Tuesday	10:00am-11:00am	shyrone.stith@apsva.us	
Ms. Tangchittsumran	Band	Tuesday	11:00am-11:30am - Symphonic Band 11:30am-12:00pm - Concert Bands	c.tangchittsumran@apsva.us	Please feel free to reach out through email or Canvas if you have any questions or concerns.
Ms. Vernier	Science 7	Monday	1:00 - 2:00pm	jennifer.vernier@apsva.us	
Ms. Von Elmendorf	Science 8	Monday	1:00-2:00pm	rachael.bernstein@apsva.us	
Ms. Walker	D/HOH	Friday	1:00PM - 2:00PM	rachel.walker2@apsva.us	
Ms. Waring	D/HOH	Wednesday	1:00-2:00 pm	grace.waring@apsva.us	In addition to Wednesday 1-2pm, I'm available via Canvas any day for help during normal school hours
Ms. Wall	Librarian			kirsten.wall@apsva.us	If you have questions at any time, please send me a message through the Canvas Inbox or email.
Ms. Washington	ELL	Friday	9:00am-10:00am	stephanie.washington@apsva.us	If you have any questions, please send me a message via Canvas or email.
Mr. Wintersteen	Chinese	Thursday	11:00-12:00 Noon (tentative)	jeremy.wintersteen@apsva.us	If you have any questions, please send me a message through Canvas or email.
Ms. Williams	Math	Friday	9:00am-9:30am - Pds 1-2 9:30am-10:00pm - Pds 6-8	nicci.williams@apsva.us	Google Voice (571) 408-9188. I will also be available Wednesdays: 12:00pm-12:30pm - Pds 1-2 12:30pm-1:00pm - Pds 6-8
Ms. Workman	Science 6	Monday	2:00-3:00pm	alexandra.workman@apsva.us	I will be available Mondays 2-3pm to interface with students via Canvas Conferences. Please send me a message through Canvas or call (571) 969-5522 (Google Voice) with specific questions!