

BEAR TRACKS

April-05 NEWSLETTER

Bartlett High School

25-500 North Muldoon Road • Anchorage, AK 99506

Phone (907) 742-1800 Fax (907) 742-1825

Web site <http://www.asdk12.org/Schools/Bartlett/pages/>

Dear Parent/Guardian:

Spring has sprung! We're pleased to welcome the students back from Spring Break, and are ready for the final push toward the end of the school year. June 9 will be here before we know it, but there remains much work to be done between now and then. Please help us to help your child by keeping them focused on school through the end of the year.

A major focus this month is standardized testing. **On April 5,6,7, (Tuesday, Wednesday, Thursday) we will test students on the High School Graduation Qualifying exam (grades 10-12) and the Standards Based Assessments (Grade 9).** These are important tests for many reasons, and we need your support to ensure that students arrive rested and ready to test. One criteria for Bartlett's NCLB Adequate Yearly Progress includes 95% attendance for these tests. It is critical that students who are scheduled to test attend school on each of these three days.

- All 9th grade students will be tested on the Standards Based Assessment.
- All 10th grade students will take the three sections of the HSGQE
- Any 11th or 12th grade students who have not passed one or more sections of the HSGQE will retake those sections.

Students must pass all three sections (Reading, Writing, Mathematics) of the HSGQE to earn a diploma. Starting in the junior year, students have the opportunity twice per year to retake any portion(s) of

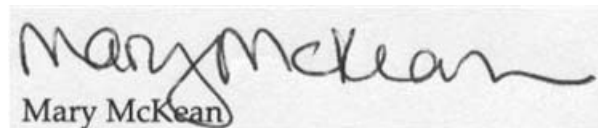
the test that they didn't pass. During this spring's test administration, any junior or senior who has passed the section (Reading, Writing or Mathematics) given each day will have a delayed start. Juniors and seniors who have passed the section being tested should plan to arrive at school in time for classes to begin at 11:10am. If you have questions about whether or not your son/daughter needs to take any section of the HSGQE, please contact the counseling office. For

juniors and seniors who are not testing, transportation will make a second run 3 hours later than the normally scheduled times (for example, 6:55am pickup - this route will run again at 9:55am for those juniors/seniors not testing).

Parent/teacher conferences are scheduled for Wednesday, April 13. This is the opportunity for you to pick up your child's report card and visit with his/her teachers. There are two sessions, and you are welcome to choose whichever one fits your schedule; the morning session is 11:00am-2:30pm and the afternoon session is 4:00pm-7:00pm. Students will be released from school at 10:15 Wednesday morning. Please also be aware that Friday, April 15 is an in-service day, so there is no school for students.

Bartlett's Advisory Committee meets on the first Wednesday of each month, and our April meeting is scheduled for April 6 at 7:00pm. We had record attendance at the March meeting, and we hope that this is the start of a new trend. Please join us!

Sincerely,



Mary McKean

Principal

Activities

Mike Doody, A.P.

Please be aware that Alaska School Athletic Association made significant changes to their policies.:

The summer transfer program was modified.

The provision allowing 5th year seniors to play sports was revoked.

Grade eligibility requirements were changed and will be effective next January. The previous requirement was a student had to have a passing grade in four classes the previous semester; students now must have a 2.0 in five classes the previous semester.

Boys' and girls' basketball are concluding their regular season games and preparing for the Region IV tournament on March 17-19 at West High School. If they are successful they will qualify for the State tournament on March 31- April 2 at West High School. Good luck to them at both tournaments. Bowling has concluded, with our girls team winning the league championship. The team members are; Caitlyn Hatcher, Kristen Eggleton, Megan Johnson, Ashley Seliger, Corrine Kelley, Hilary Rodriguez, Amy Seliger, and Maria Davidson . Kristen Eggleton, Ashley Selinger, Caitlyn Hatcher, and Corrine Kelley were selected to the All Sstar Team . In addition to winning the title, the girls also won the School Spirit Team Award. Congratulations to the team for their accomplishments.!

Missy Carey, our Competitive Cheerleading coach, was named the Northwest District dance teacher of the year by the Northwest

Association of Physical Education, Health Recreation and Dance. Congratulations to Mrs. Carey for this well deserved recognition!

Spring Sports began March 14; track & field, baseball, and softball. We look forward to following the progress of these teams throughout their seasons.

The Jr/Sr prom is scheduled for April 23 at the Museum. If your student is planning on bring a guest remember they must get a guest pass from the activities office, complete it and return it to the activity office by the deadline, April 12.

There is always a sports activity calendar in these editions. Please consult it, come out and support our student / athletes as they work to represent both Bartlett High School and the Anchorage School District in their respective activities. There is also an "End of Season" evaluation form. This is provided to give students and parents another method for input regarding your perspective of how our programs and coaches are doing. I encourage you to use this opportunity to provide us with input. You can either drop them off or mail them in.

In this newsletter you will also notice a page of "Senior Survival" dates. We are attempting to notify all the seniors of these dates to avoid as many last minute issues as possible. If you have a senior student please review these dates so you can plan with them. If you have any questions feel free to contact me at 742-1816.



Student Services

Tina Johnson-Harris,A.P.

After Spring Break we will have two months left in the year. We are encouraging students to hang in there. We are aware students are anxious for the year to be over. It can be difficult to stay focused on academics when the days are becoming longer and the snow is melting. Please help us motivate students by encouraging them also.

With seniors anxious to graduate and all others wishing for summer, here are a few end of the year topics to discuss with your child.

Harassment and/or discrimination of employees and students will not be tolerated in the Anchorage School District. The Anchorage School District affirms the right of all students and employees to pursue their education or occupation with dignity in a safe environment. Please take time to read the school's handbook on harassment. (pages II-5, III-3, III-9) If your student is experiencing harassment, we encourage him or her to file a report with security, a counselor, teacher, or an administrator.

Vandalism/Pranks are not limited to, removing, misusing, destroying, defacing, or mutilating objects or materials belonging to the school, school personnel, or other persons. Pranks may also be defined as anything which creates a substantive disruption. Seniors participating in acts of vandalism/pranks may be denied participation in graduation ceremonies.

A violation of the drug/alcohol policy will constitute a prior offense which will carry over from year to year and will subject the student to greater discipline for a later violation. A second offense will result in a recommendation to the School Board for expulsion from school.

Graduation

SENIORS Graduation is approaching. Be mindful to maintain appropriate behavior. *ASD policy regarding vandalism and pranks states: Vandalism may include, but are not limited to, removing, misusing, destroying, defacing, or mutilating objects or materials belonging to the school, school personnel, or other persons. Pranks may also be defined as anything which creates a substantive disruption. Seniors participating in acts of vandalism/pranks may be denied participation in graduation ceremonies. Seniors, please make good choices.*



PROM

The attire for prom is semiformal. Many female students are anxiously awaiting the prom and searching the stores for the perfect outfit. Please keep in mind when selecting your dress that it must be appropriate. The front of the dress must not be cut more than 3 inches below the armpit. The back of the dress must not go below the mid-back. Micro mini dress are not appropriate. Transparent dresses or excessively high slits are also inappropriate. If you have questions or concerns, please contact Mrs. Johnson-Harris in Student Services.



In Order to Participate in ASD extracurricular sports:

1. A physician's clearance to play must be on file at the school. This clearance is good for one year but must not expire during the season of the sport in which the student is participating.
2. A parent's consent for emergency treatment must be signed and on file.
3. The parent/legal guardian must sign and file a release of the district and assumption of the financial responsibility in the event of injury.
4. All of the above records as well as grade eligibility must be in order and forms must be on file in the Activity Office before the student is eligible to participate in any athletic program.
5. To be eligible to participate in interscholastic activities a student must:
 - a. They are enrolled in the Anchorage School District for four (4) or more courses during the grading period the activities are offered.
 - b. After the completion of the first quarter of the ninth grade, a student must earn a grade point average of at least 2.0 for all courses taken during the immediately preceding grading period.
 - c. Students pay an activity fee per ASAA sport or apply for a fee waiver based on financial hardship through the school activity office.
 - d. In order to practice or play in a game, a student must be in attendance half of the day or have principal's permission.

Young Women of Achievement

This year's Young Women of Achievement Luncheon and Awards Ceremony will be held on Wednesday, April 27, 2005 at the Egan Center 12 noon - 1pm. We are currently seeking 11th grade girls of all ethnicities who possess any of these qualities: athletic, positive personal and academic accomplishments, community service, stewardship, positive role models, or creative abilities. If you know any young women who have any of these qualities, please talk with a High School counselor, visit the YWCA website, www.ywcaak.org <<http://www.ywcaak.org/>> , or call the YWCA at 644-9630 to obtain nomination information.

Dawnyale Bolds
Program Coordinator, Youth Programs
YWCA
324 East 5th Ave.
Anchorage, AK 99501
Direct line: 907-644-9630
Fax: 907- 644-9650

Model United Nations

On February 25th-26th, Bartlett sent five teams comprised of 17 students to UAA for the annual Model United Nations conference. Over two days, the students represented five different nation-states and discussed the issue of Indigenous People and Cultural Survival. They debated resolutions and experienced parliamentary procedure plus the challenges of diplomacy. Each student represented BHS well and showed a level of maturity that was impressive. Many are eager to return next year to discuss the topic of Arms Proliferation.

HSGQE Spring 2005

1. The Alaska H.S.G.Q.E. is a proficiency-based criterion-referenced test developed specifically for Alaska. Test administration will occur April 5 through April 7, 2005. Schools will administer the reading on April 5, the writing on April 6, and the mathematics on April 7. All sophomores will participate in the testing. Juniors and seniors who need to retake one or more sections of the HSGQE will also participate in the testing.
2. 4 AAC 06.755 requires that all sophomores take the spring administration of the H.S.G.Q.E. Each student who is a junior or senior, who has failed to pass the entire examination, shall be retested at least once each year on those portions of the examination that the student has not passed. Any student who passes any portion of the examination may not retake that portion of the examination.
3. The H.S.G.Q.E. is part of the Alaska Comprehensive System of Student Assessment (CSSA) mandated by the legislature under the Quality Schools Initiative. The tests were developed by Alaskans with the assistance of CTB/McGraw Hill under contract. During this administration, our students will be responding to some embedded field test items for the state's new test contractor, Data Recognition Corporation (DRC). These field tested items will be used by DRC in their development of different forms of the H.S.G.Q.E. The test measures attainment of Alaska Standards adopted by school districts across Alaska.
4. When the legislature passed Senate Bill 133, they made it very clear the H.S.G.Q.E. was to measure "minimum competencies of essential skills." In order for students to receive a diploma, they must meet our district's graduation requirements and demonstrate proficiency on all three subtests of the H.S.G.Q.E. or be eligible for and granted a waiver.
5. The H.S.G.Q.E. is not timed but is expected to take approximately three hours each day to complete. Students who are making progress but have not completed the session within the estimated time will be given as much time as they need to finish within the same testing day. The H.S.G.Q.E. will be proctored by certified teachers with at least one proctor for every 30 students.
6. There are no make-ups for the HSGQE.
7. Parents are asked to help by having their students rested and ready for testing on the testing days. Eating a nutritious breakfast is important. Please have your student to school on time and avoid scheduling appointments on April 5, 6, and 7.
8. Student results for seniors will be reported to our district on April 27, 2005. The hard copies reports will be printed and delivered to the schools on April 28, 2005. The results for Grades 10 and 11 will be reported to our district on May 13, 2005. The hard copies will be printed and delivered to the schools on 17, 2005. The mailing of the report to the parents/guardians will be completed by the end of the school year.
9. H.S.G.Q.E. and Standards-Based Assessment (SBA) testing will be the focus

of the entire District during the testing periods. In addition to measuring individual student performance, the results of the SBA for grade 9 and the H.S.G.Q.E. for grade 10 are used to determine whether our school meets the "adequate yearly progress" in the federal legislation, No Child Left Behind. Under the provision of the No Child Left Behind Act, we must test at least 95% of our students enrolled in order to meet the participation requirement of the legislation.

Standards-Based Assessments (Gr. 4-9) Spring 2005

1. The Alaska Standards-Based Assessments (SBA) are proficiency-based criterion-referenced tests developed specifically for Alaska. Test administration will occur April 5 through April 7, 2005 with makeup testing occurring April 8 through April 11, 2005.
2. The SBAs are administered in grades 3 through 9. They replace the benchmark testing that we had at grades 3, 6, and 8 in previous years. Testing will occur on the following schedule at all grades and schools:
 - Reading-April 5
 - Writing-April 6
 - Mathematics-April 7
 - Makeup testing through April 13
3. The SBAs are designed to estimate the degree to which the students have mastered the Academic Performance Standards for reading, writing, and mathematics outlined in the Grade Level Expectations. These assessments are the foundation of the Alaska school accountability system.
4. The Standards-Based Assessments are part of the Alaska Comprehensive System of Student Assessment (CSSA) mandated by the legislature under the Quality Schools Initiative. The SBAs were developed by Alaskans with the assistance of Data Recognition Corporation under contract. The entire state participated in the field testing of test items for the SBAs in October, 2004.
5. The Alaska SBAs are not timed tests. Student who are making progress but have not completed the session within the estimated time will be given as much time as they need to finish within the same testing day. Students who do not finish an exam on the testing day may not use the makeup session to finish the exam.
6. The information from the SBAs helps us determine how individual children are progressing as well as how our school is doing in the area of reading, writing, and math. The information will also help our school staff identify areas in which our students are learning successfully as well as those areas we want to address in training and staff development. SBAs require the students to read, write, calculate mathematically and explain in writing how they figure out solutions to mathematical problems.
7. Parents are asked to help by having their students rested and ready for testing on the testing days. Eating a nutritious breakfast is important. Please have your student to school on time and avoid scheduling appointments on April 5, 6, and 7.
8. SBA and the High School Graduation Qualifying Examination will be the focus for the entire District during the testing period. In addition to measuring individual student performance, the results are used to determine whether our school meets the "adequate yearly progress" in the federal legislation, No Child Left Behind. Under the provisions of the No Child Left Behind Act, we must test at least 95% of the students enrolled in order to meet the participation requirement of the legislation.
9. The individual student results for this spring's administration of the SBAs will not be available until late July or early August. The SBAs are not pass/fail. Instead, students can demonstrate four different levels of performance in each subject area test: advanced, proficient, below proficient, and far below proficient. With the new test, the state has to go through a standards-validation process to determine the minimum score the student has to meet in order to demonstrate proficiency at the four levels on each subject test. This will occur in late May when the raw scores from the spring test are available. Once the committee of 72 educators from across the state has set the proposed cut scores for the new assessment, it will go to the Alaska State Board of Education in June for review and adoption in July. The state will be able to send the results for our district's students after the adoption by the State Board. In future years, the results should be available in late May.

Please join Anchorage's Promise for National Youth Service Day 2005, April 15-17.

Last year over 5,700 youth and adults teamed up to make Alaska's NYSD 8th in the Nation for overall youth participation. Thank you to all ASD staff and students who participated in NYSD 2004. Now is the time to start planning NYSD 2005. If you are already planning a spring community service project, feel free to register your project as part of NYSD. Any service completed mid-March to mid-May is eligible as a National Youth Service Day project. A project registration form and NYSD 2005 information is attached.

Please visit www.ysa.org to find out more about NYSD. This site is full of valuable information including project ideas, planning guides, and other service-learning tools.

**VOLUNTEER AT M.D.A.
2005 SUMMER CAMP**

Are you looking for a rewarding summer experience? Then you might consider Muscular Dystrophy Association summer camp. Volunteer counselors are needed to help young people with neuromuscular diseases enjoy the sun and fun at our summer camp **Aug. 6-12th** at **Birchwood Camp** in **Chugiak, AK.**

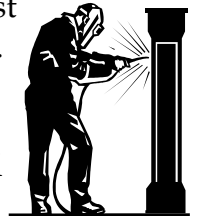


You must be at least 16 years old and able to lift a young person between the ages of 6 and 21. Each counselor becomes a companion to a camper with a form of MD. Counselors help their campers with daily activities. For an application, call Ramona Jobe at **276-2131**.

**Contacts: Ramona Jobe
Camp Director
907-276-2131
alaskaservices@mdausa.org**

Welding Competition

Corey Roche an 11th grader won first place in a statewide competition. He received a \$200. a \$3,000 scholarship, and a chance to compete in the national competition in Kansas City this summer.



City Wide Clean-up

The city dump is open for free dumping on April 30 from 8-5, May 1 from 12-5 and May 7 from 8-5. Reminder that the load restrictions are 1 car or pickup load not to exceed 1 thousand pounds and that is must be covered.

For more information call 343-6262. Please help us clean up our BEAUTIFUL CITY!!!!!!!

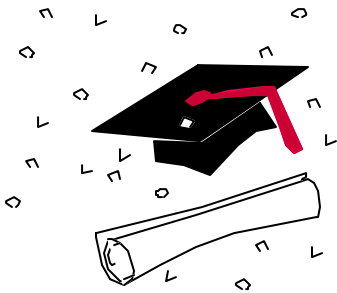


Bartlett High School
Senior Survival Calendar
As of 03/02/05

<u>Dates</u>	<u>Events</u>	<u>Place</u>
March 20-25	SPRING BREAK	No School
March 28-31	Cap/Gown/Announcements Distribution	Gym
April 1	End of 3 rd quarter-in service	No School
April 5-7	HSGQE	
April 13	Parent / Teacher conferences (11-2:30 & 4-7pm) (Students dismissed @ 10:15)	Bartlett
April 15	In service day	No School
April 22	Prom Assembly	Gym
April 23	Prom (8-12pm)	Museum
April 26	Department awards assembly	Bartlett
May 2-12	AP testing	Bartlett
May 4	Honor graduate reception (6:30 pm)	KCC
May 5	GSS DEADLINE	
May 5	CORRESPONDENCE DEADLINE	
May 12	Senior Fun Day Permission Slip Deadline	Activity
May 13	Yearbook distribution	Yellow/green
May 13	Senior feast (6:30 pm)	Yellow
May 17	Senior fun day	Kincaid Park
May 23	Senior locker clean out	
May 24	Senior finals (1-4)	
May 25	Senior finals (2-5-6)	
May 26	Senior finals (3)	
May 26	Graduation Rehearsal (9am)	Gym
May 26	Senior breakfast	TBA
May 26	Senior last day	
May 30	MEMORIAL DAY	No School
May 31	Senior reception (7 pm)	Alaska Native Heritage Center
June 2	GRADUATION (2pm)	Sullivan Arena

Remember: No paint, lettering, or decorations on cap or gown
BEST WISHES TO CLASS OF 2005

(Note Senior Finals Change)



Bartlett Advisory Committee (BAC)

Wednesday, March 2, 2005

Co-chair Brenda Levesque called the meeting to order at 7:05 p.m. in the Bartlett Library.

Administrative Updates

Mary McKean, Principal - The Bartlett school psychologist, Mary DuHoux, was selected as the school psychologist of the year. - Annual PTA conference is coming up. Anyone can attend, even if not a member of a PTA. Father Oleksa will be one of the speakers.

Tina Johnson-Harris, Assistant Principal, Student Services - Her staff is focusing on Assets and connecting with students. They are emphasizing the importance of sticking with school, making appropriate choices (especially for seniors so they don't jeopardize graduation), and setting guidelines for appropriate attire for prom.

Bill Franklin, Assistant Principal Staff Services - He explained he is responsible for three things: the school building, intake of new students, and student attendance. The Main Office will move in August due to construction. The intake of new students has slowed down; Bartlett now has around 1,900 students. Parents should let him know if the automated attendance machine is calling in error.

Rick Stone, Assistant Principal Activities - They are doing course credit checks—the next two months is critical. His staff is calling each student down by grade level to check credits, look at course catalog to discuss class offerings for next year. They will use this information to build next year's schedule. Last week they checked juniors, this week they are checking sophomores, and next week they will check freshman.

Three counselors have moved to Purple Hall because of construction.

April 5, 6, and 7 is the High School Qualifying Exam. Students who have already passed get to sleep in. All 9th and 10th graders have to test. They are still testing for Adequate Yearly Progress under the No Child Left Behind Act and must have at least 95 percent participation.

April 13 is Parent/Teacher conferences.

Week of April 18-22 they will be visiting Bartlett feeder Middle Schools (Wendler and Clark).

Honor Roll Assembly

Out of 300 plus students in each class, at least 100 in each class made the Honor Roll.

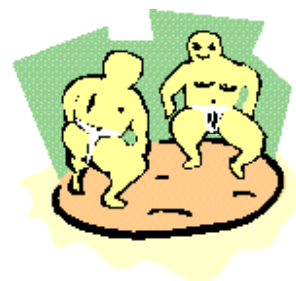
Mike Doody, Assistant Principal Activities - The Alaska School Athletic Association made significant changes to their policies.

The summer transfer program was modified.

The provision allowing 5th year a senior to play sports was revoked.

Grade eligibility requirements were changed and will be effective next January. The previous requirement was a student had to have a passing grade in four classes the previous semester; students now must have a 2.0 in five classes the previous semester.

Wrestling season is now completed—Bartlett had four students qualify for State. Two won their respective weight classes and a third came in second. The team also won the GPA award with a team GPA of 3.33.



The rifle team won the Region IV GPA award with a team GPA of 3.75

The girl's hockey team (Bartlett and South Anchorage) won Region IV.

The Region IV basketball tournament is March 17-19.

March 14, track and field, soccer, softball and baseball seasons all start.

Prom is April 23 at the Museum from 8 p.m. to midnight. April 13 is the deadline to get guest passes.



Brian Griggs, Fort Richardson Liaison - Bartlett was well represented at the ASSETS fair. A Bartlett student was one of the presenters.

Old Business

BHS ENTRANCE: BAC co-chair Brenda Levesque received an e-mail from State Senator Gretchen Guess regarding funding for projects in fiscal year 2006. Senator Guess received a noticed from Senator Murkowski's office asking for projects deserving federal funding. She recommended Bartlett's entrance and lighting. She suggested that the BAC write a letter to Sen. Murkowski also making this request. Co-chairs Brenda Levesque and Diane Walters will write the letter on behalf of the BAC. Senator Guess also said the state/city are figuring out who will manage the construction project for the new entrance.

We need your voice to encourage funding and support for road, lighting and sidewalk additions/improvements for Bartlett's entrance. Please contact Governor Murkowski at:

**Email Governor Frank H. Murkowski
mail or call: Office of the Governor, Box
110001, Juneau, AK 99811
907-465-3500 465-3532 fax**

Principal Mary McKean summarized the plan for the intersection at Bartlett and Muldoon. The proposal is to add designated turning lanes at both Bartlett entrances. They will try to get the project done this summer. The \$500,000 did not include lighting on Muldoon or a signal light. Parent Col. Snodgrass said he wrote the mayor a couple of weeks ago about the project, and he recommended the BAC send a copy of their letter to the mayor so the city is not doing one thing and the state another. Brenda said the letter from the BAC would emphasize the need for lighting, as a number of Bartlett students walk to school. Col. Snodgrass said at least one person from Elmendorf a week has had an accident at the Bartlett-Muldoon intersection. Mary McKean said traffic changes on the Bartlett campus itself will come in a later phase of construction, but they aren't a part of the \$500,000.

New Business

Mary McKean said the staff is looking at a new bell schedule. Right now they are on a rotating block schedule, with four 80-minute classes per day. The reason for looking at a new schedule is in-service days disrupt the rotation (some class sessions are missed) and the content of some classes is not suited for the longer class period. West and South Anchorage have a modified block schedule in that all six classes meet Mondays and Fridays, and the classes rotate Tuesdays through Thursdays. No decision has been reached about changing the schedule and there doesn't appear to be strong support for changing the current schedule.

Mary McKean also announced the plan for the student advisory program scheduled to start in the fall of the 2005-06 school year.

The program will be for all students in grades 9-12. Each staff member will be assigned 18-20 students, who will meet once every three weeks for 30 minutes. Potentially, the students will be assigned to this teacher for all four years. The time will be used to disseminate information, talk about activities that are going on, and discuss issues. Everyone will meet at the same time, but the meetings will alternate between morning and afternoons so students going to the King Career Center can attend. The advisory program will involve all certified staff members.

Co-chair Diane Walters briefly discussed an e-mail message she and Brenda received from the organization Alaska Kids Count. The group is encouraging all parents to contact their legislators to encourage them to raise the amount of the Base Student Allocation. The legislature will be voting on education funding soon. Contact info follows this meeting summary.

Co-chair Brenda Levesque mentioned she received a request to contact the East Rotary regarding their annual Scholarship raffle. Tickets are \$50, with the idea of raising \$15,000 to \$20,000 to give towards scholarships. The raffle was March 1st, so Bartlett parents could look into participating next year.

Parents had several questions regarding the "Saturday Blitz" for students needing help with the High School Graduation Qualifying Exam, whether Alaska Studies was now a required class, why the Bartlett phones weren't being answered, and about snow removal at the front entrance. Rick Stone said the Saturday Blitz would be April 2 and that they would have certified math and English teachers there to help students. On the day of the test, he said they would have pallets of food available so students aren't hungry. He said they need parent volunteers to help with the pallets and

that they would also take donations to help pay for the food. Rick said the Alaska Studies class was now a requirement and that it would be offered both 1st and 2nd semesters as well as during summer school for those students who didn't want to give up an elective during the school year. Mary McKean said she was working on getting the staff to do a better job of answering the phones and that she will talk with Bartlett's BPO about seeing that snow is removed from the front entrance and the area is sanded.

Meeting was adjourned at 8:30 p.m.

Next meeting is scheduled for Wednesday, April 6, 2005.

ALAKSA KIDS COUNT

<i>Alaska</i>	<i>Kids</i>	<i>Count</i>
2005	Legislative	Goals
* <i>Increase</i>	<i>Foundation</i>	<i>funding:</i>
* <i>Decrease Class Size, to increase student-teacher contact time and</i>		
* <i>Improve</i>	<i>instructional</i>	<i>quality</i>
* <i>Encourage parents participation in the legislative process and involvement in decisions impacting the quality of education in Alaska's public schools.</i>		
* <i>Provide adequate funding for safe & efficient transportation of students to and from school.</i>		

How can you become involved?
* *Contact your Legislators.* To find out whom your Legislators are, and how to contact them, go to the legislative web site, www.legis.state.ak.us, or call a Legislative Information Office (LIO), located in many of Alaska's cities. Juneau's LIO number is 907-465-4648.
* *Become a participant in the Alaska Kids Count! network.* Email us at

williwaw@earthlink.net or visit our web site at www.AlaskaKidsCount.org. We will provide you with information and ideas on how to effectively voice your opinion.

The Bartlett High Competition Cheerleaders went to Regions in March Individual Awards!
1st Place: Koko Banks
2nd place: Julie Charron
3rd place: Bree Kenney



Five-man Partner Stunt Competition:

1st place to Bartlett High!
Koko Banks, Ashley Holder, Emily Cruz, Abby Marlow, Sonja Garness

Individual Team Awards: The Team won four out of the five!

- Best Stunts
- Best Cheer
- Best Dance
- Best Tumbling

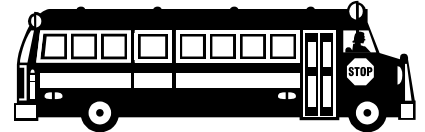
Team Overall: Bartlett's: team earned

- 2nd place
- Koko Banks
- Teagan Gamage
- Sonja Garness
- Tiffany Buzzel
- Brittany Widger
- Ashley Holder
- Abby Marlow
- Cortney Washington
- Emily Cruz
- Julie Charron
- Bree Kenney
- Mary Southard
- Audry Gallagher

These girls won nine out of the eleven awards given out that night. If you see them, please congratulate them on the great

job of representing Bartlett High. It was a great night for Bartlett Cheerleading. Nationals here we come!

KCC buses will **not run in the morning** on testing days.
(April 5-7)



KCC buses **will run in the afternoon** on testing days. (A few afternoon KCC students will not attend afternoon classes because they will still be engaged in the HSGQE but buses will run for those student who have passed and/or have finished the test)

Remember to renew or return your library books/materials.



Counseling Corner



Counselors for the 2004-2005 School Year

A - Di	Donna Edmondson	edmondson_donna@asdk12.org
Do - Ho	Sharon Brewer	brewer_sharon@asdk12.org
Hu - Mi	Ray Johnson	johnson_ray@asdk12.org
Mo - Si	Vernon T. Lindo Jr.	lindo_vernon@asdk12.org
Sm - Z	Susan Miller	miller_susan@asdk12
ESL Students	Leroy Manumaleuna	manumaleuna_leroy@asdk12.org
Special Ed Chair	Loni Jirik	jirik_loni@asdk12.org
Career Resource	Elsie Graham	graham_elsie@asdk12.org
Registrar	Denise Buchanan	Buchanan_denise@asdk12.org

You may contact the counselors via email or the counseling office phone, 742-1850.

Senior Countdown

The month of April begins a final countdown for seniors. Seniors begin a metamorphosis this spring that may include forgetfulness, shorter tempers, and a greater resistance to decision making. To help your senior through this trying time, a calendar is provided in this copy of the of the "Bear Tracks." Pay close attention to the final exam schedule and keep reminding your senior of the milestones to graduation.

Final Senior Transcripts

If your senior is planning on attending an institution of higher learning this fall, a

final transcript should be mailed to the College or University of his choice. Final senior transcripts can be order on line at the ASD Website.

Scholarships

Mr. Graham, Career Resource Advisor, maintains a listing of available scholarships called the "Bartlett Review." Many of these scholarships are still available. Seniors and juniors should see Mr. Graham to obtain their copy of the "Bartlett Review."

Honor Graduates' Reception

Our 2005 Honor Graduates' Reception will be held at the King Career Center on Wednesday evening, May 4, 2005. Families of seniors with a cumulative GPA of 3.5 or higher will receive an invitation to this special evening of celebration and recognition. Hors d'oeuvres will be served from 6-7 pm, and family portraits will also be taken during this time. Ms. Edmondson needs your assistance in obtaining a baby picture and graduation picture of your senior ASAP.

Senior Awards Night

Bartlett High School will host its annual Senior Awards Night on Thursday, May 12, 2005 at 6:30 pm in Main Place. This event recognizes those members of the senior class who have received national, state, local or Bartlett HS awards for exemplary achievement. The families are invited join us to honor the accomplishments of our award recipients from the class of 2005.

DEADLINES

Student who are working on Correspondence programs, Credit by Choice options or work-study and GSS after school programs, must complete the requirements of the course(s) by May 5, 2005. Difficulties in completing any of the programs should be discussed with the counselor prior to the deadline.

TESTING

**High School
Graduation
Qualification Exam.**



The High School Graduation Qualification Exam (HSGQE) will be April 5-7, 2005.

Bartlett Blitz

On April 2nd, there will be a free HSGQE workshop given at Bartlett High School from 8:30-noon. Lunch is also provided. This workshop gives students extra preparation for this high stakes exam. Students may sign up in the counseling office until March 31st. If you have any questions, call Donna Edmondson at 742-1844.

The SAT will be given at West High School on the following dates:

May 7th 2005, June 4th 2005. Students may register on-line for the SAT. Registration Packets also may be obtained in the CRC. Additional information about the SAT is available on-line at www.collegeboard.com. The fee for the exam is \$29.50. Parents, remind your students to bring their admission ticket, picture I.D., #2 pencils and a calculator to the test.

The ACT will be given at Hanshew Middle School on the following dates this year:

June 11th 2005. Students may register on-line or in the CRC for the ACT. Registration pamphlets may also be obtained in the CRC. Information is also available on-line at www.act.org. The fee for the exam \$28.00. Parents, remind your students to bring their admission ticket, Picture ID, two #2 pencils and a calculator to the test.



Anchorage NYSD 2004 Final Report Highlights - April 16 - 18, 2004

Overview:

National Youth Service Day is a public awareness and education campaign that highlights the amazing contributions that young people make to their communities 365 days a year. Anchorage's Promise served as Lead Agency in 2004 and hosted KidsDay as the NYSD 2004 kick-off event.

Anchorage Participants:

- Adult Learning Programs of Alaska
- Alaska Association of Student Governments
- Alaska Native Tribal Health Consortium
- Alaska Spirit of Community
- Alaska Youth for Environmental Action
- Amazing Grace Lutheran's High School Youth Group
- Amazing Grace Lutheran's Trinity and Confirmation Classes
- Anchorage Municipal Libraries - Muldoon Branch
- Anchorage Municipal Libraries' Summer Reading Program
- Anchorage Youth Community Builders
- Anchorage's Promise
- Big Brothers Big Sisters
- Big Brothers Big Sisters Pick-Up Service
- Boys and Girls Club of South Central Alaska
- Covenant House Alaska
- Dimond High School Student Government
- East High School Beta Club
- Eielson AFB Youth Services
- Gateway School
- Goldenview Middle School's Neon Team,
- Goldenview Middle School's NJHS
- Job Corps
- MADD
- Mt. Spurr Student Council
- Nine Star
- Prudential Youth Leadership Institute
- Shungnak WRAT Pack
- State Farm
- Tudor 21st Century Community Learning Center

Reported Outcomes:

- Approximately **2000** participants in on-site service projects at KidsDay
- Nearly **600** youth donated their talent as performers during KidsDay
- **1,600** youth participated in a clothing drive for Big Brothers Big Sisters
- **25** boxes containing clothes, toys, and school supplies were shipped to Tecate, Mexico
- **90** young people learned about the dangers of Drunk Driving from peers
- **6** interviews with war veterans were completed and mailed to the Library of Congress
- **35** Easter baskets were created and given to children in need
- **1500** bags were stuffed in preparation for the Summer Reading Program
- **100** books were donated to the school book drive
- **60** bags of "Bath Fizz" were donated to two emergency shelters for women and children
- **15** center pieces were donated to the Mary Conrad Senior Center
- **120** Haiku greeting cards were donated to Providence Extended Care and AWAIC
- **40** Easter baskets were delivered to Lutheran Social Services

Summary:

- Over **5,700** Anchorage youth participated in **30** service project city wide to make Anchorage's National Youth Service Day number **8** in the Nation.
- Approximately **140** individuals participated in planning NYSD events, **80** were youth.
- Sen. Lisa Murkowski and Mayor Mark Begich issued NYSD proclamations.
- All Anchorage participants have made a commitment to continue their involvement in future National Youth Service Day events.
- Anchorage's Promise is committed to coordinating National Youth Service Day annually.

Alaska Health Fair is celebrating its 25th Anniversary!
Your Health, Start Here, Start Now



*Low-cost blood tests, free health information & free health screenings:
blood pressure, vision, glaucoma, oral cancer hearing and body mass
index.*

Spring Health Fair Dates:

March 8	7:30AM – 9:00AM	Northwood Elementary
March 15	6:00AM – 7:30AM	Dimond High School
March 19	9:00AM – 1:00PM	Northway Mall
April 1	8:00AM – 1:00PM	Providence Alaska Medical Center
April 2	8:00AM – 1:00PM	Providence Alaska Medical Center
April 9	8:00AM – 1:00PM	Gruening Middle School (Eagle River)
April 13	9:00AM – 1:00PM	Anchorage Senior Center
April 19	7:15AM – 8:30AM	Roming Middle School
April 23	9:00AM – 1:00PM	Mountain View Rec. Center
April 30	9:00AM – 1:00PM	Wasilla Sports Complex (Mat-Su Valley)
May 7	8:00AM – 12:00PM	Women’s Health Fair at the Captain Cook Hotel
May 11	6:30AM – 8:30PM	Chugiak High School (Chugiak)
May 14	8:00AM – 12:00PM	Dimond Center
May 21	9:00AM – 12:00PM	Sand Lake Community

- ❖ Do not eat or drink (except water), **PLEASE DRINK PLENTY OF WATER**, 12 hours prior.
- ❖ Prescription medications should be taken, and people with diabetes should not fast.
- ❖ The chemistry/hematology blood test checks for: total cholesterol, blood count, diabetes, anemia, kidney, liver function and more. (\$35)
- ❖ Thyroid screening (\$30) and prostate screening (\$25) blood tests are available.
- ❖ All blood tests are for adults 18 and older only.
- ❖ Please take the time to learn more about your own health. Call Alaska Health Fair for more details at 907-278-0234 or visit www.healthfair.ak.org.

Thank you to all of the volunteers, participants and sponsors that make Health Fairs happen!

Bartlett High School
2004-05 Activity Information
Activity Phone: 742-1864
S P O R T S

Participation Requirements:

- Current Health Form on file in the Activities Office (must be for the duration of the sport)
 - Current Participation Form on file in the Activities Office
 - Minimum GPA of a 2.0 the previous grading period (passing 4 classes)
 - \$125 Activity Fee (Family Cap and Fee Waivers available)
- PLEASE SEE ACTIVITIES FOR A PUNCH CARD IF NEEDED

<u>START</u>	<u>END</u>	<u>SPORT</u>	<u>HEAD COACH</u>
08-02	10-23	Football	John Jessen
08-02	10-23	Cheerleading-Football	Melissa Carey,B Nerland,S Waltman
08-02	10-02	Cross Country Running	Eric Lowman
08-09	10-16	Tennis	Brandon Edwards
08-09	11-06	Gymnastics	Tiffany Bandle
08-09	11-13	Volleyball	Amber Nakazawa
08-09	11-06	Swimming/Diving	Wade Jerdee
09-13	12-11	Riflery	Byron Colson
10-25	02-05	Wrestling	Brian Foss
10-25	02-05	Cheerleading-Wrestling	TBA
10-04	02-26	*Bowling	Will Branstiter/Charlotte Hasiak
10-18	02-12	Hockey - Boys	Brian Gornick
10-18	02-12	Hockey-Girls	Marty Bounds
10-18	02-12	Cheerleading-Hockey	Carol Larson
TBA	04-16	Drama,Debate and Forensic	Mary Ruebelmann/Christine Gwynn
11-01	02-26	Cross Country Skiing	Tom Grenier
11-29	03-19	Basketball-Boys	Ron Chalmers
11-29	03-19	Basketball-Girls	œKarine Wheeler
11-29	03-19	Cheerleading-Basketball	Sara Waltman
TBA	TBA	Competitive Cheerleading	Melissa Carey,B Nerland,SWaltman
03-14	05-21	Track & Field	John Schmitz
03-14	05-21	Soccer-Boys	John Oliver
03-14	05-21	Soccer-Girls	Alex Dirksen

OUT SOURCED SPORTS

*(Fees are collected by the coach/manager. The ASD Family Cap and Fee Waivers are not available)

03-14	05-21	*Softball (Anch. Sports Assoc)	Robert Smith
03-14	05-21	*Baseball (American Legion)	Chris Williams

CLUBS and ORGANIZATIONS

(Clubs usually meet during lunch. Students should listen to the daily bulletin for announcements regarding meeting times and location or check with the Activities Office)

French Club	Gay/Straight Alliance	German Club	Army JROTC
Key Club	Math Club	Media Literacy Club	Model United Nations
National Honor Society	Native Culture Club	Peer Helpers	Polynesian Club
Power House Prayer	RARE-T	Rifle Club	Spanish Club
Student Government	Steppers	Teen Mentors Alaska	Yearbook
Russian Club	Robotics Club	ACLU	

END OF ACTIVITY SURVEY

Parent _____ Player _____ (mark one) Date _____

SPORT/ACTIVITY _____ LEVEL (circle) C JV V N/A

COACH'S NAME _____

Please rate the coach in each area on a scale of 1-5, 1 being poor and 5 being excellent.

Circle the appropriate number of NA if not applicable or if you are not able to rate the coach in an area.

1)	Communication with parents	1	2	3	4	5	NA
2)	Communication with players	1	2	3	4	5	NA
3)	Organizational skills	1	2	3	4	5	NA
4)	Motivation of players/team	1	2	3	4	5	NA
5)	Discipline of team/players	1	2	3	4	5	NA
6)	Knowledge of the sport/activity	1	2	3	4	5	NA
7)	Prevention and care of injuries	1	2	3	4	5	NA
8)	Attitude/conduct during contests	1	2	3	4	5	NA
9)	Attitude/conduct during practice	1	2	3	4	5	NA
10)	Ability to teach skills	1	2	3	4	5	NA
11)	Overall rating of coach	1	2	3	4	5	NA

Please add any comments below or on a separate piece of paper:



ideas for parents

Practical Suggestions for Building Assets in Your Child

FAST FACTS

ASSET #31: Restraint

Youth are more likely to grow up healthy when they believe it is important not to be sexually active or to use alcohol or other drugs.

42%

of youth surveyed by Search Institute have this asset in their lives.*

What Are Assets?

Assets are 40 key building blocks to help kids succeed. "Restraint" is one of six positive values assets.

* Based on Search Institute surveys of almost 100,000 6th- to 12th-grade youth throughout the United States.

Restraint: A Key Asset

Sex, alcohol, and illicit drugs are topics many parents would prefer to avoid. But an important foundation for their healthy development is shaping our kids' perspectives on these issues. Not only do their values influence their behavior, but these same values can have a lot of influence on the many choices they make.

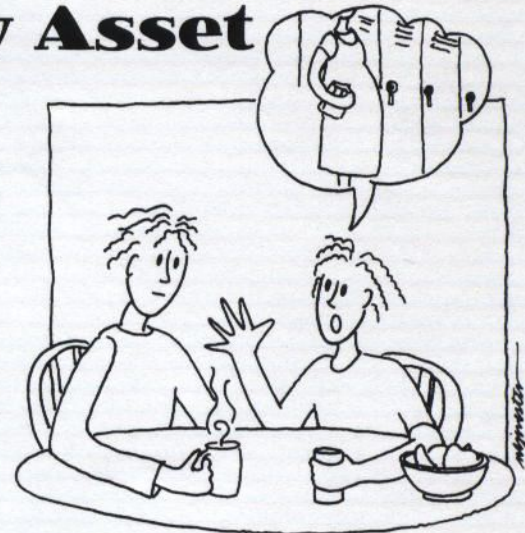
Search Institute research has found that valuing restraint is an important asset for reducing involvement in many different risky behaviors. In fact, researchers found that 9th to 12th graders who abstain from sexual intercourse while they are teenagers are less likely to:

- Frequently use alcohol.
- Use illicit drugs, like marijuana or cocaine.
- Chew tobacco or smoke cigarettes.
- Fight, get into trouble with the police, use a weapon, or steal.
- Feel depressed and consider suicide.
- Drive a car after drinking alcohol or ride with someone who was drinking.

How do you encourage young people to value abstaining from sex, alcohol, and other drugs as teenagers? By keeping them informed and being open to their questions. "Askable parents have a better chance of bringing up children who respect their values," say Sol and Judith Gordon, authors of *Raising a Child Conservatively in a Sexually Permissive World*.

Questions to Ask Yourself

- **How often have you discussed sex, alcohol, and other drugs with your child?**
- **How often does your child come to you for support and advice on these topics?**
- **Which topics has your child never asked you about?**
- **How are you communicating your values about sex, alcohol, and other drugs to your child?**



time together

Three ways to improve communication about sexuality and drug use with your child:

1. Together choose a book on sexuality, alcohol, or other drugs. Aim to have both you and your child read it separately and then discuss it together later.
2. Be clear about boundaries, your values, and your reasons. Most teenagers are relieved to hear their parents say, "We expect you not to have sexual intercourse or drink alcohol as a teenager." Then explain why.
3. Look for opportunities in the media (such as newspaper or magazine articles) to bring up sexuality, alcohol, or other drugs that don't directly involve your child or your child's friends. Discuss your reaction and ask for your child's opinion.

Talk and Do

With your teenager, take turns stating your opinions and values on one-night stands, drinking and driving, using marijuana, rape, alcohol available at parties, teen pregnancy, and so on.

Quick Tip:
Restraint requires courage—and support.

talk together

Questions to discuss with your child:

- How can we bring up subjects that make us feel uncomfortable?
- Who is easy for you to talk to about difficult or embarrassing subjects? Why?
- What does our family value in terms of sexual behavior? Drinking alcohol? Using other drugs?

FINAL WORD

“To be clear with children we must first be clear with ourselves, recognizing that we have abilities and limits, and acknowledging our true values.”

—Anne C. Bernstein, Ph.D., author of *Flight of the Stork*

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Why Kids Say No

Why do some young people abstain from sex?

Researchers at the Carolina Population Center at the University of North Carolina at Chapel Hill found that teenagers were more like to abstain from sex when they:

- Expected negative consequences from having sex.
- Worried about getting pregnant.
- Thought it would hurt their reputation.
- Thought sex wouldn't be healthy at their age.

These teenagers were far from social misfits. They were considered attractive, were socially successful, and dated quite often.



More Stuff You Can Use

Parenting for Prevention: How to Raise a Child to Say No to Alcohol/Drugs. This book by David Wilmes is available, free of charge, to anyone in the United States who writes for a copy. (Available from Miller Family Foundation, P.O. Box 831463, Stone Mountain, GA 30083.)

Flight of the Stork: What Children Think (and When) About Sex and Family Building. This book explains what kids understand about sex and reproduction at each age. (Available from Perspectives Press, P.O. Box 90318, Indianapolis, IN 46290-0318; 317-872-3055.)