



CHINOOK NEWS

VOLUME I, NUMBER 1
August 31, 2006

CHINOOK ELEMENTARY SCHOOL
Jon Fobes, PRINCIPAL

Forbes' Forum

Welcome Back to School

I want to welcome all of our new and returning students and families to Chinook! I hope you have had a chance to meet your students teacher if only briefly. We have had a busy start of the year but with all of our students now in class things are starting to run smoothly.

I am Jon Forbes and I am the new principal here at Chinook. If I haven't met you yet please stop me and introduce yourself as you see me around the school. I am always available for questions and I usually have coffee in my office.

Our Open House is scheduled for September 12th and I hope you get the chance to come in and talk to your student's teacher. The communication between home and school is one of the biggest factors in student success and I feel must take place. All of our teachers are accessible by email or phone call before and after school.

For those that have been Chinook parents before, there have been some changes already at school this year. We have some different parking lot procedures and we will be talking more about those in future letters. Please be patient with staff who are out and making sure our students at Chinook are safe.

As these first couple of weeks pass, please continue to keep your students on a schedule. Late and absent students disrupt their own learning as well as the rest of the students in the class. It takes time away from the office staff as well as the teacher who has to take time out to catch the tardy/absent student up.

At Chinook we stress three responsibilities for students: To Be Respectful, To Be A Peacemaker and To Follow Directions. We will be going over these with them continually throughout the year and you can help by asking them at home about what these mean as well.

Again, welcome to the beginning of a new school year. I am looking forward to working with the students and families here at Chinook. Feel free to contact the school with questions and concerns (or just come get a cup of coffee!)

Jon Forbes
Principal

Calendar of Upcoming Events

Tuesday, September 12th
Open House, 6:00-8:00pm

Wednesday, September 13th
PTA Meeting - 6:00 - Library

Saturday, September 16th
Southside X-Country Meet, 10:00am, Service HS

Thursday, September 28th
School Pictures

X-Country Running , 3:35-4:25
September 5th, 6th, 11th, 13th.

Thank You!!!

We would like to extend a gigantic Chinook "thank you" to the following staff and students for working in our school garden over the summer. Each person or family signed up for one or two weeks of watering and weeding. Their efforts resulted in all of us getting to enjoy beautiful flowers and delicious vegetables this fall season!

Zachary Harder, Mackenzie Olsen-Piscoya, Noa & Cha Otto, Marina Aldous, Sarah & Katie Hendrickson, Tommy Rademaker, Ms. Janigo, Ms. Vlahovich, Mr. Matoes, Mr. Nordhoff and Ms. Hilmes

Quyana!

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A big Chinook thank you to the Chinook PTA for donating funds used to purchase our new "Smart Board" for school use. Our "Smart Board" is an interactive white board that can be used to display and manipulate whatever instructional materials are displayed on the computer to which it is linked. This is an awesome opportunity for our students to learn technology and life-skills in a hands-on way. Thank you PTA for your generous gift!



**Notes From Nurses Amy & Joanie**



In an attempt to keep our students safe this year we are trying to prevent any adverse allergic reactions from occurring. If your child has an allergy to a food, animal, or other irritant, please contact us. We seem to have many students this year who have a severe nut allergy. To avoid allergic reactions, we are requesting that you do not send foods that will be served to the classroom that contain nuts (including peanut butter). It's better to be safe than sorry and avoid allergic reactions before they happen.

We would appreciate any donations of gently used clothing especially small sized sweatpants for our "loaner collection". We try to have clothing to loan to children who fall in puddles or become wet during the school day. If your child does borrow our clothing, please wash them and return them to the Nurse's office. Thankyou!

As always feel free to contact us with questions @ 742-6701.

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**Books Sent to Hooper Bay!**

The Open Optional school - Ms. Hilmes, Ms. Williams and Mrs. Vlahovich classes - were able to donate 10 boxes of books to the school that suffered the terrible fire in Hooper Bay, Alaska. Title Wave was able to give \$48 of credit from four of the boxes and Loussac Library will mail the other 6 boxes to the village. Credit earned at Title Wave will go to Hooper Bay teachers choosing their own books. Community Service is alive and well at Chinook!



**Cafeteria News**

**REMINDER:** At the beginning of each school year students are given the same status of lunches (free or reduced) for 30 days that they had at the end of the prior year. This gives parents time to reapply and receive approval for the new year. **You must apply each year.** If a new application has not been received by the end of the 30 days, the student will be dropped from the program and will have to pay full meal prices. **October 18th** will be the last day of the 30 day same status period.

Students needing to charge their lunch will be calling their parents for permission to do so. There is a **three** charge limit. Students will not be allowed to charge more than three times. Any student with three charges will be given a "cold pack" and milk at lunch time.



**Parents are Perfect!**

Substitutes are needed in many school cafeterias to assist with preparing food & serving lunch to students. Hours are perfect for parents: part-time and flexible. Fill out an application at the ASD Building at 4600 Debarr Road.

**Student Absences**  
**If your student will be absent...**

**Please Call**  
**742-6700 #4 or 566-1210**

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**Non-Discrimination Statement**

**For all ASD Publications**

**Non Discrimination Statement:**

**This statement must be included in all ASD publications, including student handbooks, administrative manuals, parent documents and other publications.**

It is the policy of the Anchorage School District to provide equal educational and employment opportunities, and to provide services and benefits to all students and employees without regard to race, color, religion, disability, national origin, gender, marital status, change in marital status, pregnancy, parenthood or other prohibitions.

This policy of the Anchorage School District is consistent with numerous laws, regulations, and executive orders enforced by various federal, state, and municipal agencies, including but not limited to Executive Order 11246, Title 41, part 60-1, 60-2, 60-3, 60-20, Title VI and VII of the 1964 Civil Rights Act, and Title IX of the Education Amendments Act of 1972. Inquiries or complaints may be addressed to the School District Equal Employment Opportunity Office, the Alaska State Commission for Human Rights, the Anchorage Equal Rights Commission, or the Director of the Office for Civil Rights, the Department of Education or the Department of Health and Human Services.



# Chinook Facts

**Chinook Elementary**  
3101 W 88th Avenue  
Anchorage, AK 99501  
(907) 742-6700

## **2006-2007 School year:**

Tuesday, August 22-Wednesday, May 23

## **SCHOOL HOURS:**

9:00 am - 3:30 pm (8:50 am - 1st Bell)

## **ABSENCES:**

Call 742-6700 #2 or 566-1210

## **BREAKFAST SCHEDULE:**

8:15 - 8:45 am

## **BREAKFAST PRICES:**

|  | Daily  | Weekly | Monthly |
|--|--------|--------|---------|
|  | \$1.05 | \$5.25 | \$21.00 |

## **LUNCH SCHEDULE:**

11:15-12:00 - K/1st  
11:50-12:35 - Open/3rd  
12:20-1:05 - 2nd/5th  
12:50-1:35 - 4th/6th

## **LUNCH PRICES:**

|       | Daily  | Weekly  | Monthly |
|-------|--------|---------|---------|
| Lunch | \$2.40 | \$12.00 | \$48.00 |
| Milk  | \$ .40 | \$ 2.00 | \$ 8.00 |

## **CAFETERIA MANAGER:**

Teresa Nichols 742-6716  
ASD Student Nutrition 348-5142

## **ASD STUDENT TRANSPORTATION**

742-1200; BUS #605 & BUS #608

## **OFFICE STAFF:**

Jon Forbes - Principal  
Claire Frederic - Admin Assistant  
Amanda Peirce - Secretary

## **CUSTODIAL STAFF:**

Justin Price - BPO  
Estelle Waters - Night Lead  
Raul Gomez - Custodian

## **NURSE:**

Amy Owens  
Joanie Lyke

## **SP ED RESOURCE TEACHERS:**

Stevie Aguilar  
Donna Evans  
Heather Potsander  
Brenda Yunis

## **BILINGUAL DEPARTMENT:**

Jason Potsander- Teacher  
Ana Gonzalez- Aide  
Tayo Nakagawa- Aide

## **COUNSELOR:**

Brandy Davenport

## **PSYCHOLOGIST:**

Carla Anderson

## **INDIAN EDUCATION COUNSELOR:**

Nastasia Todd

## **At Chinook We Agree...**

### **To Be Respectful**

To Ourselves  
To Others  
To Property

### **To Be A Peacemaker**

To Be Honest & Kind  
To Be Fair  
To Be Sincere

### **To Follow Directions**

To Stop  
To Look  
To Listen  
To Think

**Mascot:** King Salmon

**Colors:** Turquoise Blue & Red

**Spirit Day:** Fridays



## What Do Elementary Counselors Do?

I want to introduce myself to the families and students here at Chinook. My name is Brandy Davenport and I'm the new school counselor. I have been an elementary school counselor in the Anchorage School District for 10 years now, and attended Chinook elementary (grades 1-6) as a child here myself. **One of my roles as a counselor is to be a prevention resource** for students. That prevention aspect of my job is accomplished through guidance lessons. I see K-6<sup>th</sup> grade students about 30 minutes every two weeks throughout the year when I go to their classes for scheduled guidance times. The purpose of the lessons is to teach and practice pro social skills, problem solving, communication skills, and/or conflict resolution. During lessons we may use stories, videos, role-plays, art, puppets, games, or writing to emphasize ideas. Very often students will be given "homework" to bring home. It may be something they drew, wrote, or colored during the lesson to explain to their families what they have learned. Like academic subjects such as math or reading these very important social/emotional skills need training, practice, and reinforcement at school and at home.

Some of the topics that may be covered in guidance lessons over the course of the school year include:

- Choice, responsibility, and consequences;
- Making healthy choices and resisting negative peer pressure;
- Communicating assertively
- Solving conflicts and problems
- Dealing with feelings and stress
- Respecting self and others, and honoring diversity
- Friendship skills, kindness, and caring
- Strategies for dealing with bullying and harassment

Lessons are adapted for the grade and developmental levels of the students. Parents are welcome to come and sit in on a lesson if you wish, just call ahead a day or so before you come so we can schedule it.

In addition to lessons, I offer **support groups** at different times throughout the year. I will send out separate mailings with classroom teachers or through the school newsletter to inform families of upcoming groups. Support groups are typically held for about 30-60 minutes a week, for approximately 8 weeks, and are educational (not therapeutic) in nature. The goal of groups is to give children tools for handling their own emotions and upset, and managing their behavior in a more positive, healthy manner. Some groups that may be offered include: friendship skills, dealing with feelings, family stresses, grief, teen issues, etc. Others may be added as needed.

Counselors are **also here for parents and family members** who may need suggestions, strategies, support, or feedback in working with your children. If you are concerned about changes in your child's behavior or attitude please feel free to contact me. I have several parent resources in my room as well as many years of practical knowledge and experience working with elementary children and families. I have referral resources as well, if your family is seeking outside counseling or other services in the community. Being available for parents, students, and staff is part of my role of providing **responsive services**, and quite often may include meeting with children individually whose parents and or teachers have requested additional support etc.

**During the year, I may be inviting small groups of students to join me for lunch** to see how things are going. These are just informal chats where students might share about favorite foods, pets, games, hobbies, and how things are going at school. The goal would be to connect kids to each other, build friendships, trust, and to check in and see how kids are adjusting at Chinook

One of the other roles that elementary counselors play in their schools falls under the general category of **system support** and these are activities that support the well being of the learning community as a whole. I may be called to respond to a crisis or other issues of concern at our school. I work closely with the principal and staff to keep Chinook a safe and caring place to learn.

If you have any questions or your family or children are experiencing challenging issues, feel free to contact me by email or phone. My email address is: **Davenport\_Brandy@asdk12.org** and my direct number is 748-1966. I wish you well and look forward to meeting all of you this year!

Brandy Davenport (School Counselor)