

TIGER TRACKS

January 27, 2012

Northern Lights ABC *Phone: 742-7500*
2424 Dowling Road *Fax: 742-7530*
Anchorage, AK 99507 *Attendance: 566-7575*



MESSAGE FROM MS. WALLACE

School Rules

We ask for your help in reviewing the classroom rules, school rules and district regulations with your student. The Rights and Responsibilities Handbook was given out to the families during registration. Special emphasis should be paid to the sections on Harassment, Drug/Alcohol and Weapons since these carry very specific consequences if these should occur. Also this would be a good time to review the district's policy on school attendance: excused versus unexcused absences and classroom disruptions. This will ensure we all know what the expectations are and will start the second semester off on a positive and productive foot.

Remember that we ask our parents to help set and keep the same standards we expect from our students. These include removing hats when entering the building, crossing only at the crosswalk and taking the opportunity to greet the people you meet in hallways. The children know the expectations but find it hard to understand when adults disregard rules they are asked to follow. Parents set more standards and expectations by example than by word.

Reminder for TerraNova Testing for Grades 5 and 7

This is a reminder that we will be doing TerraNova Testing on January 31 (Reading, Parts 1 & 2 and Language) and February 1 (Math, Parts 1 & 2) for grades 5 and 7. Make ups will continue through February 8th. State regulation requires the administration of norm-referenced test at grade 5 and 7. Administering a norm-referenced test, we are able to gauge how the students in the Anchorage School District perform compared to students in the national norm group.

Parents please remind your students that they are not to have/use electronic devices during testing unless there is a documented accommodation to use an electronic device. (Anything with an on/off switch is electronic.) Tests have been invalidated because students were using iPods during testing.

Tackling test questions (Hints for standardized tests)

If it's spring, it's usually time for standardized tests. To help your child get ready, share these tips about the types of questions that often appear.

Multiple choice: Read all the answers before marking your choice. Remember, your first instinct is usually best – so don't change your answer unless you're sure.

Friendship

Work

Respect

Responsibility

Perseverance

Patriotism

Generosity

Compassion

Tolerance

Courage

Honesty

Loyalty

Humility

Self
Confidence

Self
Discipline

Independence

Helpfulness

Sportsmanship

Message from Ms. Wallace continued...

True/false: Look for words such as never, always, all, and none. They're usually in false answers. Words like may or often are generally found in true answers.

Essay: Read essay questions at least twice. Then, make a list of important thoughts, or key points, about each question before writing your essay. Read through the finished essay to be sure you've included all your key points. Check spelling, capitalization, and punctuation.

Tip: Your child may feel more comfortable if she's familiar with the test format. Sample tests can be found at the public library or on line.

(Home & School Connection: Resources for Educators, a division of Aspen Publishers, Inc.)

Parking Lot Refresher

I have received several phone calls telling me that we are falling back into old habits about using the parking lot. Remember that there is no pick up between the parked cars in the center of the parking lot. Pull over to the far right to pick up and drop off your children. Dropping off and picking up in the pass through lane is very dangerous for you child, not to mention the bottleneck it causes by backing up traffic that has already dropped of children. Finally, remember that there are no "u turns" to go down into the middle school area especially since there is no pick up or drop off to occur in the middle school area. Please help us continue to have a smooth traffic flow during our peak periods of traffic.

Midterms

Progress reports will be viewable on Zangle starting February 4 with a notice coming home February 3 to be signed and returned stating that the grades had been reviewed. Department/work habit forms are sent to everyone so parents and students are apprised of their school progress. Third quarter does not end until March 8th; this gives children four more weeks to continue to work on their grades. If there were any concerns, this would be an appropriate time to make an appointment with the classroom teacher to address ways to work with your student. If you can not view the progress grades or need a password for Zangle, please contact the front office.

16th Annual Alternative Fair-February 4

Please join us and learn about alternative programs in the Anchorage School District, Saturday, February 4, 2012, from 10am-3pm. Program staff and parents will be available to answer questions and assist you in filling out lottery forms for the 2012-2013 school year. Anchorage alternative and charter schools will be represented at the ASD Education Center. These include language immersion, ABC Back to Basics, Open Optional, School-Within-A-School, Denali Montessori, Multi-Sensory Instruction and Charter Schools.

It's Lottery Time

Lottery applications are due in the office by 3:30pm on March 22, 2012. The lottery will be held on March 23, 2012. Students need to be 5 years of age on or by September 1, 2012 to be eligible for kindergarten in the 2012/2013 school year. Incoming kindergartners who have siblings currently at NLABC are not automatically enrolled in NLABC. They must go through the lottery process. Please take the time now to fill out your lottery application for your child that you are considering sending to Northern Lights ABC. If you have any questions, please contact the office.

For Your Information

The Anchorage School District Pupil Transportation Department is currently recruiting applicants for school bus driver positions. Applicants must enjoy working with children, have a good driving record and be willing to adhere to strict safety guidelines. Applicants will be screened and receive 40 hours of classroom and behind-the-wheel training before being licensed and employed. School bus drivers must obtain a background report from the Troopers, must be 21 years of age, and will participate in a drug and alcohol screening program as federally mandated. The starting wage is \$15.50/hour. Please stop by the Transportation Center to pick up an application or call Marty Elkins, Supervisor of Pupil Transportation, at 742-1200.

WE NEED NOON DUTIES!!

WE NEED YOU



Ask any child what their favorite part of school is and what will they say? **RECESS!!** Sadly, your child's favorite part of the school day is in jeopardy because we do not have enough noon duties to ensure their safety on the playground. Would you consider giving a few hours a week to help cover this critical position. This is a paid position, with benefits. Some of the benefits you will enjoy are the giggles and smiles of children playing with their friends, the competitive and spirited games of tag and soccer, and most of all the improvement in your child's academic performance as studies have shown that children who experience physical activity during part of their day perform better in school.

The process is quick and simple. To apply online go to <http://www.applitrack.com/anchorageclassified/onlineapp/jobpostings/view.asp?category=Classified+%2D+Temporary&subcategory=Noon+Duty>. Please call the office at 742.7500 for more information.



Book Nook

A word from your librarian...



The Spring Book Fair is coming to Northern Lights Feb. 13-16, and we are seeking volunteers to help with setting up and cashiering. If you can volunteer, please call our extraordinary chairperson, Bonny Rivera @ 338-8576 (Msg) or 240-0958 (C).

The book fair is a great way to help our library raise money for wonderful new books, or to let your extended family add to their libraries (or to yours) from miles away. We invite you and your family to visit the Book Fair in person during conferences, where checks and credit cards will be accepted (and cash). Book Fair Family Shopping Hours are Tuesday, Wednesday, & Thursday from 11:00 – 4:00. You can preview the fair selections by visiting

our Book Fair home page @ < <http://bookfairs.scholastic.com/homepage/northernlightselem>> Can't make it in to the book fair in person? The ONLINE Spring Book Fair is available 24/7 from Feb. 7th to Feb. 27th. You can reach the link to the ONLINE Fair from the NLABC library page @ <http://www.asdk12.org/staff/collins_alta/pages/Northern_Lights_Library/Welcome.html> During book fair week, students will have time to create a "wish list" during Monday or Tuesday preview times, and can shop with a parent during the hours listed above. Don't forget! Teachers have wish lists too, and a gift to your child's classroom teacher will enrich the classroom for years to come.

COMING TO OUR LIBRARY SOON: The Northern Lights PTA is hosting author Tricia Brown Feb. 29th. You can purchase a Tricia Brown book by bringing your check to the library during the book fair, Feb. 13th to 16th, and have your purchase individually inscribed on the 29th. Ms. Brown's visit is not part of the book fair, so only checks (no credit cards) will be accepted to purchase autographed copies. An order form is available at the end of the newsletter!

T.I.G.E.R READING CLUB UPDATE:

During the month of December, club members were challenged to DOUBLE their pages, and it looks like many succeeded! Students and staff read 617,884 pages, leaving ONLY 1,436,833 pages left to reach our school goal. We wonder what the future holds for Miss. Wallace? Keep reading and we'll find out!

December Trophy Winners:

Primary Class Trophy K-3 winner – Mrs. Musser with 43,562 classroom pages

Intermediate Class Trophy 4-6 winner – Mrs. Brovelli-Moon with 44,491 classroom pages

November Classroom Grade Level Trophy Winners:

Kindergarten – Mrs. Nishimura-AM

1st Grade – Mrs. Sims

2nd Grade – Mrs. Musser

3rd Grade – Mrs. Navio

4th Grade – Mrs. Clifton

5th Grade – Ms. Pierce

6th Grade – Ms. Brovelli-Moon



Club members please check the Tiger Reading Bulletin board to see how well your classroom progressed and BEE a READER!



NLABC Advisory Board.....

What do board members do? Talk about? Ever Wonder?
Considering a board position for next year?.....

Attend a board meeting the third Thursday of every month at
3:15pm in the NLABC Conference Room.

All parents welcome! See our minutes on the web site!
Paper copies (limited supply) outside the PTA office. Better
yet, stop a board member and ask your questions or give
feedback!

Current issues - health video, reading textbooks for primary,
orientation video, parking, after school programs, promoting
basic core values.....

Playground Fund Update

A parent committee has been formed to research a Playground Fund that was initiated by the PTA Board in 2008. The committee will meet again on Thursday, February 2, 3:30pm, in the library to discuss the history of the fund and its future. The committee will be working diligently over the next few months to develop a proposal to present to the PTA Board for approval. If you have any questions or need further information, please contact Deborah Tompkins at tompkinsak3@hotmail.com.



Middle School Happenings



Middle School Dance

February 14, 2012

3:00–5:00pm

The Middle School PTA is hosting a
Valentine's Day dance on
Tuesday, February 14th, from 3–5pm.

Volunteers are needed to provide snacks and to help chaperone the
event.

A permission slip (signed permission slip is mandatory for attendance)
and volunteer sign up should be coming home soon.

If you have any questions please contact Amy Carter at
227-6293 or ajcarter@gci.net

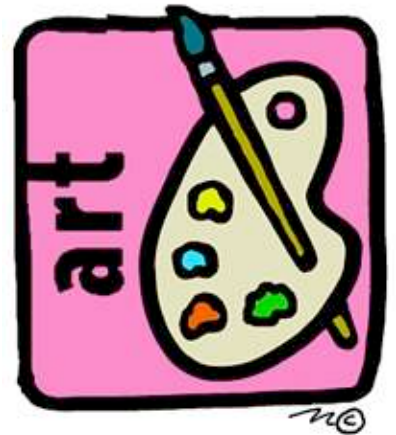


After School Art Fun

The next after school art class, Drawing Fun, is under way!

Session 1 was a smashing success. The kids had a blast and learned lots of new drawing techniques.

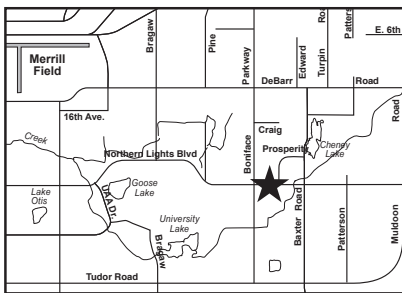
Session 2 (4th -6th grade) begins next week. Classes will be held on 2/1, 2/8 & 2/22 from 2:45-4pm.





**Saturday, February 4, 2012
10 a.m. – 3 p.m.**

Anchorage Schools
ASD Education Center
5530 E. Northern Lights Blvd.



Eagle River Schools
Eagle River Elementary
10900 Old Eagle River Road



**Lottery paperwork due to school:
Thursday, March 22, 2012**

**Spring lottery date:
Friday March 23, 2012**

**16th Annual
K-12 Alternative Programs Fair
Saturday, February 4, 2012
10 a.m. – 3 p.m.**

Please join us and learn about alternative programs in the Anchorage School District. Program staff and parents will be available to answer questions and assist you in filling out lottery forms for the 2012-13 school year.

Anchorage-area alternative and charter schools will be represented at the ASD Education Center. Participating schools include language immersion, ABC Back to Basics, Open Optional, School-Within-A-School, Montessori, Multi-Sensory Instruction and charter schools.

Eagle River-area alternative and charter schools will be represented at Eagle River Elementary School. Participating schools include language immersion, ABC Back to Basics, Open Optional and a charter school.

ASD Alternative Schools and Programs

Students have varying needs and some learn better in an environment different from that at a standard elementary, middle or high school.

As in neighborhood schools, students in alternative schools and programs attend classes and other activities throughout their school day. While the instructional methods used can vary, high standards are established and maintained regardless of the school structure or philosophy.

Students, parents, counselors or teachers may suggest one program or another, depending on student need and ability. Each program has its own admission requirements. Parents are responsible for providing transportation to alternative programs that are not at their neighborhood schools.

The school district uses a lottery system to provide an equal opportunity for students who request participation in an alternative program or school for which the number of applications exceeds the number of available openings. Approval or denial is based on space availability and grade level and gender balance. Lotteries are held two times each year. Lottery application forms are available from the alternative schools or on the district's website at www.asdk12.org/parents/choices.

You are cordially invited

STELLER SECONDARY SCHOOL'S

Open House and Prospective Student
Ice Cream Social



Lottery
Deadline
March 22,
2012

Tour our artistic murals, learn about Steller's unique philosophy, meet with Steller's principal and teachers one-on-one, discover our fascinating approach to core subjects and electives, and learn the answers to all those questions you may have regarding the Anchorage School District's oldest and most established alternative optional program for grades 7-12.

Students in other grades are welcome, too!

February 9, 2012

6:30 - 8:00 pm

Steller Secondary, 2508 Blueberry Road, 742-4950

Nurse's Station

This issue:

Low Humidity, Dry Skin, Eczema and Nosebleeds

Peninsula Puffers Asthma Camp 2012

Did You Know?

Low Humidity, Dry Skin, Eczema, and Nosebleeds

Wintertime in South Central Alaska is notorious for its low humidity. When combined with cold temperatures, our skin and mucous membranes take a beating! Dry skin, and in its most severe form eczema, is irritating and painful. In addition, when skin is chapped, a portal of entry is opened for bacteria and viruses to get in. This puts us at an increased risk for infection. And even though we are told to wash our hands frequently, this only makes the problem worse!

So what can we do?

- ∞ Drink plenty of water to stay hydrated & use a humidifier at home
- ∞ For chapped lips:
 - Liberally apply beeswax or petroleum jelly. Put on lip balm or lipstick with sunscreen every time you go outside.
 - Don't lick your lips! It may feel better for a little while, but it only makes the problem worse
- ∞ For dry hands:
 - Use a glycerin-based moisturizer when you wake up, before you go to bed, and any time your hands feel dry throughout the day
- ∞ For nosebleeds:
 - Use petroleum jelly (Vaseline) or a saline nasal spray to keep your nasal passages moist.
 - Avoid picking your nose or blowing your nose too vigorously.
- ∞ For your face:

- Choose a gentle, super-fatted, fragrance-free soap (bar or liquid) for cleansing. Super-fatted means the soap is loaded with oils. Moisturizers that contain urea, dimethicone, glycerin, lanolin, or mineral oil can be good bets
- ∞ Understand moisturizer choices:
 - Humectants like urea, glycerin, hyaluronic acid, and propylene glycol absorb water from the air and are oil-free
 - Emollients like baby or mineral oil, plant oils (like jojoba oil), petroleum jelly, lanolin and stearic acid replace oils in the skin
- ∞ Keep your showers short and sweet:
 - Long, hot showers can actually draw water from your skin. Lukewarm water is the best choice, and keep it to 5 minutes
- ∞ Use a humidifier to restore moisture to the air that is sapped by the heater. Put one in each bedroom.
- ∞ Protect your skin from sun:
 - Snow reflects sunlight. In fact, it bounces 80% of the sun's rays back to us, compared to less than 20% for sand and surf
 - Use SPF 15 or higher. Apply daily, and reapply at least every two hours if you're outside

References: Harvard Health Report: "Skin Care & Repair," WebMD Winter Skin Hazards

Peninsula Puffers Asthma Camp 2012

WHO:

Boys and Girls ages 8 to 14 with asthma. Asthmatic children with food allergies are also welcome. Preference will be given to children who take daily medication for asthma. Space is limited to 30 children.

WHEN:

Sunday July 8 to Friday July 13, 2012

Deadline to apply: June 20.

WHERE:

Camp Fire USA Camp Kushtaka. In beautiful Cooper Landing. Bus transportation provided from Central Peninsula Hospital and Camp Fire USA Anchorage

ACTIVITIES:

- “ Swimming
- “ Boating
- “ Arts & Crafts
- “ Archery
- “ Nature Awareness
- “ Games

Campers will also participate in a float trip with the Alaska Rivers Company

ASTHMA EDUCATION

Each day, campers will participate in asthma education led by the volunteer medical team as well as trained educators from Central Peninsula Hospital. The curriculum will include components from the AAFA Power Breathing Program and the AAFA ACT Program.

Topics will include:

- “ Asthma Pathophysiology
- “ Asthma Tools
- “ Asthma Myths and Facts
- “ Medication Awareness
- “ Social Issues of Being a Kid with Asthma

CAMP REGISTRATION, INFORMATION AND SCHOLARSHIP APPLICATIONS ARE AVAILABLE AT AAFA AK AT aafaalaska@gci.net

Did You Know?

- ∞ In 2007, approximately 3 million children under age 18 years (3.9%) were reported to have a food or digestive allergy in the past 12 months.
- ∞ Eight foods account for 90% of all food-allergy reactions. They are: cow's milk, egg, peanuts, tree nuts (for example walnuts, pecans, almonds, and cashews), fish, shellfish, soybeans, and wheat.
- ∞ 3.3 million Americans are allergic to peanuts or tree nuts
- ∞ 6.9 million are allergic to seafood
- ∞ Combined, food allergies cause 30,000 cases of anaphylaxis and 150 deaths annually.
- ∞ Four out of every 100 children have a food allergy.
- ∞ In 2007, the reported food allergy rate among all children younger than 18 years was

18% higher than in 1997.

- ∞ Approximately 27% of children with food allergy also had reported respiratory allergy, compared with 9% of children with no food allergy
- ∞ Hospital discharges with a diagnosis related to food allergy increased significantly over time from 1998-2000 through 2004-2006.
- ∞ The median time to respiratory or cardiac arrest for food allergy: 30 minutes
- ∞ The median time to respiratory or cardiac arrest for venom allergy: 15 minutes
- ∞ The median time to respiratory or cardiac arrest for drug allergy: 5 minutes

References

Guidelines for the Diagnosis and Management of Food Allergy in the United States 2010 CDC National Health Interview Survey June 2009 last updated 2011 Pumphrey, RS. Clin Exp Allergy. 2000; 30(8):1144-50 ACES7222011 2011, AANMA. www.aanma.org

Coming Attractions

1/27/12	Red, White & Blue Assembly, 3rd grade performs	8:30am (grades 4-6) 9:30am (grades K-3)
1/30/12	Parent/Teacher Conference	Schedule letters go home (1st-8th grade)
2/1/12	After School Art, Session 2, Day 1	2:45-4pm
2/3/12	Parent/Teacher Conference	Confirmations due back to teachers
	Primary Spelling Bee	1:15-2:30pm, MPR
2/4/12	ASD Alternative Programs Fair	10-3, ASD Ed Center
2/8/12	After School Art, Session 2, Day 2	2:45-4pm
	PTA Board Meeting, NLABC Library	5pm
2/9/12	ABC Board Meeting, Conference Room	3:15pm
2/10/12	School Wide Spelling Bee	1:15pm, MPR
2/13-2/16/12	Book Fair	11am-4pm, Library
2/15-2/16/12	Parent Teacher Conferences, half day classes (1-8),	11:45am dismissal
2/17/12	In-Service Day, NO SCHOOL	
2/20/12	President's Day, NO SCHOOL	
2/22/12	Spring Pictures	
2/22/12	After School Art, Session 2, Day 3	2:45-4pm
2/23/12	Middle School Open House for NLABC 6th grade families,	7-8pm, MPR
2/24/12	High School Orientation for NLABC 8th graders	8:30-9:30am
3/2/12	Red, White & Blue Assembly, 2nd grade performs	8:30am (grades 4-6) 9:30am (grades K-3)
3/9/12	In-Service Day, NO SCHOOL, End of 3rd Quarter	

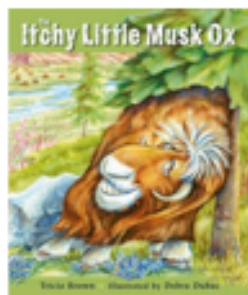
BOOK ORDER FORM

Return during the book fair between FEBRUARY 13TH & 16TH

Author **Tricia Brown** will be visiting Northern Lights ABC on Wednesday, Feb. 29, and now's your chance to preorder a signed book for your child. Please return this form with payment between FEBRUARY 13TH & 16TH with checks made out to **Northern Lights PTA**. Please note how you'd like each book inscribed below.

STUDENT'S NAME: _____

TEACHER: _____



QUANTITY

A little musk ox wanders far from his herd, but learns some good things about himself along the way. For Pre-K to early readers. \$9.95 Hard/\$9.95 Soft



QUANTITY

A nice musher and his team of huskies come to the rescue when Santa and Rudolph are lost on the way to Nome. \$16.99 Hardbound



QUANTITY

How can a deaf dog "hear" the steamships coming to Juneau? Patsy Ann does and meets every one! A true story. \$10.95 Softbound



QUANTITY

A girl and her kitty love to play a tracking game, then one day she really does have to follow tracks in the snow to find Groucho. \$15.95 Hardbound



QUANTITY

Kotzebue the Caribou is leading Santa's team this Christmas Eve, and it's all about him, until Santa calls a "time out"! For the whole family. \$15.95 Hardbound

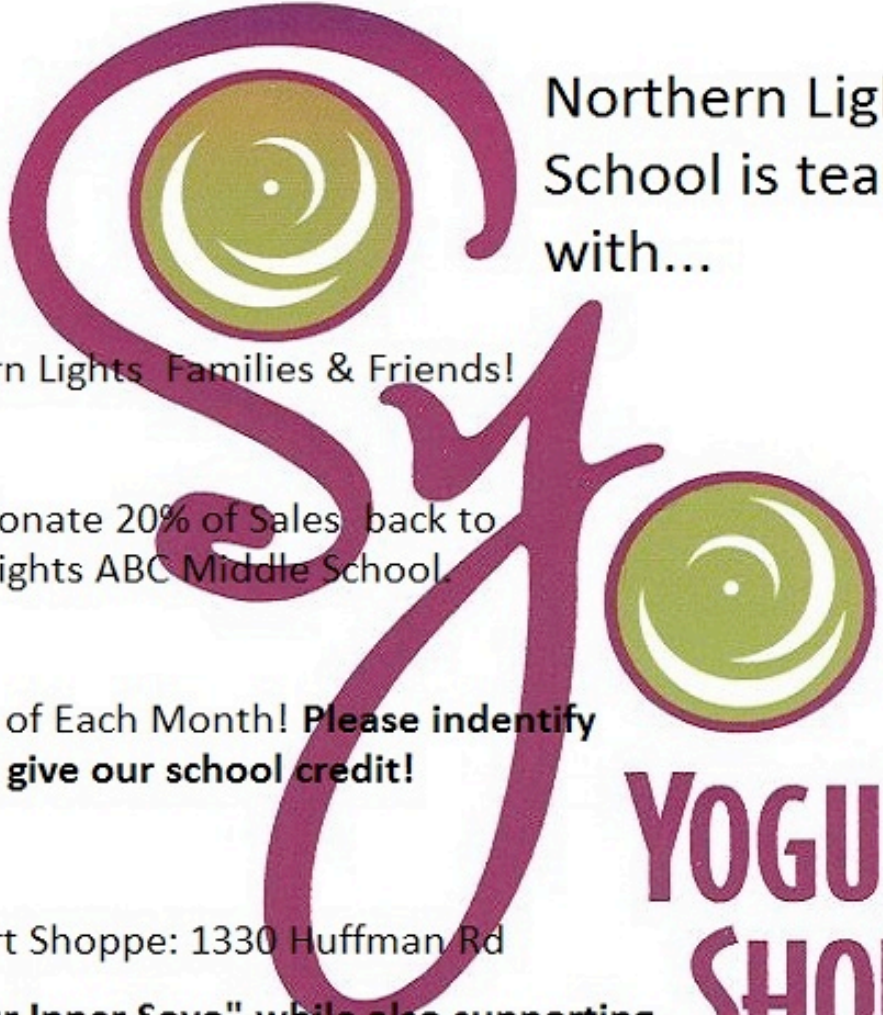


QUANTITY

Meet eight Alaska Native kids—Eskimo, Indian, and Aleut—who love growing up in the Far North! Ages 8 & up. \$11.95 Softbound

Please inscribe my book to: _____

Order Total: \$ _____



Northern Lights ABC
School is teaming up
with...

Who:

All Northern Lights Families & Friends!

What:

Soyo will donate 20% of Sales back to
Northern Lights ABC Middle School.

When:

Last Friday of Each Month! **Please indentify
yourself to give our school credit!**

Where:

Soyo Yogurt Shoppe: 1330 Huffman Rd

**"Feed Your Inner Soyo" while also supporting
our school!**

**YOGURT
SHOPPE**