

# TIGER TRACKS

October 23, 2009

Friendship

Work

Respect

Responsibility

Perseverance

Patriotism

Generosity

Compassion

Tolerance

Courage

Honesty

Loyalty

Humility

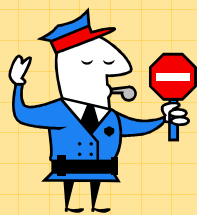
Self  
Confidence

Self  
Discipline

Independence

Helpfulness

Sportsmanship



**Remember!**

**No School  
October 30th.**

Northern Lights ABC  
2424 Dowling Road  
Anchorage, AK 99507

Phone: 742-7500  
Fax: 742-7530



ANCHORAGE, ALASKA

## DATES TO REMEMBER

Oct	28	<b>No Kindergarten classes today!</b>
	27-29	Book Fair
	28-29	Report Cards provided at Parent/Teacher Conferences
	28-29	<b>½ Day School – Students released at 11:45 am</b>
	28	Middle School Conferences 12:00 – 3:00 pm and 5:00 – 7:00 pm in the MPR
	29	Middle School Conferences 12:00 3:00 pm in the MPR
	30	<b>In Service – No School</b>
Nov	4	Picture Re-takes
	5	Middle School Awards Assembly – 2:00 pm
	5	After School Robotics grades 5-8 – 2:45-4:00 pm
	5	Choir Practice – 2:45 – 3:30 pm
	6	Academic Awards Assembly – Intermediate – 8:30 am; Primary – 9:30 am

## MESSAGE FROM MISS WALLACE

### Parent-Teacher Conferences

Parent-Teacher Conferences are a valuable resource in the education of your child. During conferences, the teacher and parent/guardian have the opportunity to communicate valuable information that will help the student throughout their education. Parents, your active participation is essential! Working with your child's teacher is one of the first steps in helping your child achieve academic success. Communication between home and school is one of the best ways to ensure that your child's school experience is a successful one. You should have already received the conference notice from your student's teacher stating the date and time for your conference. Please make sure that you return the confirmation notice to your child's teacher. We look forward to seeing everyone at parent/teacher conference.

### Parent/Teacher Conference Schedule

- October 28 – **No** Kindergarten classes in the morning and afternoon
- October 28 – Lunch for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grades will be at 11:00 am
  - Lunch for 4<sup>th</sup> 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grades will be at 11:25 am
  - All students dismissed at 11:45 am
- October 28 – Elementary Parent/Teacher conferences in the classrooms as scheduled
- October 28 – Middle School Parent/Teacher conferences in the MPR from 5:00 – 7:00 pm
- October 29 – Kindergarten classes in the morning and afternoon
- October 29 – Lunch for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grades will be at 11:00 am
  - Lunch for 4<sup>th</sup> 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grades will be at 11:25 am
  - All students (except afternoon kindergarten) dismissed at 11:45 am
- October 29 – Elementary Parent/Teacher conferences in the classrooms as scheduled

### Zangle ParentConnect

ParentConnect, which allows parents to access information about their students online, is now available. Passwords have been issued to middle and high school parents who requested Web access and provided an e-mail address. Passwords for elementary will be distributed during parent-teacher conferences.

**Kudos for Kids!**

Emilie Wasson, from Mrs. Navio's, class was crowned Miss Alaska American Coed Sweetheart 2009. As part of winning the state pageant title she will represent Alaska at the National Pageant in Orlando, Florida, November 23 - 28, 2009 competing against 80 + girls from all of the United States. Lets wish her good luck!

4<sup>th</sup> grader Michael Martinez is a brown belt at Okomoto's School of Karate. He attended the 48th Annual So-Sowa-Ima Kubota Cup, a martial arts tournament that was held in Fairbanks on October 17. Michael placed first in kata, an event of specific punches and kicking movements in the air, and first place in kumite that refers to sparring. Way to go Michael!

**Late Work**

One of our eighteen Character Building Blocks is Responsibility. This means that the student should be responsible for writing down all assignments and completing them in a timely manner. Schoolwork will not be accepted when it is late. If a child forgets an assignment and a parent brings the assignment to school, the office staff will place the homework in the teacher's mailbox. Classroom interruptions should be kept to a minimum. Our goal is to foster a sense of responsibility. Students learn and grow by taking

**Turkey Talk**

The holiday season is creeping up on us. Soon it will be time again to celebrate Thanksgiving at Northern Lights ABC. This message is a friendly reminder to all that our Thanksgiving Parade and Feast will be held on Wednesday, November 25, 2009. It's never too early to plan, so while you may be out shopping for Halloween costumes, keep in mind our school's Thanksgiving event. We ask that each child dress up as an "Early American historical figure".

A letter will be coming out in the next few weeks further explaining our festivities. If you wish to volunteer for this event, please sign up at school or call Victoria Lautaret at #632-5551.

**Farewell**

After thirteen terrific years, Mrs. Johnson is saying "goodbye" to all the great students and wonderful families here at NLABC. It is with sadness of heart that she is leaving us, however, she has found a new opportunity to teach a different subject to a unique range of students. From the bottom of her heart she bids a fond farewell to all as we too, wish her, the very best.

**Advice for a Constructive Conference**

Conferences offer an opportunity for you to find out how your children are getting along with classmates, how they are progressing in school and what you can do at home to build on strengths and overcome challenges. Parents will have scheduled conferences with elementary teachers. At the middle school and high school levels, time with each teacher will be brief, but parent participation is an important way you can show support and schedule an individual conference if needed. The following questions will help guide your teacher conference and (with some minor changes) can be used for students at all levels:

**Before the Conference**

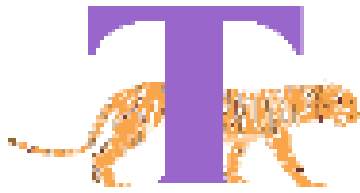
- Decide what you want to ask the teacher and write the questions down.
- Consider making a list for your child's teacher of things that will help create a better understanding of your child; for example, family conflicts, feelings about school, hobbies, special health problems.
- Ask your child some questions: what's her favorite subject? What's her least favorite? What do you want me to tell your teacher?

- Be on time. Write down the time of your appointment and arrive promptly. If you can't make the conference as scheduled, call and notify the teacher.

**During the conference**

- If you have a specific point to discuss or have a complaint, listen to the teacher's point before criticizing.
- The teacher may have some questions too -- not trying to pry into your personal life, but only to obtain information that will help her or him to work better with your child.
- Before you leave develop an action plan. If need be, set up a way to check on your child's progress. You and the teacher can decide how best to stay in touch. Finally, follow through with the plan.
- Leave promptly to allow other parents to have as much time as you had with the teacher. If you feel the need to continue, schedule another conference with the teacher.





## Tiger Beat - Middle School News

Thank you to all the Middle School students that volunteered during the Fall Carnival and gave back in a big way to their school.

Picture retakes are on November 4th. (Don't forget to say "Cheese")

We are planning a "Weekend Scavenger Hunt" for Nov. 13th ~ 16th. Gather up items that are on the list and get points to win something fun while at the same time helping get items for local food banks and soldiers deployed overseas. More information for this fun event will be coming soon.

Thanksgiving Feast Nov 25<sup>th</sup> - 7th grade make sure you wear black. You will be serving the food. 8th graders will be helping set-up and clean-up. BOTH GRADES WILL GET A FREE PIZZA LUNCH!

### **SPIRIT FRIDAYS**

Nov 6<sup>th</sup> ~ Ninja, Action or Super Hero Day! (No face painting or hair color)

Nov 13<sup>th</sup> ~ 60's or 70's Day

Nov 20<sup>th</sup> ~ Patriotic Day (Red, White & Blue)

Nov 27<sup>th</sup> ~ No school

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## PTA NEWS

### **Silent Auction**

Thank you to all who made our annual auction such a success this year! Special thanks go to our Auction Chair, Kari Erickson, for all her hard work. Kari spearheaded a group of volunteers who labored long and tirelessly on the auction. Thanks also to Emily Draayer, Dianne Prince, Kim Lunsford and Lori Lambe. Thank you to all parents and friends who helped out working behind the scenes to ensure that all went smoothly and to all who bid and helped raise money for our school!

### **Fall Carnival**

Thanks to great preparation and lots of volunteers the Annual Fall Carnival was a huge success! We enjoyed delicious food, three bouncy houses, face painting, games and two cakewalks! There was something for everyone. If you donated your time, money, a baked good, a basket or simply attended, thank you very much. We'd especially like to thank Carrie Berntsen-Chu, Carmen Mason and Corinne Manuel for all the countless hours spent organizing this exciting night for all.

### **Art to Remember**

We have had a good response to this new fundraiser and we would like to thank all the families that participated. The PTA would like to give a big thank you to Mrs. Easton for assisting our students in creating wonderful artwork that will be preserved for years to come. The orders are scheduled for delivery around December 1, 2009.

### **Red Ribbon Week**

Our students celebrated red ribbon week by wearing a specific color every day, tying a ribbon to their grade specific banner and attending a drug awareness assembly hosted by the FBI and the Alaska National Guard. Please take a moment to observe the drug free message posters created by our 4th, 5th, 6th and middle school students that can be found hanging in the school. The participation from parents, staff and students was overwhelming. Please check out the web site to view a photo album of this week's event.

<http://www.asdk12.org/schools/northernlights/pages/indexnew.html>

### **NLABC Logo Drawstring Bag**

What better way to show your support of our great school than to purchase a Northern Lights ABC School Logo bag; also doubles as the perfect trick or treat bag but there are only a few left so don't wait. Please contact the PTA at [northernlightsabc@gmail.com](mailto:northernlightsabc@gmail.com) to purchase your bag for \$10.00.

### **Book Fair Next Week**

As usual the book fair is scheduled to run during parent teacher conferences next week. The fair will be open Tuesday, October 27th through Thursday, October 29th from 11:00 am to 4:00 pm. Our school receives 25% profit from all sales, which helps fund other programs for our students. Be sure to stop by the fair and show your support! We'd love to see you!



# A NOTE FROM YOUR SCHOOL NURSE

**“Thank you”  
to all of our  
Noon Duties.  
You are great!**

We have immediate openings for Crossing Guard and Noon duty.

These are both paid positions and indispensable to the safety and welfare of our students. Crossing Guards are required from 7:45-8:15 am and 2:30-3:30 pm each day. Noon Duties working in the lunchroom and on the playground from 11:00-12:45 pm each day. You may choose a schedule suitable to your availability. Please call 742-7500 for more information and to pick up an application.

**“Teachers appreciate being appreciated, for teacher appreciation is their highest award.”** *William Prince*

## Website highlights

- Event calendar
- School policies & procedures
- Volunteer opportunities
- Lottery dates & application
- Library policies & procedures
- Tiger Reading log sheets
- Tiger Tracks

[www.asdk12.org/northernlights/pages/indexnew.html](http://www.asdk12.org/northernlights/pages/indexnew.html)

## H1N1 Information

A tentative date of November 11<sup>th</sup> has been set for our school’s H1N1 influenza vaccination distribution (POD). Vaccine Information Sheets (VIS) and consent forms will be going home in the near future. Thank you to all who returned the H1N1 survey; it really helped us get a rough estimate of how many are interested in receiving the vaccine.

If you are a nurse and would like to volunteer with the H1N1 vaccination PODs, please let me know and I will forward your name to ASD Health Services, who will be assigning nurses to schools.

## Cough Drops and Other Medications

“No medication shall be administered without proper written consent/permission by the parent/guardian and/or physician. All medications must be brought to the nurse in their original container, labeled with the student’s name and accompanied by the proper form.” (Excerpt from the elementary/middle school handbooks.) This includes cough drops. Post-viral coughs can last for weeks, and if your child needs cough drops to be able to concentrate in class, I will be happy to administer them. But they must be kept in the nurse’s office and administered by the nurse.

## Upcoming Health Fairs

Alaska Health Fairs are community events that provide an opportunity for the general public to receive health information, education, and low cost laboratory testing. Some of the health fairs offer immunizations for influenza and pneumonia. The mission of Alaska Health Fairs is, “To promote statewide health education and medical screenings.” This is a current list for upcoming health fairs throughout the Anchorage community. You may contact Alaska Health Fairs for questions and updated listings: Alaska Health Fair Tel: (907) 278-0234 and on the web [http://: www.alaskahealthfair.org](http://www.alaskahealthfair.org)

Date	Site Sponsor	Address	Time
October 24	Chugiak/Eagle River Community Health Fair	Chugiak-Eagle River Senior Center	8:00AM – 12:00PM
October 31	Southwest Anchorage Community Health Fair	ChangePoint Church 6689 ChangePoint Dr (off of Raspberry & Minnesota)	8:00AM – 12:00PM
November 7	Muldoon Community Health Fair	Begich Middle School 7440 Creekside Center Dr.	8:00AM – 12:00PM
November 14	Northway Mall Community Health Fair	Northway Mall 3101 Penland Pkwy	9:00AM – 1:00PM

## *Heath Tips...*

### **Did You Know? Sneezes.....**

- are automatic reflexes that can’t be stopped once sneezing starts.
- can travel at a speed of 100 miles per hour with a radius of 5 feet!
- don’t happen while you’re sleeping, because the nerves involved in nerve reflex are also resting.

## Nurse Calls

The nurse’s office has limited space for sick children to wait for parents to pick them up. There have been times that a sick child has had to wait more than an hour to be picked up. If you are notified that your child needs to go home due to illness, please pick them up in a timely fashion. Also, to help limit the spread of infection, sick children need to be kept home and/or be picked up immediately.

### **ASD Non Discrimination Statement**

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 Service