

Sand Lake Lions Roar

SEPTEMBER 2024

A Letter from the Principal

Dear Sand Lake Families,

I'd like to welcome everyone in our Sand Lake Family back to another exciting year of school!

The beginning of the school year allows us to start fresh, set goals, and think about the possibilities ahead. This is the perfect time of year to have conversations with your children about their goals for the year. Some ideas might include, improving grades, asking more questions in class, 100% attendance, making new friends, etc.

Each year at Sand Lake, the first couple of days can be difficult when it comes to navigating our parking lot. The following items will help everyone navigate the pick up/drop off area, and remain safe while in this area:

1. Pull as far forward as possible
2. Students should only exit a vehicle along the red curb.
3. Use the parking lot if you plan to enter the building or walk your child to an area around the school.
4. When walking, to/from the parking lot, please use the crosswalk.
5. Do not leave vehicles unattended in this area.
6. Private vehicles should not use the bus loop.

If your child is walking to school, please remind them to stay on the posted sections of sidewalks. We will have staff stationed at the crosswalk on Jewell Lake and Strawberry to assist those that walk to school.

Throughout the year, we'll always be looking for volunteers to help us. If you're interested in volunteering for any number of opportunities, you'll need to be approved by the district first. You can use the following link to get started. Once this has been completed the district will let us know you've been approved. This process can take up to 7 days to complete, so completing this process now will ensure you're able to help whenever a need comes up.

Celebrating a birthday or other special event is always a fun time in elementary school. However, due to various allergies and other concerns, please do not bring cupcakes, baked items, or candy for these celebrations. Alternate choices may include: Items with no (or very little) refined sweeteners like white sugar or corn syrup, fresh fruits and vegetables, dried fruit.

I'm excited about this year and am looking forward to working with all our students. If you ever have any questions, comments, or concerns please feel free to contact us at (907) 243-2161 or Sandlakeattendance@asdk12.org.

Sincerely,

Linson Thompson
Principal, Sand Lake Elementary

UPCOMING EVENTS

- **September 2** Labor Day (No School)
- **September 4** PTSA Meeting @ 6pm
- **September 5** Intern Welcome Potluck @ 6:30pm
- **September 10** TNK Meeting @ 6:30pm
- **September 13** School Picture Day (Pre-Order Online)
- **September 29** PTSA Roller Skate Night @ 4:30pm



Sept 2 – No School!



Sand Lake PTSA News...

[Click here to Join Sand Lake PTSA](#)

Sand Lake Elementary School

PTSA NEWSLETTER

SEPTEMBER 2024

A NOTE FROM PTSA

Dear Families,
Welcome back to school. We had a great start to our school year with an amazing block party. Thank you to all who helped and all who attended. We are starting this school year with a resurfaced track just in time for Running Club as well as so many exciting things to look forward to this school year!

VOLUNTEERS NEEDED

WE NEED YOU!
Our goal is to create the best community we can for our students, staff and families. Nothing happens without volunteers. If it's just one event, or joining a committee, your help is key to making this the best school year possible!

UPCOMING EVENTS

- General Meeting- Library 9/4 6pm
- Intern Welcome Dinner- MPR 9/5 5:30-7:30
- Skateland Fundraiser- Dimond Skateland 9/29 4:30-6:30
- Fall Carnival 10/12 4-7pm

WEAR YOUR SPIRIT WEAR EVERY FRIDAY!

CONNECT WITH US

Become a PTSA member.



Follow us on Facebook.



Email: sandlakeptsa.president@gmail.com

CHARLESTON WRAP

Our annual Charleston Wrap Fundraiser is coming up. This fundraiser helps fund many events and activities we do each year. Please consider sharing with friends and family to help support our school. Packets should be coming home Friday September 6th. Items then usually arrive to the school in November and will be sent home with students. Thank you for your support!



Join us for our PTSA general meeting!

PTSA MEETING

WEDNESDAY SEPT 4TH 6:00PM

Sand Lake Library

EVERYONE IS WELCOME!

DOOR PRIZES
AT EVERY MEETING!



Inter Welcome Potluck

Sign up to share a dish at the Inter Potluck

Meet the 2024-25 Interns



HANA SOTO
(SAND LAKE-KINDY)



KOTOMI INABA
(SAND LAKE - 1st)



TAKITO TAGAWA
(SAND LAKE - 2nd & 5th)



DAIKI MATSUYAMA
(SAND LAKE - 3rd & 4th)



FUKA WADA
(MEARS)



TAICHI FUKUDA
(MEARS)



SOICHIRO SHIRO
(DIMOND HIGH)

Hello Japanese Immersion Families!!

You are invited to attend this year's 2024-2025 Japanese Intern welcoming potluck on **September 5thth** at **Sand Lake Elementary** in the MPR from 6:30pm to 8pm. Bring your favorite dish to share and meet and greet all our Interns.

Please be sure to scan the QR code below and let us know what you will be bringing to share by the 4th of September.



Mears Middle School



TOMO NO KAI

Tomo No Kai supports the Japanese Immersion Programs at Sand Lake Elementary School, Mears Middle School, and Dimond High School in Anchorage, Alaska

Become a Member Today. Visit TOMONOKAI.ORG



2024-2025

Intern Hang Out



SCAN ME TO SIGN UP!!

WANT TO HAVE A GOOD TIME WITH THE
INTERNS?
HERE IS YOUR OPPORTUNITY!
PLEASE SIGN UP BEFORE THE AVAILABLE
TIME SLOTS ARE FILLED UP!

Contact: kamimura_haruki@asdk12.org



Sept 10 – TNK Meeting



YOU ARE INVITED TO THE

Tomomo No Kai

GENERAL MEMBER MEETING

TUESDAY
SEPTEMBER 10, 2024

6:30 PM

**SAND LAKE ELEMENTARY
LIBRARY**



PLEASE JOIN US TO GET MORE INFO
ABOUT HOW YOU CAN SUPPORT YOUR
K-12 IMMERSION COMMUNITY



**ALL GRADES OF JAPANESE IMMERSION
ARE INVITED TO ATTEND**



RENEW YOUR
TOMO NO KAI
MEMBERSHIP
TODAY!



Sept 13 – Picture Day!

Order your pictures today!

Sand Lake Picture Day ID:
EVT6T3GMQ

Lifetouch

Picture Day is Coming!

¡Ya llega el Día de la Foto!

Friday, September 13, 2024
Sand Lake Elementary School



How it works:



Pre-order today on
mylifetouch.com
using your Student ID or
Picture Day ID:
EVT6T3GMQ



Students are
photographed on
Picture Day



Orders will be sent home
with your student after
Picture Day

Cómo funciona: Encarga de manera anticipada en mylifetouch.com usando tu ID de estudiante o la ID del Día de la Foto.
Los estudiantes son fotografiados el Día de la Foto. Los pedidos serán enviados a tu casa con tu estudiante después del Día de la Foto.

Questions? Contact our Help Center at lifetouch.com/support-us. Select K-12 School Photography for assistance.
¿Preguntas? Comuníquese con nuestro Centro de Ayuda en lifetouch.com/support-us. Seleccione Fotografía Escolar K-12 para recibir asistencia.

F24PPEFUS © 2024 Shutterfly Lifetouch, LLC

September Activity Log

Be active 60 minutes a day for 15 days or more in September.
Log it and bring your log back to your P.E. Teacher.

Month:

Physical Activity Log

Student name

Teacher

Signature

Be active **60 minutes** or more at least **15 days** per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. **Get Out and Play, Every Day!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



www.healthyfuturesak.org

Camp Fire Sand Lake Elementary:

REGISTER NOW FOR
CAMP FIRE'S AFTERSCHOOL
program!

SCAN HERE
TO REGISTER!



2024-2025 SCHOOL YEAR
PROGRAM INFORMATION

AFTER SCHOOL

HOURS
Monday - Friday: 2:30 PM — 6:00 PM

PRICING
\$560/month

Child Care Assistance accepted!

Do you have questions or need assistance?
Email: registrar@campfireak.org
Call: 907-279-3551

Scholarships are available!
Apply on our website!

REGISTER AT: WWW.CAMPFIREAK.ORG

Camp Fire Alaska



Tomodachi Daiko (3rd Grade and up Only)

TOMODACHI DAIKO



Register Now
For Fall Semester

2024



<https://forms.gle/TjHTDwzTkSob7N3d7>



Art Classes:

New Fall Classes!

www.thearteryanchorage.com
For More Info or to Sign up Now!



CLAY: EXPERIMENTAL HANDBUILDING
Tuesdays: 8/27, 9/3, 9/10, 9/17, 9/24, 10/1
3:30pm - 5pm • Ages 5 and up

RECYCLED ART: REUSE, REDUCE AND RECYCLE IT INTO ART!
Wednesdays: 8/28, 9/4, 9/11, 9/18, 9/25, 10/2
4:30pm - 6PM • Ages 8 and up

VISUAL STORYTELLING
Thursdays: 8/29, 9/5, 9/12, 9/19, 9/26, 10/3
3:30-5PM • Ages 5 and up

The Anchorage School District does not endorse these materials or the viewpoints expressed in them.

From our School Nurse...



"You cannot educate a child who is not healthy,
and you cannot keep a child healthy who is not educated."

Hello Sand Lake Families,

Please review the guidelines for keeping sick children home. If a child's symptoms are prominent enough to impact their ability to learn or disrupt the classroom, they are likely too sick to be in school.

When to Keep Your Child Home from School Guidelines

Fever – A fever is a warning that the body is fighting an infection that could easily spread to others. A child with a temperature of 100.4 F or higher should not be sent to school; your child should stay home until they are fever free without the use of fever-reducing medications like Tylenol or Ibuprofen.

Colds – Colds are more difficult to assess. A slightly runny nose and occasional dry cough is not enough to keep your child home. However, if your child's nose runs constantly and/or the cough is frequent and wet, or your child is experiencing nausea or is too tired and uncomfortable to function at school it would be best to keep the child home for a day or two.

Cough – If your child has a severe cough, rapid and/or difficulty breathing, wheezing, or the cough is accompanied by a sore throat or not feeling well, the child should stay home from school.

Diarrhea – Diarrhea is defined as an unusual amount of very liquid stools compared to the child's normal pattern. Children should stay home until able to participate normally at school.

Ears – If your child has pain, swelling, drainage or difficulty hearing, please see your healthcare provider. Untreated ear infections can cause temporary or permanent hearing loss.

Eyes – If your child has red, itchy eyes with a clear, yellow or green drainage from the eye, it may be contagious and a sign of bacterial conjunctivitis (pinkeye). A child with pinkeye can attend school as long as they are able to keep from touching their eyes and show that they can properly wash hands after contact with the infected eye.

Rash – A rash might be the first sign of an illness. If your child has a rash with a fever and behavioral changes, or a rash that is oozing/open wound, or is tender with the rash worsening, your child should be evaluated by a healthcare provider.

Sore Throat – If your child has a sore throat, have the child gargle with warm salt water. If child behavior is normal and the child ate breakfast, it's probably safe to send your child to school. If your child has difficulty swallowing, or you notice saliva building up in your child's mouth because your child can't swallow, please keep your child home. If you notice white spots in the back of the throat please contact your doctor as this could be a sign of an infection.

Vomiting / Nausea – Please keep your child home if your child has vomited more than 2 times within 24 hours of school, and/or also has a fever, and/or if they look or act ill.

Handwashing is the number one way to stop the spread of illness. Please make sure your child or

children know how to properly wash their hands.

ASD has clear protocols for medications at school. Please review the ASD website for detailed information. DO NOT SEND MEDICATION, VITAMINS, or COUGH DROPS in your child's lunchbox or school bag.

<https://www.asdk12.org/Page/7810>

Health screenings begin in September. Please see the link below to review what that entails.

<https://www.asdk12.org/Page/7941>

Photoscreening, a type of vision screening, is currently scheduled for October 21st with Lion's Club volunteers. This will be part of school health screenings.

<https://aapos.org/glossary/photoscreening>

Please check out the ASD Infectious Disease Mitigation page at the following link.

<https://www.asdk12.org/Page/18803>

News on ASD flu shot clinics will be shared as soon as available. Feel free to contact me with questions.

Be Well Sand Lake,

Nurse Laura
Sand Lake Elementary School Nurse

sandlakenurse@asdk12.org

aimonetti_laura@asdk12.org

Direct: (907) 742-9261

Fax: (907) 243-6025



School Start Time Changes beginning August 2024



PLC Monday Schedule	Start Time	Release Time
Elementary	9 a.m.	2:30 p.m.
High	9:45 a.m.	3:15 p.m.
Middle (grades 6-8)	10:30 a.m.	4 p.m.

Tuesday-Friday Schedule	Start Time	Release Time
Elementary	8 a.m.	2:30 p.m.
High	8:45 a.m.	3:15 p.m.
Middle (grades 6-8)	9:30 a.m.	4 p.m.

In some cases, preschool, charter and alternative programs may have different schedules.

START PLANNING NOW

New start times may affect schedules outside of school. Consider how it could impact your family and start thinking through changes you may have to make.

- Before-school programs
- After-school programs
- Transportation to/from school
- Sports and activities
- Childcare
- Teen after-school jobs
- Parent/guardian work start or end times



Point your phone camera to this QR code and then click the link for more information on changing school start times.



Anchorage School District
Educating All Students for Success in Life

asdk12.org/schoolstarttimes

Student Nutrition Information

Apply for Free and Reduced-Priced Meals



No preview yet

Nutrition and Healthy Meals / Student Nutrition Services

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

asdk12.org



Student Nutrition / FAQ - Free and Reduced Meals

List the gross income amount that you normally receive. For example, if you normally make \$1,000 each month, but you missed some work last month and only made \$900, put down that you made \$1,000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes.

asdk12.org

For questions, Contact Student Nutrition:

snadmin@asdk12.org

(907)348-5145



Report an Absence



Sand Lake Elementary / Sand Lake Elementary School Homepage

Sand Lake has a vibrant neighborhood program and is home to the Japanese Immersion Program.

asdk12.org



TOMO NO KAI



WELLS FARGO

In the sunshine.

in the wild air.

- Ralph Waldo Emerson



Sand Lake Elementary

Sand is using Smore to create beautiful newsletters

