



AUROLA ELEMENTARY EAGLE NEWS

5085 10th Street
JBER, AK 99506
(p) 907-742-0300
(f) 907-742-0322

Mrs. Anna Walker, Principal

Dear Aurora Families,

Thank you for your continued participation in online learning. We know that we would not be able to do what we are doing without the support from our parents and guardians.

As you may have heard, ASD Superintendent, Dr. Bishop, has announced a delay in the restart of face-to-face instruction and will be making other announcements every two weeks on the 1st and 15th of each month. The decision to start face-to-face instruction is highly dependent on health factors within our community, CDC guidelines, the Governor or Mayor mandates, and School Board approval.

Please know that safety of our students and our community is most important for all working at Aurora. Aurora is one of the schools implementing an afterschool pilot program for a small group of students. As part of this program we are already implementing safety procedures for students: drop off and pick up, bussing procedures, bathroom use, snack distribution and consumption, hallway safety, and classroom safety procedures. We are actively teaching our students the proper mask wearing, handwashing and social distancing procedures.

I want to thank you for your continued support and wish you and your family good health! I feel confident that when we all return, it will be with a greater sense of belonging and a renewed perspective on all of the values that make Aurora such a special place.

If you have any questions or concerns, please don't hesitate to give us a call.

Sincerely,

Mrs. Walker
Principal
Aurora Elementary School

Office Staff:

Office hours: 8:30-4:00

Admin. Assistant:

Mrs. Kim Buskirk
buskirk_kimberly@asdk12.org

Secretary:

Mrs. Allie Paskin
paskin_allison@asdk12.org

Nurse:

Mrs. Amy Hollon
hollon_amy@asdk12.org



Upcoming Events:

10/15: Great Alaska Shakeout

**10/16: No School - Professional
Development Day &
End of 1st Quarter**

10/19: 2nd Quarter Starts

Parent/Teacher Conferences this month!

**10/23: No School - Professional
Development Day**

10/23-10/31: Red Ribbon Week



COVID-19 and School: Information for Parents

School will be starting this fall and the Anchorage School District is working with local pediatricians to create a plan for students and their families. Schools are taking precautions to keep students healthy and are depending on parents to know when kids should stay home from school.

When to stay home and call your child's doctor's office:

- Fever greater than 100.4° F, chills, or a presumed fever (your child feels very warm)
- New cough
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting, diarrhea
- Skin Lesions/Rash
- Exposure to someone with the above symptoms or someone with known COVID-19
- If your child has traveled outside the state of Alaska, they will need to follow the state guidelines on testing/quarantine before returning to school (see below for details)*

When to seek urgent medical care:

- Difficulty breathing
- Not eating or drinking
- Difficulty waking or staying awake

My child has been sent home from school due to concern for potential COVID-19 symptoms, now what?

- Call your child's doctor's office and speak with their team about telehealth visit, in-person visit, or COVID-19 testing
- Your child will not be able to return to school until they have testing and/or have a period of isolation at home as outlined below for a confirmed COVID-19 case.
 - You may be required to provide a clearance note from their doctor's office or proof of a negative COVID-19 test prior to returning to school
- Continue to have your child wear a cloth face covering, wash their hands often, and maintain social distancing.

When can my child go back to school if they have confirmed COVID-19?

- If they had symptoms of illness (cough, congestion, diarrhea) and positive COVID-19 test:
 - 10 days since symptoms first appeared **AND**
 - 24 hours with no fever (without the use of Tylenol/acetaminophen or Motrin/ibuprofen) **AND**
 - Symptoms have improved
- If they had no symptoms of illness and positive COVID-19 test:
 - 10 days have passed since test



COVID-19 and School: Information for Parents

What if my child does not have a doctor?

- Contact your school nurse at 907-742-0308 or Health Services at 742-4136

*Travel restrictions:

Upon returning to Alaska, your child will need COVID-19 testing prior to returning to school. They will be out of school until they have had two negative COVID-19 tests, 7 to 14 days apart.

Negative test within 72 hours of travel → to Alaska → 2nd negative test in 7-14 days

Negative test within 5 days of travel → to Alaska → test at airport → 2nd negative test in 7-14 days

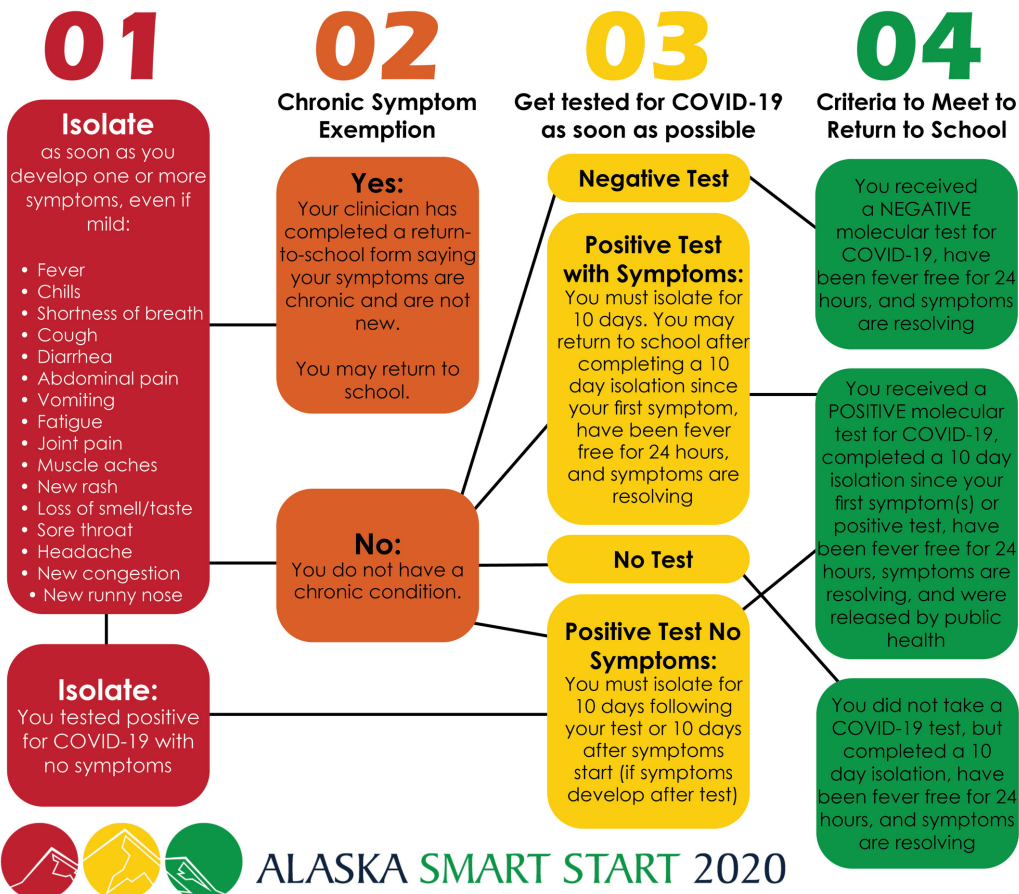
No test before travel → to Alaska → test at airport → 2nd negative test in 7-14 days

No test before travel → to Alaska → decline test at airport → quarantine for 14 days

Full details at: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/travel.aspx>

WHEN TO END ISOLATION

Isolation is for anyone with one or more symptoms and/or has tested positive





*"No one is perfect...
that's why
pencils have
erasers."
— Wolfgang Riebet*

Aurora Elementary is proud to be the first school in Alaska to partner with Anchored4Life!

This club will make a significant difference in military and civilian children's lives by offering positive support, teaching life skills, and providing resources as they face many unique challenges. Anchored4Life will provide transition and resiliency life skills to students, families and staff. We have three trained student leaders in grades 5 and 6 and will be adding more group leaders as the school year progresses. We will also be training crew members in grades K-6 to help assist the club on a classroom level. These group leaders and crew members will be working on the club features.

CLUB FEATURES Anchored4Life Club develops leadership skills, enhances life skills, builds confidence, reinforces team building, and offers support by:

Building positive connections.

Increasing self-esteem and positive self-worth.

Integrating empathy and integrity in daily activities.

Providing opportunities to support transitioning youth by giving kits and co-leading location tours and activity groups.

Character Development Quotes provide an inspiring message to set the stage for daily positive interactions.

Kits and Activity Packet Units keep youth connected and provide valuable resources during transitions.

Tours provide leadership opportunities for Team Leaders to assist transitioning youth.

Activity Groups teach life skills focusing on eight main transition areas (i.e. moving, deployment, reintegration, bullies, making friends, homework, fear, and healthy bodies).

Service Projects strengthen community ties through making connections, increasing self-confidence, making contributions, and gaining competence.

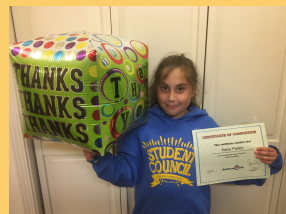
Training and Ongoing Support increases and improves transitions for elementary-aged youth.

The kits that we have available at Aurora Elementary for students and families include moving away or to Aurora Elementary, deployment, return from deployment, grief and divorce. Please let Nurse Amy or the office staff know if your family is experiencing any of these transitions and we will get you the appropriate kits.

We are very excited about Anchored4Life at Aurora Elementary! If you have any questions or want more information on this exciting program, please contact Nurse Amy at 742-0308 or visit <https://anchored4life.com/>.



Team Leaders show
off their training
certificates!



9/29/20

Aurora P.E.



HELLO STUDENTS AND FAMILIES!

The start of the school year has been challenging, but I hope everyone is hanging in there and finding time to stay active and healthy. The following are some updates and information about PE opportunities.

Healthy Futures

With September coming to a close, it is time to turn in the September Healthy Futures Logs. These activity logs are optional, but they must be emailed to Mr Dahl by October 5th to be eligible for the September prizes. Mr. Dahl can be reached at: dahl_eric@asdk12.org

Logs to record October activities can be found at: <https://healthyfuturesak.org/>



Games and Activities for the Family

I hope everyone has been participating and enjoying the weekly asynchronous P.E. activities in Canvas. I have also compiled some additional games, fitness routines, and scavenger hunts for families looking for more physical activity. These activities can be found at:

[Aurora PE Resources](#)

https://drive.google.com/drive/folders/1LZA14cOZ0qsOlfi1ICS4wgAmifKk_nGV?usp=sharing

We miss all of you and hope you stay safe,

Mr. Dahl

dahl_eric@asdk12.org

HERE'S HOW TO USE YOUR ASD LIBRARY NUMBER

ASD EBOOKS

Ebooks and audio books can be downloaded right from the ASD website. Log on to www.asdk12.org and select "ASD Library Catalog" from the Student drop-down menu. Select OverDrive eBook catalog.



SORA READING APP

Read free downloaded books on your device! Search for the SORA app in your app store and enter your school name. Use your school login info to sign up. You can also access SORA on the ASD eBook sign in page.



AT ANCHORAGE PUBLIC LIBRARIES

Visit the Anchorage Public Libraries and check out up to 3 items with your ASD library number.



ANCHORAGE PUBLIC LIBRARY ONLINE CATALOGS

Log on to anchoragepubliclibrary.org and select "Download a book." Select any of the options listed under eBooks and use your ASD library number to access the services.

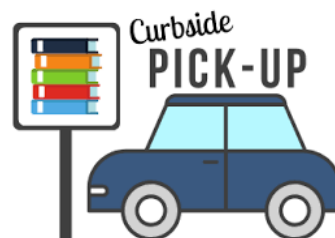


HOOPLA, MANGO, FREEGAL

Download books, music, and audio books, plus learn a new language all using your library card number on the Anchorage Public Library catalog!



YOUR PIN IS THE LAST 4 DIGITS OF YOUR ASD LIBRARY NUMBER



Dear Aurora Families,

Thank you for using the curbside book check out system. I hope it is working OK for you. Here are some helpful reminders:

- Curbside library services are available on Wednesdays from 2:30-4:30pm. Call 742-0311 or 742-0300 from the curb and I will deliver your books. Returning books? The drop off cart is near the front door.
- Need your student's library number and PIN? Call me at 742-0311 or the office at 742-0300 or email pajot_theresa@asdk12.org.
- If you use the Remote Book Request form link remember to click on SUBMIT at the bottom. That way the request will come to my email.
- You will need your student's library number and PIN to use the Library Catalogue at <https://pac.asdk12.org/?config=114#section=home>.
- Want a reading surprise? Email or call me and I will pick out up to 5 books for you.

I am looking forward to checking books out to you!
Mrs. Pajot

Click here to apply online for Free and Reduced-Price Meals

Now Accepting Applications for the 2020-2021 School Year

Submit your Free and Reduced-Price (FRP) meal application for the 2020-21 school year

YOU MUST APPLY EVERY SCHOOL YEAR.

Families with students at pricing schools are encouraged to apply. Please include all ASD students in your household in the student section on the meal application, regardless of where they attend school, so we may certify your family in one application together. You may apply at any time of the year if your circumstances change due to layoffs, adding people to your households or decreased income.

If all of your ASD students attend [Community Eligible Program \(CEP\)](#) schools, no application is required.

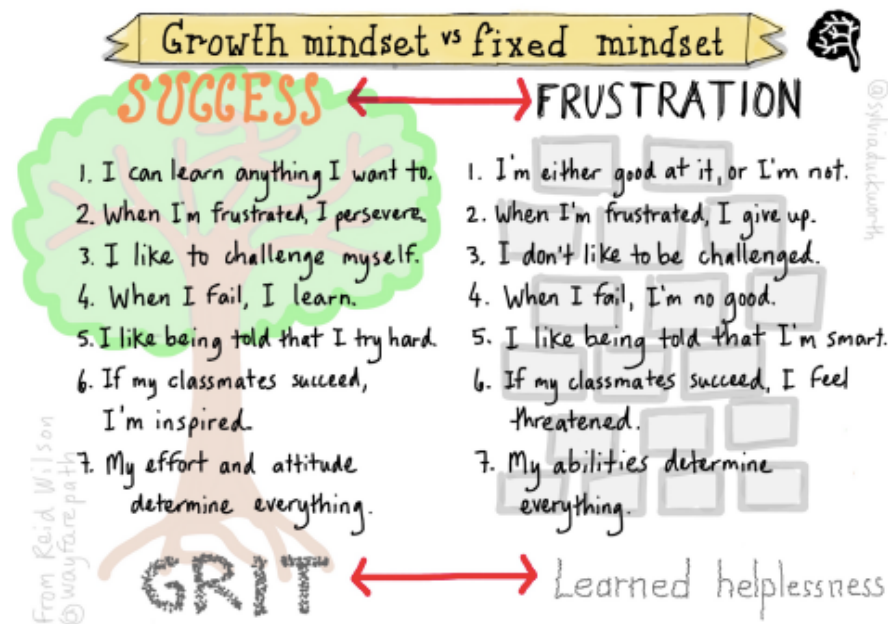
We are required to only use the address on file with the school. To ensure proper and timely delivery of your benefit information, please contact the school registrar to make sure the parent/guardian address is correct, and the student address (in the student profile) is up to date.



IGNITE Corner

Ms. Haynes

Did you know that as your brain develops, it actually becomes heavier? In IGNITE we are continuing our brain unit. We've learned about the different sections and functions of the human brain, and now we are diving into GROWTH vs FIXED Mindsets. The chart below shows how we can develop our brains by changing how we think. With practice and dedicated effort, we can develop a **growth mindset** – and this can lead to success in and out of school! Our focus is on **grit** and ways to avoid **learned helplessness**.



Military and Family Readiness Centers presents

Koats *for* Kids

Mon - Fri • 9 a.m. - 3 p.m.

Bldg. 600, Rm A139

384.1517/552.4943

We have FREE gently-used coats, hats, mittens,
and more to help keep your children warm this winter.

Open to all Service Members and their families.



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— SERVE UP —
Fire Safety
 — IN THE KITCHEN! —
 FIRE PREVENTION WEEK™



CALENDAR OF EVENTS

- JBER Schools Essay and Poster Contest October 5th – 8th
- BX Display table October 6th-8th 1100-1400 Enter free raffle
- Drive through Fire Station Events-See Sparky-Get Fire Safety Goodie Bag**
 - Fire Station 2 Bldg. 5126 (Elmendorf Side)- 9 October 1200-1500
 - Fire Station 3 Bldg. 3786 (By the BX)- 10 October 0800-1100
 - Fire Station 4 Bldg. 654 (Ft. Richardson Side)- 10 October 1200-1500





— SERVE UP —
Fire Safety
 — IN THE KITCHEN! —
 FIRE PREVENTION WEEK™



Fire Prevention Trailer Drive Through Event

Fire Station 2 5126 Artic Warrior Dr. (By Orion school) Friday 9 Oct 2020 1200-1500	Fire Station 3 3786 Provider Dr. (Across from Dominos) Saturday 10 Oct 2020 0800-1100	Fire Station 4 654 6 th Street (Richardson side by softball field) Saturday 10 Oct 2020 1200-1500
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- Come see the Fire Department guys at the fire stations. Drive up follow the signs and pick up your goodie bags from one the Fire Prevention team members.



The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week®, October 23rd - October 31st each year.



Introducing the new 2020 National Red Ribbon Theme: Be Happy. Be Brave. Be Drug Free.™

What Is Red Ribbon Week?

It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 23 - 31st.

Why?

The Red Ribbon Campaign® was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign® is to present a unified and visible commitment towards the creation of a DRUG - FREE AMERICA.

Who?

National Family Partnership is the sponsor of the National Red Ribbon Week® Celebration. We are helping citizens across the country come together to keep children, families and communities safe, healthy and drug-free, through parent training, networking and sponsoring the National Red Ribbon Campaign®.

Why Support The National Theme?

A theme unifies each year's campaign and helps to broadcast one message, creating a tipping point to change behavior.

How?

Plan a Red Ribbon celebration. Order and display Red Ribbon materials with the National Red Ribbon Theme. Proceeds from the sale of Red Ribbon theme merchandise helps support prevention programs across America. Order for your family, students, staff, patients, employees and customers and encourage them to wear the red ribbon symbol during Red Ribbon Week®, October 23rd - 31st.

Home & School

Working Together for School Success

CONNECTION®

Aurora Elementary School
Ms. Anna Walker, Principal



SHORT NOTES

Exercise your brain

Your child's brain is like a muscle—the more he uses it, the stronger it will become. Suggest that he give his brain a workout with activities like using his nondominant hand to throw a ball or to color. Learning to speak a foreign language or play a musical instrument are also known brain boosters.

DID YOU KNOW?

Children who regularly eat meals with their families tend to do better in school

and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"
Mark Twain

JUST FOR FUN

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course. The Empire State Building can't jump!



Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are conversation starters that will help you stay involved.

"Let's see what you worked on today."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

"Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

"Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

"Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for



shapes together. If she's fascinated by how animals adapt to winter, read a book or observe animals outside.♥

After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

♦ "What's the coolest thing that happened today?"

♦ "Pretend you're the teacher. How would you describe the day?"

♦ "What made you laugh?"

♦ "What was the most creative thing you did?"

♦ "How were you kind or helpful today? How was someone kind or helpful to you?" ♥



What does respect look like?

Your youngster's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect.

Respectful replies. Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such as, "I



want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each other with respect.

Everyday acts. When you mow the lawn or clean up after your dog, you can teach your child about respect for neighbors. Explain that keeping your neighborhood clean and neat makes it nice for everyone. Ask him to think of other respectful things neighbors should do. If you share an apartment laundry room, he might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers.♥

A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Knowing something about the topic or setting makes a tougher book easier to comprehend. If your youngster is reading a novel set in France, he could talk to someone who has been there or look up the country online (try a children's site like kids.nationalgeographic.com).

- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about.♥



Strong study habits

Q: My third grader has to spend more time studying this year. How can I make sure she studies effectively?

A: Set your daughter up for success by helping her find a distraction-free study spot. Also, have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close her eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3 x 3. Or she might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune.♥



PARENT TO PARENT

How to be careful online

With my daughter using the internet more for schoolwork, I was concerned she would wander to unsafe sites. We set up parental controls as her teacher recommended, and I try to stay nearby when she's on the computer.

But my older sister reminded me that while supervision is important, Sophie needs to learn safe habits to use on her own. So I explained to

Sophie that real-life safety rules apply online.

For instance, she shouldn't talk to strangers or go places she's not allowed. Before visiting a new site, she has to check with me so I can make sure it's appropriate. And just as in real life, she needs to tell me right away if a stranger tries to contact her or if she sees something confusing or upsetting.

I feel better that Sophie has ground rules, and I am going to keep this conversation going.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
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Mr. Dahl models one of the new fat tire bikes at Aurora.



ASD School Board:

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In agreement with the Office of Civil Rights, this statement must be included in all ASD publications, including student handbooks, administrative manuals, parent documents and other District publications. 8/2005; 7/2009; 06/2010; Revised 8/2012, 8/2013

ASD Statement of Nondiscrimination for Publications

The Board is committed to an environment of nondiscrimination on the basis of race, color, religion, sex, age, national origin, economic status, union affiliation, disability, and other human differences. No person shall be excluded from participation in, or denied the benefits of, any academic or extracurricular program or educational opportunity or service offered by the District. The District will comply with the applicable statutes, regulations, and executive orders adopted by Federal, State and Municipal agencies. The District notes the concurrent applicability of the Individuals with Disabilities Education Act, Title II of the Americans with Disabilities Act, and the relevant disability provisions of Alaska law.

Any student or employee who violates this policy will be subject to appropriate disciplinary action.

Inquiries or complaints may be addressed to ASD's Equity/Compliance Director, who also serves as the Title IX and ADA Coordinator, ASD Education Center, 5530 E. Northern Lights Blvd, Anchorage, AK 99504-3135 (907) 742-4132, EEO@asdk12.org., or to any of the following external agencies: Alaska State Commission for Human Rights, Anchorage Equal Rights Commission, Equal Employment Opportunity Commission, or the Office for Civil Rights-U.S. Department of Education. REVISED: 8/2007, 8/2012, 5/2013, 7/2014, 3/2017, 9/2017, 7/2019