



LION'S ROAR

ライオンの叫び

A Monthly Publication

August 2022

Dear Sand Lake Families,

Welcome Back! Summer break was a blur, but I'm hoping all of you were able to get out and enjoy Alaska. Despite our current weather pattern, we did have some wonderful days that required sunscreen. Hopefully, sunny days will return soon, and stay with us during the State Fair.

We have a few new staff members that I'd like to introduce:

- **Amanda McClure** is our new Special Education teacher.
- **Maddy Howard** is a new Teacher Assistant
- **Meghan Duryea** is a new Teacher Assistant
- **Kayoko Crawford** is a new Teacher Assistant
- **Nils Lane** is our long-term substitute for 5th grade.
- **Teresa Leon** is our long-term substitute for library.
- **Ashley Bais** is our new Assistant Principal.

As many of you may have heard, busing throughout the Anchorage School District will be different this year. You'll be receiving a letter from me with specific information related to our busing situation early August 14th. Please contact the school or dial 742-HELP with specific questions. As I receive new information, I'll be sharing updates as soon as I get them.

Another change coming this year is from Student Nutrition, meals will no longer be free this year. Included in the packet is information regarding free or reduced prices for meals, and links for more information.

Families looking for school supplies, will be able to see a supply list on our school website at, asdk12.org/sandlake.

I'm excited about this year and am looking forward to seeing all our students.

Sincerely,

Linson Thompson

Principal, Sand Lake Elementary

Important Dates

- 8/17 Popsicles with the Principal 4 pm till 5 pm – Class lists will be posted
- 8/18 School begins for students in grades 1 thru 6
- 8/25 School begins for Kindergarten students
- 8/30 Open house – 5:30 pm till 7:00 pm
- 9/16 Picture Day

Anchorage School Board

Margo Bellamy-President
Andy Holleman
Pat Higgins
Dora Wilson
Dave Donley
Carl Jacobs
Kelly Lessens



Popsicles

WITH THE PRINCIPALS



Wednesday, August 17, 2022
Sand Lake Elementary
4:00-5:00 PM
7500 Jewel Lake Rd, Anchorage, AK 99502



Anchorage School District

Student Nutrition

1307 Labar Street • Anchorage, AK 99515 • 907-348-5142 • <http://nutrition.asdk12.org>

Dear Parent/Guardian:

Your children may qualify for free or reduced priced meals. Good nutrition is important to the health and wellbeing of our students. The Anchorage School District offers healthy meals every school day. Elementary breakfast costs \$2.75; Elementary lunch costs \$4.50. Middle School breakfast costs \$3.00; Middle School lunch costs \$5.00. High School breakfast costs \$3.25; High School lunch costs \$5.50. To see if your children qualify for Free or Reduced Priced meals, apply online by visiting www.nutrition.asdk12.org. If they qualify, their breakfasts and lunches could be free or reduced to \$0.30 for breakfasts and \$0.40 for lunches. If you are unable to apply online, you may request a paper application. Please note that paper applications can take more time to process and are prone to returns for incomplete information. Below are some common questions and answers to help you with the application process.

- Who can get free or reduced-price meals?
 - a. Children in households receiving benefits from Supplemental Nutrition Assistance Program (SNAP) or State Temporary Assistance for Needy Families (TANF), are eligible for free meals. Please forward a copy of your Direct Certification Letter to Student Nutrition at SNAdmin@asdk12.org, fax to 348-5218 or mail to 1307 Labar Street, Anchorage, Alaska 99515.
 - b. Foster children that are considered wards of the State are eligible.
 - c. Children participating in their school's income tested Head Start program are eligible.
 - d. Children who meet the definition of homeless, runaway, or migrant are eligible.
 - e. Children may receive free or reduced-price meals if your total household's **gross income (before taxes or deductions, including the permanent fund dividend)** falls within the limits on the Federal Income Eligibility Guidelines listed below: **Federal Eligibility Income Chart for School Year 2022-23**. Note: applications received before December 31, 2022 will include the \$1,114 PFD.

Federal Eligibility Income Chart for School Year 2022 - 23

Household size	Annual \$	Monthly \$	Twice per month \$	Bi-weekly \$	Weekly \$
1	31,432	2,620	1,310	1,209	605
2	42,347	3,529	1,765	1,629	815
3	53,262	4,439	2,220	2,049	1,025
4	64,177	5,349	2,675	2,469	1,235
5	75,092	6,258	3,129	2,889	1,445
6	86,007	7,168	3,584	3,308	1,654
7	96,922	8,077	4,039	3,728	1,864
8	107,837	8,987	4,494	4,148	2,074
Each additional person	10,915	910	455	420	210

Educating All Students for Success in Life

Anchorage School Board Margo Bellamy, President

Carl Jacobs, Vice President
Dora Wilson, Clerk

Kelly Lessens, Treasurer
Dave Donley

Pat Higgins
Andy Holleman

Superintendent Dr. Jharrett Bryantt

- Will the information I give be verified?

Yes, we may also ask you to send written proof of the household income you report.

- How do I know if my children qualify as homeless, runaway or migrant?

- a. Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call the child in transition liaison at 742-3833 or visit the CIT website at www.asdk12.org/CITH.
- b. Households participating in personal subsistence fishing (salt and freshwater), clamming, crabbing, shrimping, commercial fishing, fish processing, logging, or agricultural work may visit the Migrant Education website to take a survey to screen for eligibility www.asdk12.org/migrated or call Migrant Education at (907)742-4275.

- How do I apply?

Apply online or print an application by visiting www.asdk12.org/studentnutrition and select Apply Online for Free and Reduced Priced Meals. Apply in late July or early August for new to district students or kindergarteners. If a student did not have coverage last year, they would not have temporary free status for the beginning of the 22-23 school year.

- Do I need to fill out an application for each child?

No, please use **ONE** Free and Reduced Price School Meals Application for all students enrolled in the Anchorage School District in your home. We cannot approve an application that is not complete. Be sure to fill out all required information. Please apply online or return the completed paper application to Student Nutrition 1307 Labar Street, Anchorage, Alaska 99515. Please include all students on the application form including incoming kindergarteners.

- Do I need to fill out an application if I received a letter for the 22-23 school year saying my children are approved for free meals?

No, but please read the letter carefully and follow the instructions. If any children in your household were missing from your eligibility notification, contact Student Nutrition immediately to avoid the possibility of incurring lunch charges. A student in a temporary grace period still requires an application prior to September 29 to be certified for the remainder of the school year.

- Do I need to fill out an application if I received a letter for the 22-23 school year that says my child is enrolled in a CEP (Community Eligible Provision) school and will have free meals provided?

You will not need to apply for children in your household that are enrolled in a CEP school, but if you have other children in your household that do not attend a CEP school or you change schools to a non CEP school then you will need to apply.

- My child's application was approved for the 21-22 school year. Do I need to fill out a new one?

Yes, your child's application is only good for a short carryover period in the current school year to allow you time to re-certify your children for the 22-23 school year. To avoid incurring paid meal charges for expired program eligibility, re-apply in between August and the September 29 for all students. Include all students on one application, even if they attend different schools. Approval can take 10 days from receipt of complete application so we recommend filing by mid-September at the latest for returning students to avoid incurring charges.

- How will I know if my children qualify?

You will receive written notification via mail. Please make sure your student profile mailing address (rather than the parent address) is updated in Q Parent Connection and at each students' schools to ensure you receive notices about your application. This can be verified with the school registrar.

- I receive WIC; can my children get free meals? Children in households participating in WIC may be eligible, please apply.
- If I don't qualify now, may I apply later?

Yes, you may apply at any time during the school year and as many times as you need as circumstances change. However, if approved you will not need to apply until the next school year.

What if I disagree with the school district's determination of my application?

You may contact Student Nutrition to discuss your eligibility determination. You may also request a hearing by writing to: Student Nutrition Director, 1307 Labar Street, Anchorage, Alaska 99515.

- May I apply if someone in my household is not a U.S. citizen?

Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced price meals.

- What if my income is not always the same?

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. If you have lost a job or had your hours or wages reduced, use your current income. Please be sure to fill out the gross income frequency (weekly, bi-weekly, bi-monthly or monthly) or your application will be returned and/ or delayed.

- What if some household members have no income to report?

If members of the household receive no income, please write a 0 in the field. If any income fields are left empty, we will assume their income is 0.

- We are in the military. Do we report our income differently?

Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, clothing, or receive Family Subsistence Supplemental Allowance payments, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative (JBER is a qualifying installation), do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.

- What if there isn't enough space on the application for my family?

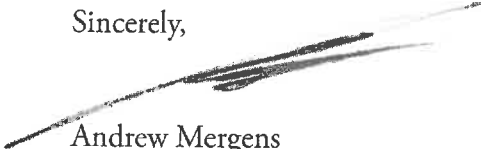
Apply online, if you must submit a paper copy list additional household members on a separate piece of paper, and attach it to your application.

- My family needs more help. Are there other programs we might apply for?

To find out more about assistance programs in Alaska visit www.dhss.alaska.gov/dpa

Contact Student Nutrition Office via email at SNAdmin@asdk12.org or at (907)348-5145 for further assistance.

Sincerely,



Andrew Mergens
Senior Director, Student Nutrition



Apply Online. Anywhere. Anytime.

Submit an application in minutes

Easy-to-follow steps • Faster processing • Safe and secure

Submit an application at:

www.asdk12.org/studentnutrition

The Anchorage School District has made it faster and easier for parents to apply for free and reduced-price meals. This free service enables families to receive program benefits faster than using the paper application. Applications are electronically submitted directly to the Student Nutrition office for processing. Paper applications are available upon request from front offices, cafés, or by contacting Student Nutrition at snadmin@asdk12.org.



Anchorage School District
Educating All Students for Success in Life

www.asdk12.org



Anchorage School District

Risk Management

5530 E Northern Lights Blvd • Anchorage, AK 99504 • 907-742-4371

Student Injuries and Insurance 2022-2023 School Year

Dear Parent/Legal Guardian:

The safety of our students is of critical importance to all of us and we want to protect them from injury. Even so, accidents do happen (at school and elsewhere) and required medical care can be expensive. Please know that your school **does not** assume responsibility for such costs but does offer you access to several student accident insurance plans for voluntary purchase. Details can be found at myers-stevens.com.

Options are available to cover your child 24/7, anywhere in the world or you can limit coverage to school-related injuries only. The plans **do not** restrict your choice of doctors or hospitals. However, you'll also have access to an extensive network of providers with discounted fees. Seeking care through contracted providers may further reduce your out-of-pocket costs, particularly if your child needs surgery or hospitalization.

Also offered is the pay-as-you-go **Student Accident & Sickness Plan** which covers sickness as well as injury, in and out of school. The **Dental Accident** plan can be of particular value with younger students as final treatment to injured teeth often needs to be deferred until after they mature.

Common emergency benefits – Regardless of the benefit level selected, all of the accident medical plans and the **Student Accident & Sickness Plan** will cover eligible charges for **Ambulance, Emergency Room and Emergency Room Physician** at 100% of Usual, Customary and Reasonable charges (UCR) up to plan limits.

Enhanced benefits for qualified concussions – If an insured student suffers a concussion while participating in any covered activity and is consequently removed from play from his/her interscholastic sport per the school's formal concussion protocols, then any deductible or inside limit features of the plan are waived and eligible charges for the evaluation and treatment of the concussion are paid at 100% of UCR subject to remaining policy terms and conditions.

Interscholastic Sports – Please know that all plans offered (other than the Dental Accident Plan) may be used to comply with applicable state and local insurance requirements for participation in interscholastic sports (coverage for high school tackle football is offered on a stand-alone basis).

COVID-19 – Although Covid-related restrictions are lifting, we will continue the adjustments made at the beginning of the pandemic for as long as the Covid State of Emergency continues. In brief, they include: 1) qualified extension of coverage to distance learning at home; 2) qualified coverage for COVID-19 testing costs; 3) the addition of Telemedicine as a covered service. As matters concerning COVID continue to evolve, updates will be posted on the MST website.

You are strongly encouraged to carefully review the information provided. If your child already has health coverage, the student insurance plans offered can also be used to expand your choice of providers and help cover the high deductibles and 30% to 40% cost sharing obligations imposed by many health plans today.

FALL 2022

KIDS
CORNER

AFTER SCHOOL PROGRAM

ONLINE THROUGH



K – 6TH GRADE

FREE ONLINE REGISTRATION

READING

WRITING

SCIENCE

MATHEMATICS



Questions?

Contact us at

thekidscornerak@gmail.com

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