

Sand Lake Lions Roar

FEBRUARY 2024



A Letter from the Principal

Dear Sand Lake Families,

With the new snow and single digit temperatures, we are reminded that Winter is far from over. Please make sure your children have the appropriate gear for the ever changing conditions. As a reminder, students go outside unless the temperature is below -10 degrees.

Parent Teacher Conferences are scheduled for Wednesday, February 21st and Thursday, February 22nd. Our online Conference Scheduler will be available for everyone starting on February 5th. Parents will receive notification once the site is ready.

Conferences allow our teachers time to share academic success, progress your child has made during the year, and gives you an opportunity to ask your child's teacher any questions you may have. Communication between home and school is great way to make sure your child is on track for a successful year.

I'm looking forward to seeing everyone during conferences. Please remember that February 19th is President's Day, and students will not have school that day. February 21st and 22nd are half days with dismissal at 12:30 pm, and students will not have school on February 23rd. Teachers will have an in-service on this day.

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

- **Feb 1** Kids Heart Challenge (AHA)
- **Feb 1** ASD Lottery Opens for 2024-25 School Year
- **Feb 1** Krispy Kreme Fundraiser
- **Feb 1** TNK Membership Drive (Feb 1-29)
- **Feb 2** Sand Lake Basketball Game @ Kincaid (4pm)
- **Feb 7** YearBook Art Contest Submission Deadline
- **Feb 8** Dine to Donate Event at Texas Road House
- **Feb 8** Girl Scouts Discovery Night (see flyer for info)
- **Feb 9** Sand Lake PTSA: *Aurora Glow Dance* (6-8pm)
- **Feb 10** Basketball Tournament @ Clark Middle School
- **Feb 14** Student Council Spirit Day: Wear Pink and Red
- **Feb 19** President's Day (No School)
- **Feb 21** Half Days - Parent Teacher Conferences
- **Feb 21** Chitose Bake Sale Fundraiser
- **Feb 22** Half Days - Parent Teacher Conferences
- **Feb 22** Chitose Bake Sale Fundraiser
- **Feb 22** Teacher Professional Development Day (No School for Students)



2024 Sand Lake "Kids Heart Challenge"

2024 Sand Lake "Kids Heart Challenge"

For the past 20+ years our school has participated in the Jump Rope/Hoops for Heart, now referred to as the Kids Heart Challenge from the American Heart Association (AHA). February is traditionally heart health month nationally, so we have always tried to promote this fundraiser for our school's PE department during that time. Sand Lake will receive \$ back for PE equipment purchasing the more we bring in as a school. We do not have one event date; we just promote throughout the month.

Dates: begin week of Jan. 29, and ends Friday 3/1 (allows for ordering prizes and wrapping up before Spring Break)

We are going to be online only this year, also there is a mobile app. On the back of this page are a list and pictures of prizes available – remember that for every level of prize won you also win the lower-level prizes. **Additional prize for \$100**

raised = pizza party during student's lunch time before end of year. Also, this year the pizza party applies for those students who complete "Finn's Mission". Finally, there is a class/homeroom teacher prize as well:

- The Class who has the most students register will win the Classroom Challenge and get a retro American Heart Association prize for every student in the class, the teacher will win an Amazon Gift Card.

Online instructions: 1. **Heart.org/KHC and/or Kids Heart Challenge mobile app.**

2. Search for school
3. Create account or use previous info.
4. List your student's homeroom teacher if asked.
5. Ignore any listed event date, we had to put something.

Once your student has a page setup you can view personal and school progress towards goals, use their resources to send emails and ecards to contacts, view your gifts earned levels (you earn a wristband just for online setup), view your personal page as well as keep track of online donations.

Mr. Benson will receive an email whenever there is any online money raised and prizes earned. All questions or general information needs to be directed his way, not to our front office or Homeroom teachers. **Benson_kirk@asdk12.org**



YM WS KHC 2023-2024 WO-44252: Sand Lake Elementary - Kids Heart Challenge - American Heart Association

The Kids Heart Challenge is a fun and exciting event where your student learns about their heart while helping others by raising money for the American Heart Association. It prepares your child for success through physical and emotional well-being.

🔗 www2.heart.org

Stay Active – Play everyday!

Month: February

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

Spring 2024 Lottery Open Feb 1 – March 21



Dual Language Immersion Programs

Key dates for spring 2024 lottery:

February 1, 2024 – Lottery system will begin accepting applications for 2024 – 25 lottery.

March 21, 2024, 5 p.m. – Application deadline for lottery.

March 22, 2024 – Date of lottery.

March 29, 2024, after 5 p.m. – Parent notification of lottery results. Both accepted and wait-listed families will be notified. Parents will have two school days (48 hours) after notification to accept or decline results of lottery.

March 29, 2024, after 5 p.m. – Lottery system will reopen for applications for the 2024 – 25 lottery.

A second lottery will be held in **July 2024** (details to follow).

asdk12.org/lottery



Krispy Kreme Fundraisers



HAPPY
VALENTINE'S
DAY

Celebrate the Valentine season with-

Krispy Kreme Doughnuts

Use the link or QR code to order your dozen glazed doughnuts by credit card only. A certificate will be emailed to you on February 13th to pick at your convenience at our local Krispy Kreme! *Certificates never expire.
Orders must be placed between February 1 - 12, 2024.

[HTTPS://SQUARE.LINK/U/KXSDMGMX](https://square.link/u/kxsdmgmX)

\$14
per dozen





50%
OF EVENT SALES GIVEN
BACK TO YOUR CAUSE

Every purchase supports the Tomo No Kai
2024 Chitose, Japan Cultural Exchange

TNK Membership Drive (Feb 1-29)

Tomo No Kai Membership Drive

FEBRUARY 1-29



Family memberships are \$10.

The students of the grade with the highest %
of TNK memberships on 2/29 will receive a
prize.

PLUS, each member family will be entered in
a drawing for Crumbl Cookie Gift Cards.

tomonokai.org



TOMO NO KAI



Come Cheer Sand Lake Elementary's Basketball team!



'Year Book Cover' Design Contest Deadline Feb 7th

2023-2024
SAND LAKE
ELEMENTARY

YEARBOOK ART CONTEST

WE WANT YOU TO DESIGN THIS YEAR'S
YEARBOOK COVER!

THE TOP THREE SUBMISSIONS WILL BE
DISPLAYED FOR A SCHOOL WIDE VOTE AT THE
AURORA DANCE ON FEBRUARY 9th

SUBMISSIONS MUST FOLLOW THESE GUIDELINES:

- INCLUDE THE SCHOOL NAME AS **"SAND LAKE ELEMENTARY SCHOOL"**
- INCLUDE THE SCHOOL YEAR **"2023-2024"**
- DRAWN ON A WHITE, BLANK SHEET OF 8.5x11 PAPER
- BE YOUR ORIGINAL DESIGN
- NAME AND TEACHER MUST BE WRITTEN ON THE BACK
- STICK TO A SAND LAKE LIONS THEME AND INCLUDE OUR SCHOOL COLORS, BLUE AND YELLOW

Drawing suggestions

- Use Bold Bright colors
- Markers work best!
- Outline design with black marker
- Start with a draft, make the FINAL a CLEAN and CLEAR image
- There is NO limit to how many students help with the design

SUBMISSIONS
DUE IN THE
FRONT OFFICE
BY WEDNESDAY
FEBRUARY 7th

*CONTEST OPEN TO CURRENT
SAND LAKE STUDENTS ONLY.

[Click here to order your Sand Lake Yearbook today...](#)

Don't miss
out!
¡No te lo
pierdas!

Your school memories from cover to cover

Tus recuerdos escolares de principio a fin.

Visit ybpay.com to order
your yearbook **today!**

¡Ingresa a ybpay.com para encargar tu anuario hoy!



Scan to order today!
*¡Echa un vistazo para
encargar hoy!*

Order Deadline:

Fecha Tope Para el Pedido:

Apr 8, 2024

Yearbook ID Code:

Código ID del anuario:

14955724

Contact our Help Center for assistance at lifetouch.com/support-us. Select Yearbook Orders for assistance.

Comunicate con nuestro Centro de Ayuda para recibir asistencia en lifetouch.com/support-us. Selecciona Pedidos del Anuario para recibir asistencia.

EVT7GQTMG Sand Lake Elementary School

YB24USY8PY © 2023 Shutterfly Lifetouch LLC

Lifetouch.

Save the Date!



Girl Scouts Discovery Night



Your Year of Friendship

- ✓ Have a dance-off with your friends.
- ✓ Learn about the galaxy under the stars.
- ✓ Brighten someone's day by lending a hand.

The first step to friendships that last forever? Feeling totally comfortable being yourself. Be part of a crew that celebrates you just the way you are!

Be a Girl Scout



Your amazing journey starts here. Scan the QR code to join today!

©2023 Girl Scouts of the USA. All Rights Reserved.

Join us for a **Girl Scouts
Discovery Night** at

Sand Lake Elementary Library
on Thursday 2/8 from 5:30-6:30pm

Free! Bring your grown-up(s) along.

Try new activities with friends, learn about Girl Scouts, and find out how to start a new Girl Scout troop, or join one!

Questions? (907)248-2250 customercare@girlscoutsalaska.org

girl scouts
of alaska

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

Sand Lake Elementary School

PTSA NEWSLETTER

FEBRUARY 2024

A NOTE FROM PTSA

Dear Families,

We hope everyone is surviving this cold snap we have been having. We have a very busy couple of months coming up! Our Aurora Dance is next week and will be fun for the whole family. We also have the book fair, teacher appreciation lunch as well as our big Stud Run Fundraiser coming up in March. Please let us know if you would like to volunteer.

AURORA GLOW DANCE

Our Aurora Glow Dance is coming up! This free event is for the whole family. Wear your best glow in the dark outfit. There will be hand spun cotton candy, glow face painting, glow bracelets and snacks for sale. We can't wait to see you there!

*no drop offs

UPCOMING EVENTS

- Family Aurora Dance 2/9 6-8
- Teacher Appreciation Lunch 2/21
- Book Fair 2/21, 2/22
- Stud Run 3/29

STAY CONNECTED

President- Lindsey Edwards
sandlakeptsa.president@gmail.com
Vice President- Blair Robinson
sandlakeptsa.vicepresident@gmail.com
Secretary- Brittany Ford
sandlakeptsa.secretary@gmail.com
Treasurer- James Riches
sandlakeptsa.treasurer@gmail.com
Vice President of Fundraising- Risha Taci
sandlakeptsa.vpfundraising@gmail.com
Vice President of Events- Shannon Spalding
sandlakeptsa.vpevents@gmail.com

VOLUNTEERS NEEDED

PTSA isn't possible without your help!
Sign up to help with the following

events:

Aurora Dance

Book Fair

Teacher
Appreciation
Lunch



Aurora Glow Dance

Featuring
DJ Spencer Lee

- ~Glow Face Painting~
- ~Live Spinning Cotton Candy~
- ~Drinks & Snacks~
- ~Glow Stick Sales~

Sand Lake PTSA invites you to this
Free Family Event

6pm - 8pm • February 9th
Sand Lake Gym

VOLUNTEER SIGN UP



Cash & Card Accepted • No Drop Offs

Sand Lake Student Council



Chitose Bake Sale



Japanese Classes – see flyer for information:



LEARN JAPANESE

from Native Japanese Speakers



アンカレッジ日本人補習学校
Anchorage
Japanese School

dates	2/10, 2/17, 2/24, 3/2, 3/16 (5 classes total)
times	13:30 - 14:30

CLASSES

Beginner

- for adults (5th grade and above)

Intermediate

- for adults (5th grade and above)

Beginner

- 2nd grade to 4th grade

ADDRESS

1010 W Fireweed Ln
Anchorage, AK 99503

Holy Rosary Academy
Boscus Building



SIGN UP

Scan QR Code Below:




Or use link below:

<https://docs.google.com/forms/d/1Xn-pH2bYrU8e9pouJsrFruXOM8okmjsu9IaxeOIGnOGs/edit>




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

AFWC – see flyer for information:



AFWC


ANCHORAGE FREESTYLE WRESTLING CLUB






Practice Information:


- Ages 5 to 18 years of age
- February 5th – May 4th
- Monday, Wednesday, Thursday
- Practice for K – 5th grade: 5:30pm to 6:45pm
- Practice for 6th – 12th grade: 6:45pm to 8:30pm
- Salvation Army Community Center: 1701 C St, Anchorage, AK 99501

Register Here!





*“Some are born great, some
achieve greatness, and some
have greatness thrust upon them”*



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



News from the Nurse

Email: sandlakenurse@asdk12.org

Website: <https://www.asdk12.org/domain/4528>

Phone: [907-742-9261](tel:907-742-9261)

When to Keep Your Child Home from School:

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.

- If your child requires medication to treat any of their symptoms, please complete the appropriate medication forms found at <https://www.asdk12.org/page/7810>
- Please do not send cough drops to school without touching base with the nurse. These are treated as a medication by ASD and must be stored in the nursing office. If your child needs cough drops, they may be too sick for school.
- COVID information/policy can be found here <https://health.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>

ASD does not plan to offer any form of COVID testing in the schools for the 22/23 school year and **testing is not a requirement** at this time. If you or your child are ill and choose to test for COVID and are positive, you will need to follow current CDC guidelines for isolation and masking. You can find those guidelines on the CDC website and summarized below:

- If you have a positive test, isolate for 5 days (day zero is day of symptoms or swab followed by 1-5 at home)
- You may return to school/work with symptoms resolving on day 6. You will need to wear a mask from day 6-10.

If families have additional questions about keeping your child home, please feel free to contact your child's school nurse.

Nurse Laura

Sand Lake Elementary School Nurse

sandlakenurse@asdk12.org

aimonetti_laura@asdk12.org

phone: 907-742-9261

fax: 907-243-6025

2023-2024 School Meal Prices

Beverage prices are the same for both students and adults. Adult meal prices are higher since adult meals are not federally subsidized. Milk may be purchased at the a la carte price of \$1.00 for regular and \$1.50 for lactose-free milk.

Apply for Free and Reduced-Priced Meals

For questions, please contact student nutrition: snadmin@asdk12.org or (907)348-5145



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