

Sand Lake Lions Roar

JANUARY 2024



A letter from the Principal

Dear Sand Lake Families,

Welcome to 2024 and the start of the third quarter! I hope everyone had a great winter break, we are excited to see all the students back!

This first week in January is an exciting week because we have visitors from our sister school in Japan visiting. Students from Chitose Elementary will be here for the first week of school in January along with their Principal and a few staff members. Please give them a warm Sand Lake welcome when you see them around. I want to extend a huge thank you to the Sand Lake families that are hosting a Chitose student and/or are supporting them during their visit. We truly appreciate it!

For pick up and drop off please remember that students should only be dropped off in the lane closest to the curb for safety reasons. Also, the entire pick up and drop off lane is not for parking and/or leaving your vehicle. If you would like to park your vehicle please find a parking spot in the parking lot or at the church. I understand we are all in a rush to get to the next location but, this helps with the traffic flow and is for the safety of all our students.

Another reminder is that students go outside for recess unless the temperature/wind chill is at or below -10. Thank you for sending your students to school with the proper winter gear to ensure that they are warm for recess!


If you ever have any questions, comments, or concerns please feel free to contact us at (907) 243-2161 or Sandlakeattendance@asdk12.org.

Sincerely,

Chelsea Garney
Assistant Principal, Sand Lake Elementary

UPCOMING EVENTS

- **Jan 15** Martin Luther King Jr. Holiday (No School)
- **Jan 16** TNK General Meeting @ 6:30pm (Sand Lake Library)
- **Jan 16** PTSA Meeting @ 7:30pm (Sand Lake Library)
- **Jan 19** Sand Lake Basketball Game @ Bayshore
- **Jan 23** Sand Lake Choir Begins
- **Jan 26** Sand Lake Basketball Game @ Sand Lake
- **Jan 30** Tastee Freez teacher takeover (4-9pm)



YOU ARE INVITED TO THE




Tomo No Kai

GENERAL MEMBER MEETING

TUESDAY
JANUARY 16
6:30 PM

**SAND LAKE ELEMENTARY
LIBRARY**

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



**SAND LAKE
ELEMENTARY**

**MEARS
PANTHERS**

**DIMOND
LYNX**

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

Sand Lake Elementary School

PTSA NEWSLETTER

JANUARY 2024

A NOTE FROM PTSA

Dear Families,

We hope you all had a wonderful holiday season! We had a great first semester at Sand Lake. The canned food drive was a huge success with over 1700 pounds of food donated to The Food Bank! Thank you for your donations. Our Barnes and Noble fundraiser was also a success. Almost \$1000 was raised for our library. Thank you all for your help!

THANK YOU TEACHERS!

PTSA provided lunch as well as bagels and coffee for teachers on the last week of school.



REMINDERS

- Junior Achievement is looking for volunteers for Feb 2nd. If you would like to volunteer please contact the office.
- Family paint night sign up forms will go home in January.
- The Family Aurora Dance will be a fun after school glow dance for the whole family! If you would like to help plan the dance, let us know!

UPCOMING EVENTS

- TNK and PTSA meetings 1/16
- Family Paint Night 1/17 6:30 and 7:30
- Family Aurora Dance 2/9, 6-8

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 Toci
sandlakeptsa.vpfundraising@gmail.com
Vice President of Events- Shannon Spalding
sandlakeptsa.vpevents@gmail.com



Join us for our PTSA general meeting!

PTSA MEETING

TUESDAY JAN 16TH 7:30PM

Sand Lake Library

EVERYONE IS WELCOME!
THER WILL BE A DOOR PRIZE

Childcare Provided

Join the PTSA

Come Cheer Sand Lake Elementary's Basketball team!



BASKETBALL

January 2024 Game Schedule

Friday 1/19 Sand Lake vs. Bayshore (@ Bayshore) 4pm

Friday 1/26 Sand Lake vs. Chugach Optional (@ Sand Lake) 4pm

for more information contact:

Mrs.Congdon congdon_christina@asdk12.org

Sign up for Sand Lake Choir....



Sand Lake Choir Sign-Up



To: Parents of Sand Lake Lions enrolled in grades 3-6

From: Annie Nilsson, Sand Lake Music, Nilsson_Annie@asdk12.org, 742-9281

Who's Eligible? 3rd, 4th, 5th, and 6th graders who enjoy singing and performing

When: Tuesday mornings beginning January 23, 2024, from 8:00-8:40am in Music Room 139.

Rehearsals will continue every Tuesday morning (except on Inservice Days or during school closures) through May 7, 2024.

Expectations:

- All ensemble members will be expected to perform with the group in concerts. Attendance is important when preparing to perform with a group in concert. Ensemble members have maximum 3 excused absences and then will be released from the group.
- Group members should enter through the MPR doors at 8am and proceed directly to room 139.
- Choir members will be learning basics of singing technique, including breath control, vowel formation, blend, and voice care, and will be expected to memorize songs. We may learn choreography and/or simple percussion accompaniment.
- Please return the bottom of this form to Mrs. Nilsson as soon as possible. Choir begins January 23 and participation is limited to the first 50 students in grades 3-6 to return this permission slip. See you on January 23rd!!!

**Please cut at the line above and return only this section
to Mrs. Nilsson as soon as possible.**

Student's Name: _____ Classroom Teacher: _____

Parent/Guardian Name(s): _____

Email address: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact Information _____

By signing and returning this paper:

- I agree to allow my child to participate in weekly Sand Lake Orff rehearsals and concerts.
- My child agrees to participate in rehearsals and concerts.
- My child will enter through the MPR doors and proceed to room 139 at 8:00am for rehearsals every Tuesday.
- I agree to purchase a Sand Lake Music shirt for my child to wear at performances (cost: \$11, separate form to come home end of January) if we do not already have one. My child may wear a previous Sand Lake Music shirt if it still fits.

Parent Signature: _____ Date: _____

Community Fun Event and Fundraiser...



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