



LION'S ROAR

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A Monthly Publication

January 2022

Dear Sand Lake Families,

One year ago, I was hopeful things would be different in 2021, and we would all be back to "normal" within weeks. As 2022 begins, not much has changed, but I'm still hopeful things will improve soon. ASD has updated our policy for returning to school from a quarantine period, please review the following pages that reference the guidance on this.

As a reminder, our mask policy is still in place, and anyone coming into the building must wear a mask. Once a change to this policy has been made, I'll send a message out to notify the Sand Lake community.

Second quarter report cards are being sent home this week, so be on the lookout for them. As we plan for upcoming events, please make sure to mark February 16th and 17th on your calendar as these are the dates for Parent Teacher Conferences. More information will be coming about times for individual conferences.

We've started the year on a very cold streak, please make sure your children have the proper winter gear for being outside for 30 minutes during recess. As a reminder, we have monthly fire drills, and during these drills we do not stop to get our winter gear on. Students should not be wearing short pants and t-shirts to school in case we have to go outside without our winter gear for short periods of time.

Finally, if you are picking your child up from school, the Brentwood neighborhood should not be used to drive through and park while waiting for your child. Imagine 40+ cars coming thru your neighborhood and waiting for their children every morning and afternoon. The church across the street and next to the hockey rink have allowed us to use their lots during these times. Let's be great neighbors to our friends in Brentwood.

Sincerely,

Linson Thompson

Principal, Sand Lake Elementary

Important Dates

- 1/11 7:00 pm, TNK meeting via Zoom
- 1/17 No School - Martin Luther King Jr Holiday
- 2/16-17 Parent Teacher Conferences - half day of school
- 2/18 No school - Training day for teachers
- 2/21 No School - Presidents Day

Anchorage School Board

Margo Bellamy-President

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KEEP ASD SYMPTOM FREE



At Home COVID-19 Health Screening for Parents and Guardians

Ask these questions at home before sending students to school. Anyone who answers “yes” to questions #1 or #2 must not enter the school or participate in a school sport or activity. Students do not need to stay home if they’ve answered “yes” to question #3. See guidance below.

1 Within the last 5 days, have you been diagnosed with COVID-19 or had a positive test for the virus?

2 Have you had any of these symptoms in the last 24 hours?

- Fever (defined as a temperature 100.4F or higher)
- Chills
- New trouble breathing or shortness of breath
- New cough
- Diarrhea
- Abdominal pain
- Vomiting
- Fatigue
- Joint pain
- Muscle aches or body aches
- New rash
- Loss of taste or smell
- Sore throat
- Headache
- New congestion
- New runny nose

3 Do you live in the same household or have you had close contact in the last 5 days with someone who has tested positive for COVID-19?

Close contact counts if you have been within 6 feet for more than 15 minutes (cumulative over 24 hrs), or if someone from public health contacted you to let you know you are a contact.

Note: If a child or staff member lives with someone else who was named as a contact, it is okay for the child or staff member to go to school. We do not quarantine contacts of contacts.

Yes
STAY HOME or go home immediately if the answer is YES to one or more questions above.

Parents / guardians should follow the Return to School Options pathway (see reverse) to determine when to send students back to school. **DO NOT** send student to school with any of the above symptoms.

4 Are you vaccinated?

No
5-day quarantine is recommended but not required. CDC recommends a molecular-based test on day 5 of initial exposure. This is not required by ASD. CDC recommends masking in public and monitoring symptoms for 10 days from last day of exposure.

Yes
CDC recommends masking in public and monitoring symptoms for 10 days from last day of exposure. ASD recommends but doesn't require a COVID test 5 days after last exposure.



Anchorage School District
Educating All Students for Success in Life

www.asdk12.org

Return to School Options

For Anyone with COVID-19 Symptoms or a Positive COVID-19 Test Result:

1

If you test positive, stay home for 5 days after your first symptom or positive test, whichever is earlier. After 5 days, you may return to school when you have not had a fever in 24 hours without fever reducing medicine, as long as your other symptoms are improving.

2

If you test negative, you may return to school once you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

3

If you do not get a test, stay home for 5 days. You may return after 5 days if you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

4

If your healthcare provider determines your symptoms are from something else, you may return to school with a note from your provider as long as you have not had a fever in 24 hours without fever reducing medicine and your other symptoms are improving.

Content for this flier borrowed with permission from the Alaska Department of Health and Social Services Start Strong website.

Dave Donley

Pat Higgins

Anchorage School Board: Margo Bellamy, President

Andy Holleman

Carl Jacobs

Kelly Lessens

Dora Wilson

Superintendent: Dr. Deena Bishop



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Hello Sand Lake Families,

Thank you for your consistent cooperation in this difficult time. Please continue to let the school know when and why your child is absent. At a minimum, please at least let us know that they will be absent but not due to illness. If your child is not feeling well, follow the return to school requirements and contact me with questions.



Please review the updated ASD return to school protocol as it has been changed. The link is below.

<https://sites.google.com/asdk12.net/returntoschoolpolicy/return-to-schoolwork>

ASD Healthcare Services - sites.google.com

I am vaccinated, have had Covid in the past 90 days, and I have recently developed new symptoms:. You have three options (you only need to do one of these options):. Receive a negative molecular test.

sites.google.com

Community testing is still available throughout Anchorage. Please see the link below if you need one of those sites. Home COVID tests and antigen tests are not accepted by ASD to clear for return to school.

<https://anchoragecovidtest.org/>

I can COVID test at Sand Lake. The priority is sick students and our staff leaving ill, but I am able to test those who have difficulty getting to one of the community testing sites as time allows. If you need to have your child tested, and it works best for you to bring them by the school to get the test done, please contact me and I will try to accommodate. Registration for testing can be done at the link below. Please also see the registration instructions for assistance.

Register HERE:

<https://beechtree.rymedi.com/#/registration-form?irbuuid=bdfc13af-f77b-4778-b666-feaa965a1360>

Thank you. Be well.

*Nurse Laura
Laura Aimonetti, BSN, RN
Sand Lake Elementary School Nurse
sandlakenurse@asdk12.org
aimonetti_laura@asdk12.org
phone: 742-9261
fax: 243-6025*

Patient Registration for ASD Covid Testing Program--Instructions

If on a chromebook, click on the camera icon on the lower toolbar. Open the camera and take a picture of:

1. The back and front of your insurance card
2. The back and front of your driver's license
3. The floor or the ceiling--yes, the floor or the ceiling

Click "I don't have a QR-Code"

Click "Next"--if a new screen does not appear then scroll up and look for red areas that show required fields. Fill those out.

Test Consent

Click "Yes, I am electronically signing my approval and consent to proceed"

If signing for yourself as a patient, click "The Patient"

If signing as a parent or guardian click "That Patient's legally Authorized Representative.
Then enter your name and the name of the witness

Next--if a new screen does not appear then scroll up and look for red areas that show required fields. Fill those out.

Personal Information

Enter the personal information of the person getting tested for Covid

Check the "Text/SMS" box under the personal data fields to get your results via text

Social Security Number is not required

If you would like your test result electronically attached to your passport, click "yes"--this is helpful for international travel. It will require you to enter your passport number. If not traveling, click "no"

Enter ethnicity and race information for person being tested

Click "Next"--if a new screen does not appear then scroll up and look for red areas that show required fields. Fill those out.

Do you have insurance?

Click "yes"--this will require you to enter insurance information. Have your card handy.

OR

Click "no" --enter your State ID or license number

OR

If you don't want to enter this, then enter "99999"

Social Security Number--not required

Answer the medical questions

Next--if a new screen does not appear then scroll up and look for red areas that show required fields. Fill those out.

Your personal QR code is now created. It will be on file in the system

Cheats:

- Only answer the required questions--those marked with an *
- If you do not want to enter an insurance # or state id #, enter "999999"
- If you do not want to enter a picture of your insurance card or driver's license, upload the picture of the floor or ceiling that you took at the beginning of this process



Nurse Laura's List



I always accept donations of new or lightly used clothing, from leggings to sweats to winter gear. Having items available helps me take care of everyone at Sand Lake Elementary.

Can you help Nurse Laura?

- Shirts & Pants
- Jackets
- Snow Pants
- Gloves
- Boots
- Hats





TOMO NO KAI

TomoNoKai Meeting January 11, 2022 7:00pm

Join via Zoom

<https://us02web.zoom.us/j/82491939544>

Meeting ID: 824 9193 9544



WRESTLE WITH AFWC

WHEN

January 3, 2022

6:00pm – 8:30pm

Monday - Thursday

WHERE

Mears Middle School

2700 West 100th Avenue, Anchorage Alaska 99515

FEATURING · Coach Travis Gardner · Coach Lindsey Yip

WWW.ANCHORAGEFREESTYLE.COM

"THE ANCHORAGE SCHOOL DISTRICT DOES NOT ENDORSE THESE MATERIALS OR THE VIEWPOINTS EXPRESSED IN THEM"

**FOR AGES
5-18**

EARLY REGISTRATION

**Sign-up online 12/10/2021
USA Wrestling card required**

PRE-SEASON

Starts January 2022

MAIN SEASON

Starts February 2022

SPONSORS

Coldfoot Environmental

Red Box Refuse

Yiptees Apparel

CONTACT

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AFWC President

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Dual Language Immersion Programs

Key dates for spring 2022 lottery:

February 1, 2022 – Lottery system will begin accepting applications for 2022 – 23 lottery.

March 17, 2022, 5 p.m. – Application deadline for lottery.

March 18, 2022 – Date of lottery.

March 25, 2022, 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 25, 2022, after 5 p.m – Lottery system will reopen for applications for the 2022 – 23 lottery.

A second lottery will be held in **July 2022** (details to follow).

www.asdk12.org/lottery

