

Sand Lake Lions Roar

March 2023



A letter from the Principal

Dear Sand Lake Families,

Our extended day schedule has been very successful, and all of our students have benefited from the extra time. **The extended day schedule will end on March 9th**, and when students return on March 20th school will dismiss at 3:30 pm. Please make sure your pickup schedules have been updated for the new time on March 20th.

If you don't have plans on March 7th, please help us with a fundraiser and join us at Texas Roadhouse. Texas Roadhouse will be donating 10% of their meal purchases when our school is mentioned! This will be a great night to have a nice dinner out, and support our school.

This evening from 6:00 pm until 7:30 pm, please stop by the ice rink at Sand Lake for a little Ice Skating and Sledding! We'll have some hot cocoa and there will be skates and sleds to borrow.

Finally, if your family is traveling, or if you are staying close to home for Spring Break, I hope everyone enjoys the time off. We'll look forward to seeing everyone back in the building on the first day after Spring Break on March 20th.

Sincerely,
Linson Thompson
Principal, Sand Lake



UPCOMING EVENTS

- 3/1 Dimond Area Band Festival
- 3/7 Texas Roadhouse~Dine-in Fundraiser
- 3/7 TNK Meeting@6:00pm
- 3/10 No School For Students
- 3/13 - 3/17 Spring Break
- 3/20 School Day Returns to **3:30pm dismissal**

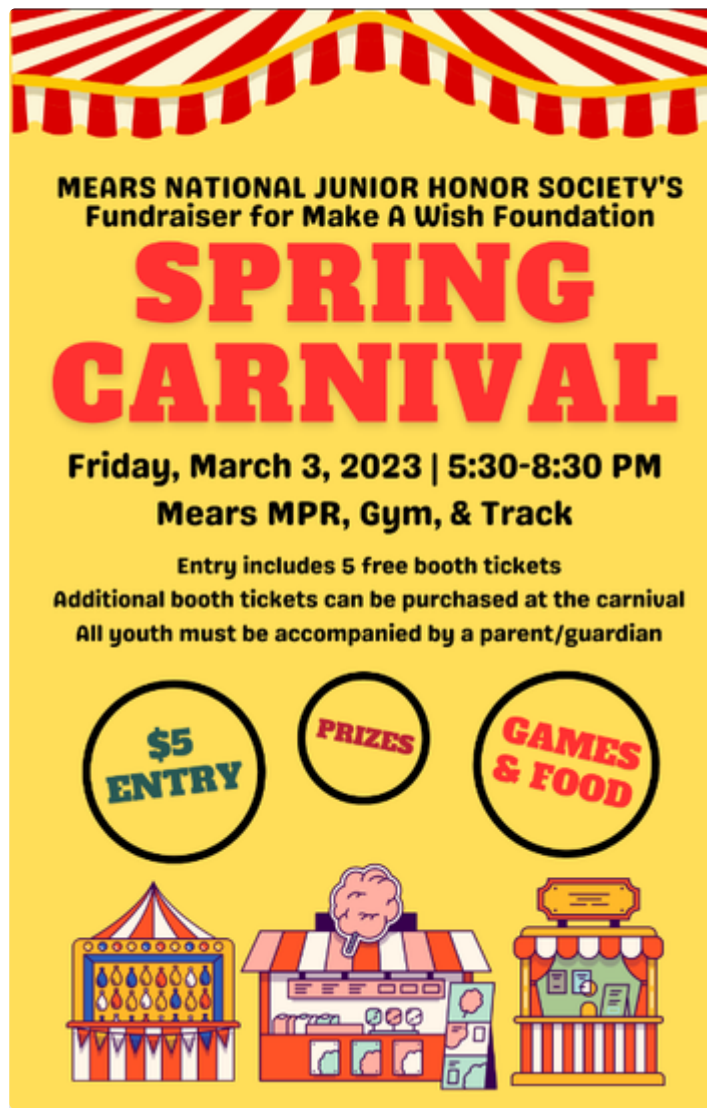
Beach day(March 9th)



Things that are allowed

- Towel
- Shorts
- Sunglasses
- Sandals
- Hats
- Shirt
- Leis

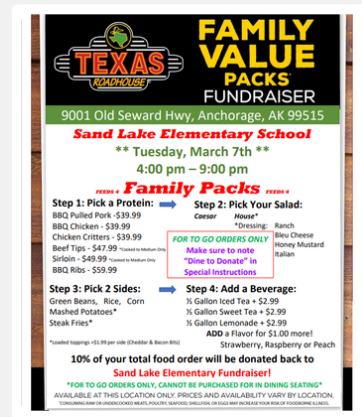




Texas Roadhouse



Tuesday, March 7th
4:00pm - 9:00pm



School Fundraiser



Report Your Student
Absences Via Email or
QParentConnect

<mailto:sandlakeattendance@asdk12.org>



News from the Nurse

✉ sandlakenurse@asdk12.org

☎ 907-742-9261

🌐 asdk12.org/domain/4528

Dear Sand Lake Families,

As of March 1, 2023 I will no longer be lending out winter gear for the remainder of the school year with few exceptions. As long as we have snow, and cold temperatures, please make sure your child(ren) are wearing proper outdoor gear for the weather. If your child has borrowed gear from the nurse office, please make sure it gets returned as soon as possible.

If your child is due to update immunizations/vaccinations, one excellent option is:

Providence Pediatric Immunization Clinic

3340 Providence Dr. Tower A, #351

907-212-4824 Free 1st Saturday of each month 10a--1 p except on holidays. Walk-Ins welcome

Take a copy of current records with you.

Thank you,
Nurse Laura



**IF YOU ARE WORRIED ABOUT
SOMEONE WHO MAY BE
SUICIDAL:**

- **Take them seriously.** Studies have found that 75% of individuals who completed suicide did or said things in the few weeks or months prior to their deaths to indicate to others that they were in deep despair.
- **Listen.** Give the person every opportunity to unburden and vent. You don't need to say much and there are no magic words. Just listen.
- **Ask:** "Are you having thoughts of suicide?" A suicidal person already has the idea; you won't "plant" the thought by asking. Just ask.
- **DO NOT LEAVE A SUICIDAL PERSON ALONE!** Get help by calling someone else to help you: 911, Careline, a safety officer, a trusted neighbor or family member, a health aide, mental health clinic, a respected Elder or friend.
- **No Secrets.** It is the part of the person that is afraid of more pain that says "Don't tell anyone". It is the part of the person who wants to stay alive that tells you about it. Respond and seek help.
- **From Crisis to Recovery.** While many people have suicidal thoughts or feelings at some point in their lives, nearly all suicidal people suffer from conditions that will pass with time and with help.

CARELINE:

- Offers free, immediate and confidential help, 24-hours per day, 365 days per year.
- Treats callers with respect.
- Listens without judging.
- Helps callers discover their own solutions and offers support along the way.
- Provides intervention to those who are considering suicide.
- Provides information to those who are concerned about someone else.
- Cares!

Careline's vision is a community free from suicide.

Careline provides crisis intervention for individuals considering suicide or experiencing crisis, isolation, or depression.

Careline supports survivors of suicide by providing crisis intervention, education, and referral.

726 26th Avenue
Fairbanks, Alaska 99701
(907) 452-2771 • (Fax) 452-2613

**CARELINE CRISIS
INTERVENTION**



"ALASKA'S SUICIDE PREVENTION
AND SOMEONE-TO-TALK TO LINE"

WWW.CARELINEALASKA.COM



 Sand Lake Elementary ...

www.asdk12.org

Sand Lake has a vibrant neighborhood program and is home to the Japanese Immersion Program.



TOMO NO KAI



WELLS FARGO

