

# *Sand Lake Lions Roar*

October 2023



## A letter from the Principal

Dear Sand Lake Families,

Many of you will spend this weekend raking leaves, preparing for winter, and thinking about all of the winter activities we enjoy here in Alaska. Along with those and many other items, teachers will be preparing for Parent Teacher Conferences on October 25th and 26th. This time has been set aside so that your child's teacher can share academic progress, goals and concerns, and you will also have time to see some of your child's work. Your participation is an important part of this process, and we are looking for 100% of our families to attend Parent/Teacher Conferences. Our Conference Scheduler will be open on October 10th, so visit our website at [asdk12.org/sandlake](https://asdk12.org/sandlake) to schedule a conference.

Parent/Teacher Conferences are an opportunity for you to ask your child's teacher questions. Following are a couple questions you could use to get a dialogue started:

1. What are my child's strengths and weaknesses? What are some examples of each strength or weakness?
2. What are some of the upcoming subjects the students will be studying, and how might we support these units from home?
3. Does my child speak up or ask questions during class, or in any of the classroom activities?

While you're in the building during conferences, I hope you'll be able to stop by the library and visit our annual Book Fair. Mr. Grenier, our librarian, has been busy getting ready, and your purchase goes a long way in keeping our catalog up to date.

We are all looking forward to seeing all of our Sand Lake families during Parent Teacher Conferences.

Finally, if you ever have any questions, comments, or concerns please feel free to contact us at (907) 243-2161 or [Sandlakeattendance@asdk12.org](mailto:Sandlakeattendance@asdk12.org).

Sincerely,

Linson Thompson  
Principal, Sand Lake Elementary



## UPCOMING EVENTS

- **10/2-6** Family P.E. Week
- **10/2-6** Charleston Wrap Fundraiser ENDS- Get your orders in!
- **10/7** Family Fun Run @ Trailside Elementary
- **10/7** Int. Japanese Classes Begging @ Holy Rosary Academy
- **10/8** "Weathering with You" Movie @ Bear Tooth Theatre
- **10/9** NO SCHOOL (Indigenous Peoples Day)
- **10/14** Tomo No Kai Fall Family Dinner @ Mears Middle School
- **10/20** NO SCHOOL (End of First Quarter)
- **10/20** Sand Lake Fall Carnival (5-7:30pm)
- **10/25** Parent Teacher Conferences (student half day)
- **10/25** School Book Fair
- **10/26** Parent Teacher Conferences (student half day)
- **10/26** School Book Fair
- **10/27** NO SCHOOL (Teacher Professional Development Day)
  
- **11/1 & 11/2** Honor Choir Auditions (5th and 6th graders interested in Honor Choir, please see Mrs. Nilsson for audition materials)
- **11/3** Picture Retake Day

## Family P.E. Week [Oct 2-6]

We invite you to participate in "Family PE Week" which is officially held the first week in October. However, this event can be celebrated at any time throughout the year. The goal of Family PE Week is to help families, schools, and communities understand the importance of physical education.

<https://health.gov/moveyourway#parents>

[https://www.shapeamerica.org/publications/resources/101\\_Tips\\_for\\_Family\\_Fitness\\_Fun.aspx](https://www.shapeamerica.org/publications/resources/101_Tips_for_Family_Fitness_Fun.aspx)

# SAVE THE DATE!

## Family PE Week

October 2 - 6, 2023

Celebrate the fun of physical education and learn about the value this subject has on students. Ask your child for more information.



**Active>Schools** | **OPEN**

#FamiliesLovePE

5K

2K

# 2023 FAMILY FUN RUN

HIT THE TRAILS WITH TRAILSIDE TIMBERWOLVES

[HTTPS://RUNSIGNUP.COM/RACE/AK/ANCHORAGE/HITTHETRAILS](https://runsignup.com/race/AK/ANCHORAGE/HITTHETRAILS)

OCT 7TH  
11AM



@TRAILSIDE  
ELEMENTARY  
SCHOOL

#### Event Fees:

2K & 5K adult (17+) \$20

2K & 5K youth (16 and under) \$15

Family of 5+ (you choose 2K or 5K) \$70

In-person registration will increase by \$10.

Contact : [trailsideevents@gmail.com](mailto:trailsideevents@gmail.com)

BE MORE HAPPY AND HEALTHY TODAY!

# にほんごをまなぼう

*Japanese classes for intermediate students*  
grades 5 and up

**10/7 - 12/16**

**13:30 - 15:00**

*Every Saturday*

excluding the thanksgiving weekend

- For students that are able to have simple conversations in Japanese
- Deepen your knowledge in Japanese and Japanese culture
- Small sized class with one Japanese Teacher and one Japanese Assistant
- Knowledge presentation on 12/16



## MEETING ADDRESS

Holy Rosary Academy, St Boscos' Building

## CONTACT US

(907) 280-9126

Saturdays 9:00 to 13:00

[anchoragejapaneseclass@gmail.com](mailto:anchoragejapaneseclass@gmail.com)

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

SIGN UP HERE



[or click here](#)



 BEAR TOOTH THEATRE PUB PRESENTS



## WEATHERING WITH YOU

Set during a period of exceptionally rainy weather, high-school boy Hodaka Morishima runs away from his troubled rural home to Tokyo and befriends an orphan girl who can manipulate the weather.

Rating: **PG-13** (1-52) - In Japanese with English subtitles.

Some of the proceeds  
will benefit Anchorage  
Japanese School,  
a 501(c)(3) non-profit organization.



**10/8/23**  
**4:00 PM**

**TICKETS ON SALE**

**907-276-4200**  
**BEARTOOTHTHEATRE.NET**

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Artwork by Keiana Cooke (6th grade)



## TNK Fall Family Dinner

**OCT 14**

**6PM  
8PM**

Doors open  
at 5:45pm  
@Mears MPR

SILENT AUCTION | FOOD & CUPCAKE WALK | ACTIVITIES & ENTERTAINMENT

SAND LAKE PTSA PRESENTS THE

# FALL CARNIVAL



CARNIVAL GAMES, HAUNTED HALLWAY, TRICK OR TREATING (BRING A BAG) & FOOD TRUCKS!  
COSTUMES ENCOURAGED (NO MASKS OR WEAPONS)

OCTOBER 20TH, 2023 5PM-7:30PM

PRE-PURCHASE GAME TICKETS  
OR AVAILABLE AT DOOR  
TREATS FOR PURCHASE

TICKET ORDER LINK  
COMING SOON!

CANDY DONATIONS &  
VOLUNTEERS NEEDED



# It's **BOOK FAIR** time!

Get ready for Sand Lake's Book Fair Oct. 20-27th. Look for payment and other exciting information on the Sand Lake Elementary Library Webpage soon!

**COME TO  
THE FAIR  
CHOOSE BOOKS  
YOU LOVE**

*Dates / Times / Place*



Check out with eWallet—the convenient, cash-free digital payment system. Every purchase at the Fair benefits our school! **Woo hee!**





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

# Sand Lake Elementary Lunch Menu

## • Oct 2 – Oct 6 •

### Monday - 2

-  Southwest Queso Cheesy Pull Aparts  
Allergens: Milk, Wheat, Soy, Gluten  
N/A  
Allergens: Not Listed
-  Fresh Apple
-  Chocolate Milk, White Milk, or Pearl Organic Soy Milk

### Tuesday - 3

-  Hamburger w/ Tots  
Allergens: Soy
-  Hamburger Bun  
Allergens: Wheat, Soy, Gluten, Sesame
-  Fresh Orange
-  Chocolate Milk, White Milk, or Pearl Organic Soy Milk

### Wednesday - 4

-  Bean & Cheese Burrito served with Peas & Carrots  
Allergens: Milk, Wheat, Soy, Gluten  
N/A  
Allergens: Not Listed
-  Fresh Banana
-  Chocolate Milk, White Milk, or Pearl Organic Soy Milk

### Thursday - 5

-  Individual Pocket Pizza - Pepperoni  
Allergens: Egg, Wheat, Soy, Gluten  
N/A  
Allergens: Not Listed
-  Carrots w/ Applesauce
-  Chocolate Milk, White Milk, or Pearl Organic Soy Milk

### Friday - 6

-  Creamy Mac & Cheese w/ Broccoli  
Allergens: Milk, Egg, Wheat, Gluten  
N/A  
Allergens: Not Listed
-  Frozen Peach Cup
-  Chocolate Milk, White Milk, or Pearl Organic Soy Milk



Student Nutrition / Ap...

[www.asdk12.org](http://www.asdk12.org)

Please include all ASD students in your household on the meal application, regardless of where they attend school, so we may certify your family in one application together. You may apply at any time of the year if your circumstances change due to layoffs, adding people to your households, or decreased income.



## 2023-2024 ASD HONOR CHOIR

ALL FIFTH AND SIXTH GRADE STUDENTS ARE ELIGIBLE TO AUDITION  
FOR THE 2023-2024 ANCHORAGE SCHOOL DISTRICT HONOR CHOIR.

### AUDITIONS:

NOVEMBER 1, 2023 BEGICH MIDDLE SCHOOL MUSIC WING 4:30-6:00PM

NOVEMBER 2, 2023 HOMESTEAD ELEMENTARY SCHOOL 4:30-6:00 PM

NOVEMBER 2, 2023 HUFFMAN ELEMENTARY SCHOOL 4:30-6:00 PM

5TH AND 6TH GRADE STUDENTS INTERESTED IN HONOR CHOIR,  
PLEASE SEE MRS. NILSSON FOR AUDITION MATERIALS

**Lifetouch.**

# PICTURE DAY IS COMING!

¡YA LLEGA EL DÍA DE LA FOTO!

Friday, November 03, 2023  
Sand Lake Elementary School Retake Day!



Scan to order!  
¡Echa un vistazo para encargarte!



### How it Works:



Pre-order today on  
[mylifetouch.com](https://mylifetouch.com)  
using your Student ID or  
Picture Day ID:  
**EVTMPMKXJ**



Students are  
photographed on  
Picture Day



Orders will be sent home  
with your student after  
Picture Day

Cómo funciona: Encarga de manera anticipada en [mylifetouch.com](https://mylifetouch.com) usando tu ID de estudiante o la ID del Día de la Foto.  
Los estudiantes son fotografiados el Día de la Foto. Los pedidos serán enviados a tu casa con tu estudiante después del Día de la Foto.

Questions? Contact our Help Center at [lifetouch.com/support-us](https://lifetouch.com/support-us). Select K-12 School Photography for assistance.  
¿Preguntas? Comunícate con nuestro Centro de Ayuda en [lifetouch.com/support-us](https://lifetouch.com/support-us). Selecciona Fotografía Escolar K-12 para recibir asistencia.

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### *Online Volunteer Application*

Volunteer Application must be completed annually.



### News from the Nurse

✉ [sandlakenurse@asdk12.org](mailto:sandlakenurse@asdk12.org)

☎ 907-742-9261

🌐 [asdk12.org/domain/4528](https://asdk12.org/domain/4528)

Hello Sand Lake Families,

Please be aware that colds, influenza, strep throat, and COVID-19 have been prevalent in the Anchorage community.

Please review the guidelines for keeping sick children home:



<https://www.asdk12.org/Page/6622>

If a child's symptoms are prominent enough to impact their ability to learn or disrupt the classroom, they are likely too sick to be in school.

Planning to talk to your kids about hand washing? If you are looking for some helpful tools, the below CDC link has some great information and even a short video:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Health screenings have been started. Please see the link below to review what that entails:

<https://www.asdk12.org/Page/7941>

Photoscreening, a type of vision screening, is currently scheduled for October 19th with Lion's Club volunteers. This will be part of school health screenings:

<https://aapos.org/glossary/photoscreening>

News on ASD flu shot clinics will be shared as soon as available.

Feel free to contact me with questions. Be well.


Nurse Laura

Laura Aimonetti, BSN, RN, NCSN

## *Medications at School*

Parents are responsible for providing all medications to the school nurse in the original container accompanied by the appropriate form.



 Sand Lake Elementary ...

[www.asdk12.org](http://www.asdk12.org)

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



# TOMO NO KAI



WELLS FARGO

