



LION'S ROAR

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A Monthly Publication

October 2021

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 20th and 21st. 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. If you have not already scheduled a conference, please visit our website at asdk12.org/sandlake to do so.

Parent/Teacher Conferences are an opportunity for you to ask your child's teacher questions. Following are a couple 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. Mrs. Forsyth, 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.

Sincerely,

Linson Thompson

Principal, Sand Lake Elementary

Important Dates

- 10/15 No School
- 10/19 Last Day for Running Club
- 10/19-21 Book Fair
- 10/20-21 Early dismissal at 12:30
- 10/20-21 Parent Teacher Conferences
- 10/22 No school
- 10/25 Picture retakes

Anchorage School Board

Margo Bellamy-President

Andy Holleman

Pat Higgins

Dora Wilson

Dave Donley

Carl Jacobs

Kelly Lessens





Book Fair Hours:

Tuesday 3:30-5:00

Wednesday 12:00-5:00

Thursday 12:00-7:00

If you can't make it, you can access the ordering form on my Clever page, or by scanning the QR code on the flyer being sent home with students next week. Hope to see you!


We are excited to offer a book fair to families during parent teacher conference week. Scholastic has given us preview books and the option to order books via a Google Form. Chromebooks will be set up in the library for ordering. Please come see us. ALL purchases benefit the library.

Battle of the Books starts Monday, October 11, from 3:30-4:30. Students in running club, may join two weeks later, after it is done. $\frac{5}{8}$ graders will meet in the health room, and $\frac{3}{4}$ graders will meet in the library.

Permission slip links were emailed, and you can access them on Mrs. Forsyth's Clever page. Paper copies are available in the library.

Library Books for K-1 are due each week. For 2-6 every other week, and may be rechecked, if needed.

BATTLE OF THE BOOKS



The Fall 2021 Running Club and Sand Lake PTSA are teaming up. To celebrate the end of a fun running club season, we are hosting our own jamboree PLUS we're raising money to help keep our ice rink in operation through another skating season!


Race bibs, medals, and snacks included! Registration details to follow!

Jamboree Fundraiser!

October 23, 2021

10:00 – 1:00

Sand Lake
Elementary School



Sponsored by
Sand Lake PTSA
Sand Lake Running Club
Healthy Futures

Dear Sand Lake Families,

Sadly, I will not be offering flu shots at Sand Lake this year.

Health screenings at school have begun and photo-screening will happen for all students present on October 14th. This will be held within the school. If your child is supposed to be wearing glasses at school, please remind them to bring them. If you have questions or do not want to have your child participate, please call me.

If you are interested in more information about health screenings at school, please feel free to contact me or refer to this link. <https://www.asdk12.org/Page/7941>



ASD face Covering Policy

Please be aware that it is not the school's responsibility to provide your child with a fresh mask daily. Please review the flyer for the face covering dos and don'ts.

ASD Symptom Free Policy

Because the community situation with COVID-19 is still ongoing, ASD maintains the policy that anyone who has or develops symptoms of illness cannot be in school until they follow one of three steps/options. A brief description of the return procedures in the case of illness symptoms is below, but please review the attachment for more details. **It does not matter if symptoms are mild or if there is only one symptom as this can, and frequently does, occur in cases of COVID-19.** The common cold is prevalent as always, but unfortunately, these symptoms can match those of COVID-19 and vice versa.

For any staff or student who develops symptoms there are three options to choose from prior to return to school.

1. **Receive a negative molecular-based test, symptoms improving (going away) and fever free the last 24 hours before return**
2. **Obtain a doctor note that states that the symptoms are not COVID related ([Chronic Condition/Symptom Release Form](#)) and symptoms improving and fever free the last 24 hours before return.**
3. **Isolate for 10-days from the start of symptoms. Please note the first day of any symptom is counted as day 0 of isolation followed by 1-10 and then return to normal if improved on day 11. Testing is not required for this option.**

If you are not sure what kind of symptoms apply; **any one or more signs of illness indicate need for further consideration.** I am happy to help if you feel unsure of how to proceed. Below is a list of potential symptoms.

fever 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

If you choose to have your child tested, Changepoint is the closest to Sand Lake Elementary. Other options can include ASD Beacon sites. These are not the only options, but both are free and complete the required molecular-based test (PCR). Results or doctor's notes must be provided to the school nurse (me) prior to a student's return.

Please feel free to review the ASD return policy at the below link.

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

Please contact me if you have questions.

Thank you all for your vigilance in keeping our Sand Lake community safe and our school open.

Nurse Laura

sandlakemurse@asdk12.org

aimonetti_laura@asdk12.org

phone: 742-9261



Bettye Davis East Anchorage High School Flu & Vaccine Clinic

Register Now

Save time by registering at
<https://myhealth.alaska.gov/appointment/en/reg/6461305192>
or scan the QR code.



Saturday, October 9th 10:00 a.m. to 4:00 p.m.

Bettye Davis East Anchorage High School
4025 E. Northern Lights Blvd.
Open to all ASD Staff, Students, and Families.
Vaccines are free of charge. No proof of insurance required.



To also schedule a COVID Vaccine with Beacon at the same time/location use this QR Code:



KEEP ASD SYMPTOM FREE



Students Protect Yourself and Your Classmates



- Wear your mask appropriately
- Wash your hands frequently
- Keep 6 ft of physical distance

Appropriate Face Coverings



Disposable Mask

- **Single Use Only**
- Covers the nose, mouth, and chin securely
- Does not protect eyes



Cloth Mask

- **Wash daily after each use**
- Covers the nose, mouth, and chin securely
- Does not protect eyes



Gaiter/Buff

- **Wash daily after each use**
- Wear a gaiter/buff with two layers, or fold it to make two layers.



Face Shield

- **Clean and disinfect after each use**
- Allowed without a face mask only when advised by teacher or principal (i.e. phonics lessons or speech therapy)
- Must wrap around the sides of the wearer's face and extend below the chin



Humanity Shield

- **Clean and disinfect after each use**
- Full facial covering
- Can be worn with a mask
- Fits securely around head



Anchorage School District
Educating All Students for Success in Life

#KeepASDSymptomFree

#MaskUpAlaska

www.asdk12.org

How NOT to Wear a Face Mask



DON'T:

Wear the mask below your nose



DON'T:

Push your mask under your chin to rest on your neck



DON'T:

Wear your mask loosely with gaps on the sides



DON'T:

Leave your chin exposed

What NOT to Wear



DON'T:

Wear a bandana/
handkerchief as a mask



DON'T:

Wear masks with valves



DON'T:

Wear scarves as a mask



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TOMO NO KAI

2021-2022 Sand Lake
Elementary School



The Japanese Immersion program is an integral part of what makes Sand Lake Elementary School so special, and TOMO NO KAI plays a crucial part in sustaining the immersion program. With your help this 100% volunteer group will continue leading the way. Please consider volunteering as an Intern Host or at one of our many school activities.



TOMO NO KAI is a 501c(3) organization which supports the Japanese language programs at Sand Lake, Mears, and Dimond. Please stay tuned for information about upcoming fundraisers. Just a \$100 donation per student will fund these important programs.

Become a **MEMBER**

We need you to support this program. Your \$10 membership supports:

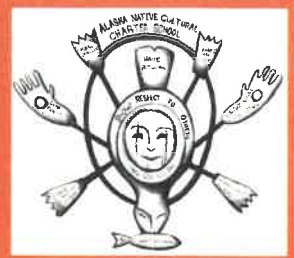
- Classroom Interns
- Quizlet Access
- Teaching Supplies
- Chitose Exchange Trip
- Japanese Speech Contests
- Family Gatherings
- Cultural Events
- 6th Grade Completion Ceremony

Join Now and Donate at
TOMONOKAI.ORG





Title VI and ANCCS
are partnering for an



INDIGENOUS PEOPLES' DAY CELEBRATION

Saturday, October 9th

1:00-3:00PM

at Alaska Native Cultural Charter School, located
within Bettye Davis East Anchorage High School
4025 E Northern Lights Blvd, Anchorage, AK 99508

We will be using the Bragaw St Entrance located under the stained glass window.

Bring the whole family and help
celebrate our rich Indigenous culture
past, present and future

Will will have activities including but not limited too:

- Talking Circle
- Storytelling
- Paper headwear making
- Salve Making

*Masks are required. Please help us keep ASD Symptom Free.
Stay home if you are experiencing any symptoms of COVID19.*

For more information:

Cheryl Sherman, Title VI Cultural Enrichment Specialist
sherman_cheryl@asdk12.org (907)742-7867 or (907)575-7078



PICTURE RETAKE DAY IS COMING

Monday, October 25, 2021
\ lunes, 25 de octubre, 2021

Sand Lake Elementary School

You can still order on mylifetouch.com
with your Picture Day ID:

EVTX323V6

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**Want us to retake
your picture?**

Simply return your
original package on
Picture Retake Day.

Order your retake package by 10/15/21.
Your retake photos will be available on your
picture retake package by 10/25/21.

Lifetouch