

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 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.

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

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

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

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

SIGN UP HERE



[or click here](#)

 BEAR TOOTH THEATREPUB 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** Doors open
8PM at 5:45pm
@Mear's 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



SCHOLASTIC

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 hoo!**

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

Sand Lake Elementary Lunch Menu

• Oct 9 – Oct 13 •

Monday - 9

 No Menu Available



Tuesday - 10

 Hot Dog w/ Chili
Allergens: None listed



Hot Dog Bun
Allergens: Wheat, Soy, Gluten, Sesame



Fresh Orange



Chocolate Milk, White Milk, or
Pearl Organic Soy Milk

Wednesday - 11

 Popcorn Chicken w/ Carrots
Allergens: Milk, Wheat, Soy, Gluten



N/A
Allergens: Not Listed



Fresh Banana



Chocolate Milk, White Milk, or
Pearl Organic Soy Milk

Thursday - 12

 Individual Cheese Pizza
Allergens: Milk, Wheat, Soy, Gluten



N/A
Allergens: Not Listed



Broccoli w/ Peaches



Chocolate Milk, White Milk, or
Pearl Organic Soy Milk

Friday - 13

 Teriyaki Chicken & Rice w/
Peas & Carrots
Allergens: Wheat, Soy, Sesame



N/A
Allergens: Not Listed



Frozen Mixed Berry Cup



Chocolate Milk, White Milk, or
Pearl Organic Soy Milk

 Student Nutrition / Ap...

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
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 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. Select K-12 School Photography for assistance.
¿Preguntas? Comunícate con nuestro Centro de Ayuda en lifetouch.com/support-us. Selección 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

☎ 907-742-9261

🌐 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

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



The logo consists of a red circle containing the white Japanese character '友' (Tomotchi), which means 'friend'. To the right of the circle, the text 'TOMO NO KAI' is written in a large, bold, black sans-serif font.

