

# *Sand Lake Lions Roar*

August 2023



## A letter from the Principal

Dear Sand Lake Families,

I'd like to welcome everyone in our Sand Lake Family back to another exciting year of school! The beginning of the school year allows us to start fresh, set goals, and think about the possibilities ahead. This is the perfect time of year to have conversations with your children about their goals for the year. Some ideas might include; improving grades, asking more questions in class, 100% attendance, making new friends, etc.

We've had a little bit of movement with our staff this year, so I'd like to provide an update on staffing.

**Greisy Bardales Bonilla** is our new Administrative Assistant.

**Sayuri Cousens** is our new Japanese Immersion Kindergarten TA.

**Tom Grenier** is our new Librarian.

**Christina Congdon** will continue to be our long-term sub in 6th grade.

**Chelsey Garney** is our new Assistant Principal.

Each year at Sand Lake, the first couple of days can be difficult when it comes to navigating our parking lot. As a reminder, please do not park in the pick-up/drop-off zone (marked with a red curb). Parking spots are limited, so the church next to the hockey rink, and the church across the street from the school can be used. If your child is walking to school, please remind them to stay on sidewalk, and only cross the road using crosswalks. We will have staff stationed at the crosswalk in front of the school to assist those that walk to school.

Another new change this year is late start Monday. Every Monday of the school year, school will start at 10 am, and our first bell will ring at 9:50 am. Teachers will be in training sessions during this time, so they will not be with students. Students that arrive early should proceed to the MPR using the doors nearest the hockey rink. During this time students will read independently until school starts and will be supervised by a staff member.

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

- 9/1 Charleston Wrap Fundraiser Begins
- 9/4 No School - Labor Day
- 9/9 Coyote Classic CC Running @ Kincaid Elementary School
- 9/12 6:30pm TomoNoKai Meeting
- 9/12 7:15pm PTSA Meeting
- 9/15 School Picture Day
- 9/24 PTSA Skate Party at Dimond Skateland

PTSA's first fundraiser of the year!



Our Organization ID:

**24320**

**REGISTER. SHARE. SHOP.**  
**SUPPORT OUR FUNDRAISER**

Check-off your holiday gift list today and help our important cause.  
From holiday to hostess to corporate gifts and more,  
our online store has something for every occasion - even if it's just for you!







## #1 REGISTER

Register participant at [www.registercw.com](http://www.registercw.com) to access our handy invitation tools in the Participant Portal. Very important!

## #2 SHARE

Invite friends and family to support! SHARE a link to the sale using the **TEXT & EMAIL** invitation tools. Don't forget to share on **SOCIAL MEDIA**, too!

## #3 SHOP

Go online to **SHOP** and help us reach our **GOAL** today! With over 2,500 gift ideas there is something for everyone, including you!



## "COYOTE CLASSIC"

CROSS COUNTRY RUNNING

**SATURDAY SEPTEMBER 9TH**  
**KINCAID ELEMENTARY SCHOOL**

Please see Mr. Benson or Mr. Jordan for an Entry Form by  
**Thursday, September 7th**  
(your bib will be set aside to pick up at the scorer's table  
when you arrive at the event)

There will also be same-day registration .

**Cost is free**

Healthy Futures pins and snacks will be  
available after each race.



# SAND LAKE PTSA

**JOIN US FOR THE FIRST MEETING OF THE SCHOOL YEAR**

**TUESDAY SEPTEMBER 12**

**7:15 PM**

**SAND LAKE LIBRARY**

**MAKE A DIFFERENCE IN YOUR  
CHILD'S EDUCATION**

**STOP IN TO SEE WHAT'S HAPPENING  
AT SAND LAKE OR TO JOIN OUR AMAZING TEAM**

**WE WILL HAVE ELECTIONS FOR  
VARIOUS BOARD POSITIONS**

**-PRESIDENT-VICE PRESIDENT-TREASURER-SECRETARY-**





YOU ARE INVITED TO THE FIRST

# *Tomodachi*

MEETING OF THE YEAR

**TUESDAY**  
**SEPTEMBER 12**  
**6:30 PM**

**SAND LAKE ELEMENTARY  
LIBRARY**



PLEASE JOIN US TO GET MORE INFO  
ABOUT HOW YOU CAN SUPPORT YOUR  
K-12 IMMERSION COMMUNITY



ALL GRADES OF JAPANESE IMMERSION  
ARE INVITED TO ATTEND

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**

**SKATE PARTY**  
**AT**  
*Skateland*

**SUNDAY • SEPTEMBER 24TH • 4:30PM - 6:30PM**

**ENTRY AT DOOR \$15 • SKATES INCLUDED  
CASH/ATM**

**8100 HOMER DR.  
ANCHORAGE, AK 99518**

**DOORS OPEN AT 4:15PM**

**FOOD FOR PURCHASE  
BUMPER CARS AND LASER TAG  
ARE ADDITIONAL COST**



## Sand Lake Orff Sign-Up



**To:** Parents of Sand Lake Lions enrolled in grades 3-6

**From:** Sand Lake Music, [Nilsson\\_Annie@asdk12.org](mailto:Nilsson_Annie@asdk12.org), (907) 742-9281

**Who's Eligible?** 3rd, 4th, 5th, and 6th graders who enjoy playing xylophones and performing

**When:**

Tuesday mornings beginning September 5, 2023, from 8:00-8:40am in Music Room 139.

Rehearsals will continue every Tuesday morning (except on Inservice Days or during school closures) through December 12, 2023.

### Expectations:

Attendance is important when preparing to perform with a group in concert. Ensemble members have maximum 3 excused absences and then will be released from the group.

Group members should enter through the MPR doors at 8am and proceed directly to room 139. Orff members will be learning keyboard-style spatial skills, sticking technique, blend, and other assorted percussion accompaniment.

Please return the bottom of this form to Mrs. Nilsson by Friday, September 1 or at the first rehearsal. Orff begins September 5 and participation is limited to the first 30 students in grades 3-6 to return this permission slip. See you on September 5th!!!

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**Please cut at the line above and return only this section  
to Mrs. Nilsson by Friday, September 1st.**

Student's Name: \_\_\_\_\_ Classroom Teacher: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Email address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Information \_\_\_\_\_

By signing and returning this paper:

- I agree to allow my child to participate in weekly Sand Lake Orff rehearsals and concerts.
- My child agrees to participate in rehearsals and concerts.
- My child will enter through the MPR doors and proceed to room 139 at 8:00am for rehearsals every Tuesday.
- I agree to purchase a Sand Lake Music shirt for my child to wear at performances (cost: \$10, separate form to come home mid-September) if we do not already have one. My child may wear a previous Sand Lake Music shirt if it still fits.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



2023 Sand Lake Orff Sign Up.pdf

[Download](#)

96.9 KB



 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**

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



### *Online Volunteer Application*

Volunteer Application must be completed annually.



Your Year of

# Fun

- ✓ Make s'mores around a campfire.
- ✓ Explore the great outdoors.
- ✓ Bring a smile to someone's face.

Now's the perfect time to start your Girl Scout journey. Get ready to go on epic adventures, try new things, and have a blast! Discover a world of excitement with your Girl Scout friends by your side.

Be a Girl Scout

Questions? Call us at  
907-248-2250 or email  
[customercare@girlscoutsalaska.org](mailto:customercare@girlscoutsalaska.org)



girl scouts   
of alaska

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# #ADVENTUREON!



Join Cub Scouts today at [beascout.org](https://beascout.org)



**Pack 102**  
**Bayshore Clubhouse**  
**August 30 6:30PM**

Cub Scouts participate in a huge array of activities, including games, projects, skits, stunts, songs, outdoor activities, trips, and service projects! Scan the code and #ADVENTUREON!

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## Are you ready for adventure?

Cub Scout is for girls and boys in Kindergarten through 5th grade.

Packs are divided into Dens. Your child will be part of a den, a small group of Scouts who are in the same grade level. Dens meet frequently, typically once a week.

Kindergarten - Lion Den

1st Grade - Tiger Den

2nd Grade - Wolf Den

3rd Grade - Bear Den

4th Grade - Webelos Den

5th Grade - Arrow of Light Den

## Family Adventures await!

Summer Camp Options:

- Camp Gorsuch in Chugiak Alaska
- Eagle River Scout Camp in Juneau Alaska
- Traveling Day Camp brings camp to a community near you!

## Other programs during the year!

- New Cub Fall Fun Day
- Jamboree on the Air
- Winter Fun Day
- Council Pinewood Derby Championships.

*These are family-friendly events! Bring your whole family for a day of fun and adventure.*

GIRLS & BOYS ARE PART OF SCOUTING

## Here are some of the adventures we do:

- Camping
- Roast marshmallows
- Hiking
- Fishing
- Science experiments
- Shooting sports safety
- Build cars and race them
- Build campfires and cook on them
- Flag ceremonies
- Practice first aid skills
- Go swimming and canoeing
- Shoot archery and BB guns
- Play games
- Make friends
- Make memories
- Most importantly we have fun!



## WHY JOIN SCOUTING?



SCOUTING IS MORE THAN JUST ANOTHER YOUTH PROGRAM. SCOUTING IS AN OUTDOOR ADVENTURE. IT USES THOSE SETTINGS TO TEACH YOUTH CORE VALUES AND LEADERSHIP SKILLS.

FIND OUT MORE BY SCANNING THE CODE OR GOING TO

[HTTPS://SCOUTINGALASKA.ORG/ABOUT/WELCOME-TO-SCOUTING/](https://scoutingalaska.org/about/welcome-to-scouting/)



GREAT ALASKA COUNCIL, BOY SCOUTS OF AMERICA, 3117 PATTERSON ST., ANCHORAGE, AK 99504

SCOUT STORE HOURS MONDAY - FRIDAY 1-5 PM

[WWW.ScoutingAlaska.org](http://WWW.ScoutingAlaska.org)



## News from the Nurse

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

☎ 907-742-9261

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

Hello Sand Lake Families,

Welcome to another, hopefully great, school year.

Students have already been sharing germs, unfortunately. This is super common at the start of the year at all ages. We are also in the cold and flu season already.

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. 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 will begin in September. Please see the link below to review what that entails.

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

Photoscreeing, 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

Sand Lake Elementary School, Anchorage School District

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

[aimonetti\\_laura@asdk12.org](mailto:aimonetti_laura@asdk12.org)

phone: 907-742-9261

fax: 907-243-6025

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## **Nurse Laura's List**

I always accept donations of new or lightly used clothing, and I really need pants in all sizes. Having items available helps me take care of everyone at Sand Lake Elementary.





### When to Keep Your Child Home from School Guidelines

**Fever** – A fever is a warning that the body is fighting an infection that could easily spread to others. A child with a temperature of 100.4 F or higher should not be sent to school; your child should stay home until they are fever free without the use of fever-reducing medications like Tylenol or ibuprofen.

**Colds** – Colds are more difficult to assess. A slightly runny nose and occasional dry cough is not enough to keep your child home. However, if your child's nose runs constantly and/or the cough is frequent and wet, or your child is experiencing nausea or is too tired and uncomfortable to function at school it would be best to keep the child home for a day or two.

**Cough** – If your child has a severe cough, rapid and/or difficulty breathing, wheezing, or the cough is accompanied by a sore throat or not feeling well, the child should stay home from school.

**Diarrhea** – Diarrhea is defined as an unusual amount of very liquid stools compared to the child's normal pattern. Children should stay home until able to participate normally at school.

**Ears** – If your child has pain, swelling, drainage or difficulty hearing, please see your healthcare provider. Untreated ear infections can cause temporary or permanent hearing loss.

**Eyes** – If your child has red, itchy eyes with a clear, yellow or green drainage from the eye, it may be contagious and a sign of bacterial conjunctivitis (pinkeye). A child with pinkeye can attend school as long as they are able to keep from touching their eyes and show that they can properly wash hands after contact with the infected eye.

**Rash** – A rash might be the first sign of an illness. If your child has a rash with a fever and behavioral changes, or a rash that is oozing/open wound, or is tender with the rash worsening, your child should be evaluated by a healthcare provider.

**Sore Throat** – If your child has a sore throat, have the child gargle with warm salt water. If child behavior is normal and the child ate breakfast, it's probably safe to send your child to school. If your child has difficulty swallowing, or you notice saliva building up in your child's mouth because your child can't swallow, please keep your child home. If you notice white spots in the back of the throat please contact your doctor as this could be a sign of an infection.


**Vomiting / Nausea** – Please keep your child home if your child has vomited more than 2 times within 24 hours of school, and/or also has a fever, and/or if they look or act ill.

- If your child requires medication during school to treat any of their symptoms, please complete the appropriate medication forms and follow ASD policy found at <https://www.asdk12.org/Page/7810>
- Please do not send cough drops to school without touching base with the nurse. These are treated as a medication by ASD and must be stored in the nursing office. If your child needs cough drops, they may be too sick for school.

COVID information/policy can be found here:

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



 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

