



LION'S ROAR

ライオンの叫び

A Monthly Publication

September 2022

Dear Sand Lake Families,

Our Kindergarten students have started, the State Fair is over, the rain continues, so it must be time to be in school full time. Hopefully the rain will give us a break prior to it starting to snow, but in the meantime please make sure your child has appropriate gear for the conditions. Students have been going out to recess in the rain and will continue to do so unless it's just raining too hard.

The pick-up/drop off lane is off to a smooth start, thank you! As a reminder, students should only be picked up or dropped off next to the curb. Students should not be walking between cars to get into their vehicle. This area is very busy during these times, and an accident can happen very quickly if a driver turns their head just for a second. Please remind your child to wait at the curb before they move toward your vehicle.

If you are looking to volunteer at the school this year, please be aware of the new application that must be completed prior to volunteering. The following link will take you to the application that is required for all volunteers. This process normally takes about 7 days for ASD to complete. <https://www.asdk12.org/site/Default.aspx?PageID=13771>

Starting on September 12th, students scheduled to ride the bus will be picked up at their designated bus stop. If your child rides the bus, please review pick up/drop off times in Parent Connect. Once you have logged in, on the left side of the screen you should see a link for ASD Bus Information. Click on this link to find out where and when your child's bus will arrive. Our students will have a bus for 3 weeks, ending on September 30th. If any new information is provided, I'll be sure to send a message to our community.

Sincerely,

Linson Thompson

Principal, Sand Lake Elementary

Important Dates

- 9/12 Bussing begins for 3 weeks.
- 9/14 PTSA/TNK meeting
- 9/16 Picture Day

Anchorage School Board

Margo Bellamy-President

Andy Holleman

Pat Higgins

Dora Wilson

Dave Donley

Carl Jacobs

Kelly Lessens



Hello Sand Lake Families,

Health screenings at school have begun and photo-screening (vision screenings) will happen for grades K-2 and new to district students November 23rd. This will be held within the school. If your child is supposed to be wearing glasses at school, please remind them to bring and wear them.

If you have questions or do not want to have your child participate in any particular screenings, please call or email me. School nurses are required to check height, weight, vision, and hearing at certain ages per ASD policy in accordance with state law.

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

If you need to update your child's immunizations or get their flu shot, Providence Pediatric Immunization Clinic is a free user-friendly option.

Providence Pediatric Immunization Clinic

3340 Providence Dr. Tower A,

#351 212-4824

Free 1st Saturday of each month (next is September 3, 2022)

10a--1 p except on holidays. Walk-In. Take a copy of current records with you.

More information will come once available regarding flu shot clinics through ASD.

Please review the attached guidelines about sick children and school.

"You cannot educate a child who is not healthy, and you cannot keep a child healthy who is not educated."-- Dr. Jocelyn Elders

Be Well,

Nurse Laura



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 to treat any of their symptoms, please complete the appropriate medication forms 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>

ASD does not plan to offer any form of COVID testing in the schools for the 22/23 school year and **testing is not a requirement** at this time.

If you or your child are ill and choose to test for COVID and are positive, you will need to follow current CDC guidelines for isolation and masking. You can find those guidelines on the CDC website and summarized below:

- If you have a positive test, isolate for 5 days (day zero is day of symptoms or swab followed by 1-5 at home)
- You may return to school/work with symptoms resolving on day 6. You will need to wear a mask from day 6-10.

If families have additional questions about keeping your child home, please feel free to contact your child's school nurse.

Nurse Laura

Laura Aimonetti, BSN, RN

Sand Lake Elementary School Nurse

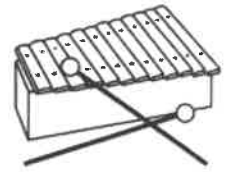
sandlakenurse@asdk12.org

aimonetti_laura@asdk12.org

phone: 907-742-9261

fax: 907-243-6025

Sand Lake Orff Sign-Up



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

From: Annie Nilsson, Sand Lake Music, Nilsson_Annie@asdk12.org, 742-9281

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

When:

Tuesday mornings beginning September 6, 2022, 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 13, 2021.

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 2. Orff begins

September 6 and participation is limited to the first 30 students in grades 3-6 to return this permission slip. See you on September 6th!!!

**Please cut at the line above and return only this section
to Mrs. Nilsson by Friday, September 2nd.**

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: _____



Sand Lake Elementary PTSA Membership Form

2022-2023

Membership is \$10 and valid for the current school year

Adult Name _____

Email address _____

Home Address _____

City _____ State _____ Zip _____

Cell Phone _____ Home Phone _____

Please check one (or more):

I am

_____ a **staff member** at Sand Lake Elementary

(Staff seeking PTSA funding will be required to be a current PTSA member)

_____ a **parent** of Sand Lake Student(s)

Sand Lake Student Name(s)

Grade

Teacher

I would like to volunteer:

_____ as a board member or standing committee member

_____ for a special event, such as:

_____ Book Fair

_____ Fall School Fundraiser

_____ Teacher Appreciation Week

_____ Parent-Teacher Conferences

_____ Barnes and Noble Day

_____ Movie Nights

_____ Picture Day

_____ As needed

Adult 2 Membership:

Name _____ Relation to Adult listed above _____

*Each membership is \$10

I would like to make an additional \$ _____ donation to Sand Lake PTSA.

Make checks payable to Sand Lake PTSA

For PTSA Use only

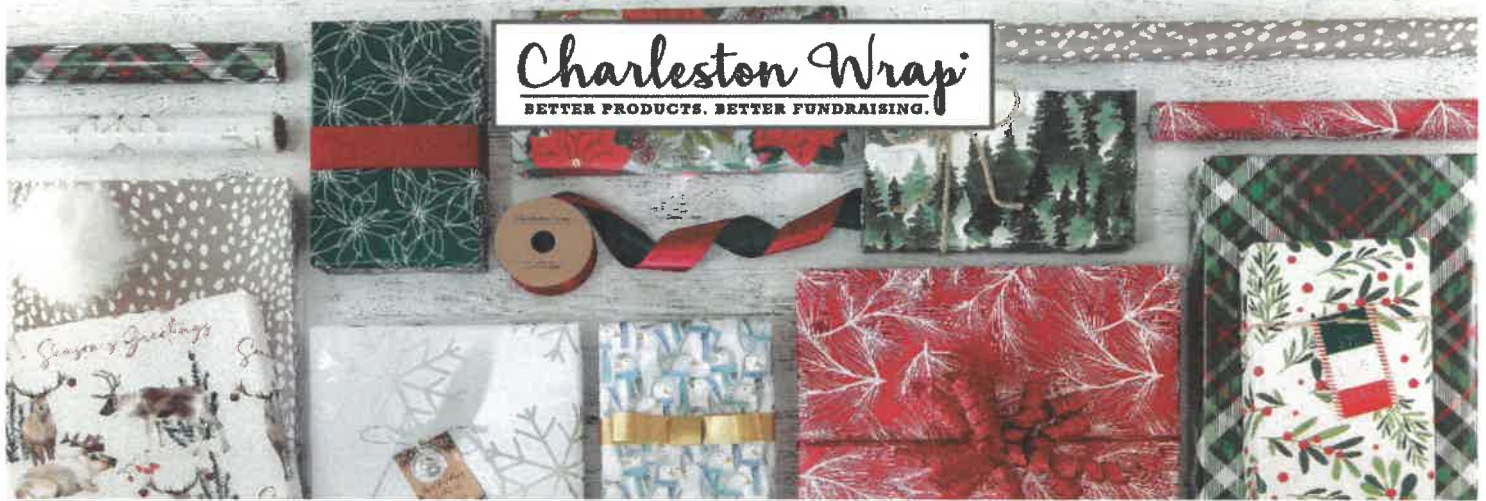
Form of payment _____ (please write check number & amt)

Total amount collected \$ _____

Membership amount \$ _____ (\$10 per adult)

Donation amount \$ _____

Money collected by ____
Processed by ____
Date ____
Donation letter?



Sand Lake PTSA REGISTER NOW FOR OUR FUNDRAISER

Organization ID:
24320

3 EASY STEPS



www.registercw.com

1# REGISTER

Register participant at
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
via **TEXT & EMAIL** using our
invitation tools. Don't forget to
share with your followers 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!



*Sharing &
supporting
is quick and
easy!*



With over 2,500 gift ideas, check-off your holiday gift list and invite friends & family to support our important cause, too!

Personalized Gifts	Gift Wrap & Accessories	Charleston Bags™
Candles	Kitchen Essentials	Gourmet

Tomo No Kai Membership & Donation

Tomo No Kai is a non-profit 501(c)(3) organization which supports the Japanese language program at Sand Lake Elementary School, Mears Middle School, and Dimond High School.

Parent name(s) _____

E-mail(s) _____

Phone(s) _____

Mailing address _____

Student name(s)	Grade	Student name(s)	Grade
_____	_____	_____	_____
_____	_____	_____	_____

Tomo No Kai is an all-volunteer organization. We encourage families to contribute 10 hours of volunteer time per year.

I am interested in learning more about volunteering for:

- ☐ Fall Dinner ☐ Spring Auction ☐ Spring Cherry Blossom Festival
- ☐ Intern host family ☐ Intern Committee ☐ Membership ☐ As needed

What is a great educational program worth?

Tomo No Kai will be able to provide classroom materials, fund the intern program, and help support the Chitose exchanges if every family contributes at least \$100 per child per year.

Family Membership: \$10

Additional Donation: \$ _____

Total Enclosed: \$ _____ Thank You!

Thank you for your support!

Your donation may be tax deductible—please save a copy of this form for your records.

Japanese Education Exchange Fund, dba Tomo No Kai

7500 Jewel Lake Road | Anchorage, AK 99502

TaxID # 92-0162774

Consider Being a Host Family for an Amazing Teaching Intern

Friends for Life

Fun Times

*Discover New
Cultures*



Meet the 2022-23 Interns



Akari Kawamura
3rd & 4th grades



Kaori Tsuruta
K & 6th grades



Kokoro Oguma
5th & 6th grades



Rina Soma
Dimond



Shiori Suzuki
Mears



Yoshino Minakawa
Sand Lake



Mio Kushibiki
1st & 2nd grades



TOMO NO KAI

Tomo No Kai supports the Japanese Immersion Programs at Sand Lake Elementary School, Mears Middle School, and Dimond High School in Anchorage, Alaska



Become a Member Today Visit TOMONOKAI.ORG



Fall Family Dinner

October 8th
Mears Middle School



Food
Crafts
Taiko



Silent Auction
FUN!!!



TOMO NO KAI

Tomo No Kai supports the Japanese Immersion Programs at Sand Lake Elementary School, Mears Middle School, and Dimond High School in Anchorage, Alaska



Become a Member Today: Visit TOMONOKAI.ORG



The Japanese immersion program is an integral part of what makes our 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 Family or at one of our many school activities.



Sand Lake Elementary

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, Taiko Drumming,
Chitose Exchange trip, Family Gatherings,
Cultural Events, Speech Contests



TOMO NO KAI

Tomo No Kai supports the Japanese Immersion Programs at Sand Lake Elementary School, Mears Middle School, and Dimond High School in Anchorage, Alaska



Become a Member Today: Visit TOMONOKAI.ORG

Intern Hang Out



SCAN ME TO SIGN UP!!

WANT TO HAVE A GOOD TIME WITH THE
INTERNS?
HERE IS YOUR OPPORTUNITY!
PLEASE SIGN UP BEFORE THE AVAILABLE
TIME SLOTS ARE FILLED UP!

Contact: kamimura_haruki@asdk12.org



ESCAPE THE INDOORS



PACK 102

Boys and Girls in K-5 Grade You are invited to our open house

Thursday, August 30, 6:30 - 7:30 PM

At Bayshore Club House located at 3131 Amber Bay Loop, Anchorage,

Contact Clancy at 907-223-2507 or trip@mac.com

JOIN THE ADVENTURE



BEAScout.ORG

"THE ANCHORAGE SCHOOL DISTRICT DOES NOT ENDORSE THESE MATERIALS OR THE VIEWPOINTS EXPRESSED IN THEM."

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.

For those in the Anchorage Area, we have Camp Gorsuch which operates June 12- 16, 2023. We look forward to seeing you there.

For those who are in remote Alaska, we have our Traveling Cub Camp which operates from early spring to late fall. To schedule your community's Traveling Cub Camp please contact the Scout Office.

Other programs during the year!

The big events are the Fall Fun Day, The Winter Social, and the Great Alaska Council Pinewood Derby Championships. These are family-friendly events. So bring your whole family for a day of fun and adventure.

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



Alaska RUSH Soccer Club

Driven by purpose and passion, committed to achieving excellence.

HIGHEST LICENSED

+

**MOST EXPERIENCED COACHES IN
ALASKA**

GIRLS: T/TH Trainings

BOYS: M/W Trainings

COED REC: M/W

- Recreational Soccer (2-7 years old)
- Pre-Comp Development Program (6-10 years old)
- Competitive Program (11-18 years old)

Come test drive our program free of charge before making a financial commitment and meet our coaching staff! Scholarships Available

Please contact Johnny Turner, Alaska Rush Youth Director of Coaching
907.223.0612 / jturner@alaskarush.com / www.alaskarush.com

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