



Lake Hood

Home of the Pilots

October 2019

FIRST RESPONDERS

Principal Corner

Dear Lake Hood Families,

We are off to a great start! I have enjoyed getting to know you and your children over the past several weeks. One of my favorite things about October is the parent teacher conferences. What a great time to spend with your child's teachers to work together as a team towards their educational goals. I want to share with you a little bit about the Lake Hood PTA (Parent Teacher Association) as it is a vital part of our success. Our PTA meets the first Monday of the month at 4:00 pm. Your children are always welcome to attend the meetings with you. There are so many activities and events that would never be possible without the support of our PTA, and most importantly... "YOU" the parents. We are looking forward to expanding our PTA membership and the opportunities that we can provide to our students. I would like to encourage you to participate in any way that you can, such as volunteering your time, your suggestions or your talents, just to name a few. I have another favorite thing about October, our Fun in the Fall Festival which is sponsored by our PTA. It's right around the corner and we could use your help in a variety of ways. I look forward to seeing everyone there and at our next meeting on Monday, October 7th at 4:00 pm. Enjoy fall while it lasts! I think we can all see some white stuff heading our way as it trickles down the mountains. We appreciate your continued support!

Principal 

Aimee M. Kahler

October Calendar

October 4th

Picture Day



October 7th

PTA Meeting



1st Monday every month @ 4 pm

October 11th

Believe Fundraiser Packets due



October 18th



Fun in the Fall @ 6-8 pm

October 14th - 24th






School News from Molly Hickox,

Please help us keep Lake Hood students safe before and after school. If you are dropping off or picking up in a car, we ask that you use the front drop off/pick up loop at the school. This loop is designed for traffic, and there are designated crosswalks to keep our students safe. As a reminder, students should only enter or exit cars that are next to the curb. We respectfully ask that you do not use the corner of McKenzie Dr. and Andree Dr. as a car drop off/pick up location. We are not able to provide supervision or traffic control to that area and we are concerned about the safety of our students that are walking home from the back gate.

Thank you for helping us keep all of our student's safe to and from school!

Assistant Principal 

Molly Hickox

Lake Hood Elementary School

907-245-5521

<https://www.asdk12.org/lakehood>



PICTURE DAY OCTOBER 4TH



School store will be every Tuesday and Thursday mornings at 8:45 – 9AM. **Volunteer** help is needed on

Tuesday & Thursdays!



Popcorn Friday will be October 4th

PTA meeting October 7th at 4 pm in the library... kids welcome!



Book Fair October 14th – 24th



Looking ahead:

November PTA meeting, Monday the 4th



Meet Lake Hood's Instructional Coach

Amanda Bryant

Hello Lake Hood Students and Families,

I am, Amanda Bryant, the new Instructional Coach at Lake Hood. I am originally from Port Orchard, WA a town across the water from Seattle. I came up to Alaska 7 years ago for a teaching position in the Lower Yukon School District. I live with my dog, Penny. We both love getting outside for walks and to enjoy Alaska. We are excited to explore Anchorage and all that it has to offer.

As an educator, my years out in Lower Yukon have taught me a lot about myself but also about teaching and how to support each other in our goals. I love working with staff and students to help them be as successful as they can be. My goal for the school year is to learn all I can about Lake Hood and to be supportive of students and staff helping them reach their goals and beyond.

Here is to a great school year!

Amanda Bryant



COMING SOON WILD ALASKAN SALMON EGGS



Look for more "development" in D hall

**Student Council meeting is Thursday, October 3rd
from 3:30-4:30 in Ms. Hoffman's classroom
(D109). Students must have a signed permission
slip to attend!**

**Student
Council**

Health Minute



VISION SCREENING



The Lions Club will be at Lake Hood Elementary on Tuesday, October 15th 2019 for vision screening. The mission of this fantastic club is to provide sight to the blind.

Nurse Laurel Andrews,

Five Minutes or Less for Health, adding small, yet purposeful, habits to your daily routine can improve both your mental and physical health. A few of these strategies are as easy as drinking more water and the helpful tips below, all only take five minutes or less!



Test smoke alarms

- Every month, check your smoke alarms to ensure they work properly. Check or replace the battery to your smoke alarm and carbon monoxide detector when you change the time on your clocks each spring and fall. If the alarm or detector sounds, leave your home immediately, and call 911.



Eat Healthy

- Take the extra time to make better food choices. Eat more fruits and vegetables as a meal, less saturated fat, and healthy grab-and-go snacks. These are a few quick and easy ways to add healthier choices to your day.



**SPLIT THE
POT! \$\$\$**

**Haunted
House**

Fun in the Fall
Friday, October 18th
6 - 8 pm

**Sponsored
by the
PTA**



**Only people with decorated trunks may
park in the first parking lot.**

Donations of candy, cupcakes & baked goods are gladly accepted!

Minimum credit card purchase is \$10.00. Cash preferred.

~Please stay to help clean up~

Toys

**Use your
tickets to
buy toys!**

TICKET

**Look
for the
"Toys for
Tickets"
Table!**

Games

SOCIAL EMOTIONAL



Whether it's apologizing when you're in the wrong or treating others with respect and kindness, children learn a great deal about relationships from observing the behavior of their parents. October's Social and Emotional Learning, SEL focus is courage. Building SEL skills such as courage requires face-to-face interaction, meaningful discussion, and reflection. Courage is taking on challenges even when there's risk; it's also speaking up for what's right even if there's opposition and acting on your convictions.

Courage is a common theme for movies and one of the character strengths and life skills essential to kids' overall growth and success. Here are a few movies to check out with your family and use as a base for conversations about courage. These movies are not for all ages, so please read descriptions first.



Song of the Sea

The Sandlot

Zarafa

The Adventure of Milo and Otis

Finding Nemo

Born in China

The Lion King

Wizard of Oz

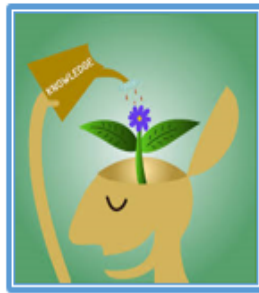
The Black Stallion



Seven Powers of Conscious Adults

Being aware of our hurtful patterns and our willingness to change is the greatest gift we can give our children. Identifying and managing our own emotional state allows us to access our own wisdom and remain calm in the face of hostility and chaos.

Dr. Becky Bailey says that managing our own thoughts, feeling and actions through self-regulation is the cornerstone of a successful life. Mindfulness research shows it consists of seven powers that create long-term success by meeting our own needs and those of our children.



1-Power of Perception- nobody can make you angry without your permission

2-Power of Unity-We are all in this together

3-Power of Intention-What you focus on is what you get more of.

4-Power of Free Will-The only person you can change is you.

5-Power of Acceptance-The moment is as it is.

6-Power of Love-Choose to see the best in others.

7-Power of Intention-Mistakes are opportunities to learn.

Students have also been learning how to use breathing as a way to self-regulate.



If you would like more information, please contact Ms. Angie, School Counselor at 742-8450 or go to: ConsciousDiscipline.com

OCTOBER 4TH PICTURE DAY



EASY PICTURE DAY AND YEARBOOK COMMUNICATION

Parent Notify allows the each family with friendly email reminders to make sure nobody misses out on Picture Day and Yearbook sales.

Why use Parent Notify?

- Email reminders are prewritten and contain all the information parents need to order.
- It is complimentary and exclusive for Lifetouch schools.
- Email addresses never leave the school's sight and are password protected within Portal.
- Parent Notify ensures parents only receive the amount of email reminders they desire by removing them after they purchase.
- Parents can unsubscribe at any time – and they'll only unsubscribe from Picture Day information, rather than your school's emails.
- Parents who order online receive benefits such as the ability to create their own package, shop more products and earn *Lifetouch Rewards* coupons.

This year, it's easier than ever to use Parent Notify. Simply follow these steps:

1. **Login** to [Lifetouch Portal](#) – then on the right, click “Schedule Parent Notify Email Reminders” and click “Schedule Email Reminders”
2. **Enroll** by providing basic school information on the Lifetouch, “School Profile” webpage
3. **Upload** your email list on the Email Lists webpage
4. For more help, [view the Parent Notify guide](#).
5. Login to [Lifetouch Portal](#) to enroll and upload your email list. To access Lifetouch Portal, contact your Lifetouch Representative.

Crystalee Brown

Operations | School Photography & Yearbooks

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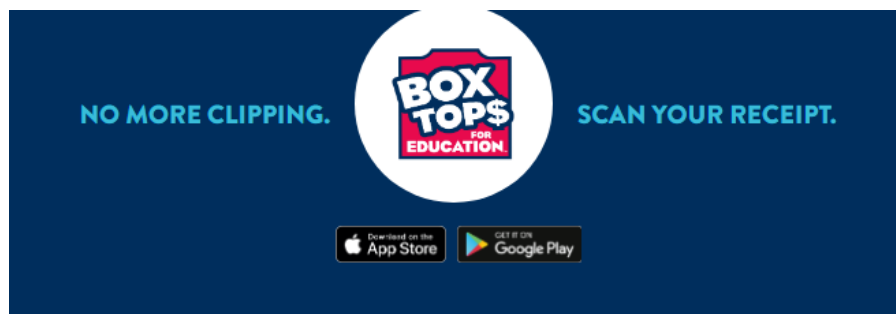


Please save Box Tops for Education!

There is a New App for you to use. It is so much easier than cutting the Box Tops off the packages.

You can still send in the Box Tops, too!

The money we raise this year will be for Contra Bass Bars. Come to the Music Room to play to them.



THE NEXT GENERATION OF BOX TOPS IS HERE.

Box Tops is changing to fit today's families. The new and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

MORE CONVENIENT
Redeem anywhere, anytime within 14 days of purchase

EASY TO USE
No more clipping or sending Box Tops to school



REAL TIME
Your school's earnings are automatically updated online

EXTRA CASH
Access special bonus offers on top of your Box Tops earnings

Joan Haskell
Music Teacher

Business Partners

Students and Schools Linking Family and Community



Business Partners

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Nordic Skiing Association of Anchorage



REGISTRATION
OPENS OCT. 1



SCHOLARSHIPS
AVAILABLE

Junior Nordic
Dec. 2, 2019 - Mar. 7, 2020

Teaching cross country skiing to kids ages 6-14.
Groups meet 3 times per week to have fun, learn skills and meet friends!

www.anchagenordicski.com/JuniorNordic

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