



FIRST RESPONDERS

Lake Hood

Home of the Pilots

September 2019



Principal's Corner

Dear Lake Hood Families,

Welcome to the 2019-2020 school year! One of the most exciting things happening at Lake Hood this year is that we are involved in the Anchorage School District Wellness Initiative. The Wellness Initiative allows us to have 30 minutes of lunch and 30 minutes of recess for all students. We are working hard to ensure that all students at Lake Hood Elementary are getting 60 minutes of daily physical activity. Our goal is to get students up and moving, boosting their blood circulation and brain activity in order to keep them engaged in their learning. A special thanks to our PTA, who purchased more PE equipment for each classroom to have for outdoor play. If you stop by the cafeteria for lunch, you will notice that students who are finished with their lunch are able to play a game. It's our goal to enrich the Social and Emotional Learning experiences in order to increase our student's self and social awareness and management. Feel free to contact me anytime you have any questions, concerns, or suggestions. We appreciate your continued support!

Aimee M. Kahler

Principal

September Calendar

September 11th

1st Responders Day



PTA Meetings



1st Monday every month @ 4 pm

School Store Tuesday & Thursday 8:50 am
Volunteer helper needed on Thursday

September 13th

6th Grade Energy Walk  and Potato

Feast



September 13th



Free Movie Night Ugly Dolls 6 pm

September 19th



Student Council Meeting @ 3:30 pm

Cascading Drill Recap

On Thursday, September 5, we had a series of emergency drills that ended with a full school evacuation to our alternate site at Our Lady of Guadalupe Cathedral. We used the scenario of a bear in the area to first do a lockdown drill, where students and staff take shelter in their classrooms. Next, we evacuated our building, similar to a fire drill. Once all students and staff were outside, we evacuated to Our Lady of Guadalupe. We would like to thank all of our staff and students for doing an AMAZING job during this series of drills! Students followed directions and moved quickly and quietly through each scenario. Our 6th grade students partnered with our kindergarteners so that every kindy student had a 6th grade buddy. Their leadership helped keep our youngest students calm and focused.

Throughout the school year, we will continue to practice different drills so that we are prepared to keep our students safe in any situation.

Molly Hickox, Assistant Principal
Lake Hood Elementary School
907-245-5521

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



Benchmark Assessments Information

Lake Hood students will be participating in benchmark assessments during our fall benchmark window. Students will be assessed in both reading and math. FastBridge is the assessment tool for grades K-2 and MAP Growth is the tool used for grades 3-6.

FastBridge utilizes a combination of one-on-one teacher administered measures and computer-based measures in reading and mathematics. MAP Growth is an adaptive assessment that provides each student with a personalized testing experience with data that speaks to their individual progress and growth in mathematics and reading. Both of these assessments are administered three times a year during the following benchmark windows:

- Fall: September 3-20
- Winter: December 2-19
- Spring: April 20 – May 8

This year, our school will also be using an evaluation screener to look at school-wide systems of support for social emotional learning and behavior. This screener, much like our academic Universal Screeners (FastBridge and MAP Growth), will be completed with all students in the fall (October), winter (December) and spring (April). Teachers will evaluate students relative to various behavioral risk factors. The evaluation tool is called the Social, Academic, and Emotional Behavior Risk Screener (SAEBRS). The tool will help teachers identify students who may need additional supports to increase their academic and social emotional success.

This screening is completed by teachers and will not involve lost instructional time for students. Should you have any questions about the use of this universal screener, please don't hesitate to contact Mrs. Kahler.

Meetings are the 1st Monday of every month at 4 pm in the library... kids welcome!



School store will be every Tuesday and Thursday mornings at 8:50. **Volunteer** help is needed on **Thursdays!**



Popcorn Fridays needs YOU!

Popcorn Friday will start when a volunteer, volunteers to pop and distribute popcorn to classes. We will train you! Come to a PTA meeting or stop by the library for more information.



Free Family movie night on Friday, September 13th at 6pm. Food available for purchase! Bring a blanket! Parents must accompany students.



Looking ahead:

School pictures will be October 4th

Fun in the Fall Carnival will be October 18th at 6pm.



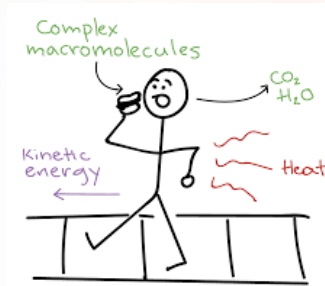
Lucas Saltzman

Dear Families,

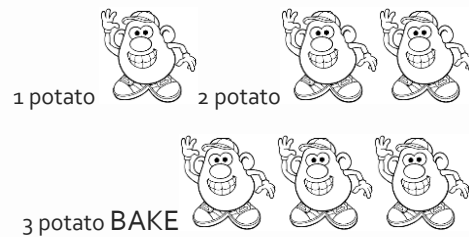
It has been a pleasure getting to know all the students. I appreciate the warm welcome to Lake Hood. I'm excited to be working with such dedicated friendly staff. This is my 17th year in the district. I've worked at Susitna, Gladys Wood, Ptarmigan, Airport Heights, and Aquarian. I was born and raised in AK and am a product of the Anchorage School District. I have a wonderful wife, Heather, and three children. Our oldest son, Owen, is a freshman at Dimond, our daughter, Claire, and youngest son, Carl, are sixth and fourth graders at Aquarian. We live in Alaska to be near family and to enjoy the outdoors.

Lake Hood is participating in Healthy Futures this year. Please encourage your child to fill out their Healthy Futures log each month. In addition, our wonderful PTA is sponsoring running club on Mondays and Wednesdays this fall. It's a great group of kids and families. I encourage all of you to take advantage of the club. I'm always here to help if you need ideas for getting your child moving. Our goal is to work together to help our kids form healthy habits. I look forward to getting to know your family this year.

Sincerely,
Lucas Saltzman



6th grade Energy Walk & Potato Potluck Friday September 13th



The first Student Council meeting is Thursday, September 19th from 3:30-4:30 in Ms. Hoffman's classroom (D109). Students must have a signed permission slip to attend!



Health Minute

Nurse Laurel Andrews,

Take one for your health! Being healthy and safe takes commitment, but it doesn't have to be time-consuming. Most things are so simple and take so little time, that you'll wonder why you've been avoiding them. Taking just a few of the 1440 minutes in a day is worth having a safer and healthier life for you and your family.



Wash Hands

- Wash hands to lower the risk of spreading germs and getting sick. It is best to wash hands with soap and clean running water for 20 seconds.



Buckle up

- Lower the risk for motor vehicle-related injuries. Make sure everyone is properly restrained in safety seats or safety belts. Children ages 12 and younger should always be buckled up and seated in the rear seat of vehicles. Placing children in age- and size-appropriate restraint systems lowers the risk of serious and fatal injuries by more than half.



Gear up

- When playing active sports or riding a bike, make sure you and your family wear protective gear, such as helmets, wrist guards, and knee and elbow pads.

Welcome to Health!

THE GREAT BODY SHOP is the comprehensive health, substance abuse and violence prevention program in which your child will be participating this year and all through the elementary years. This program will help your child learn more about his or her own body and how to take care of it.

Each unit includes a 'Family Bulletin', which will give you suggestions on how to reinforce at home the topic your child is learning in the classroom. Family Bulletins appear on the back page of The Great Body Shop. In addition, all bulletins are available through the Health Dept., and my school district website has a current calendar of what is being taught each month with links to the parent bulletins for your preview before each unit is taught.

This year Grades K, and 4-6 will be bringing home THE GREAT BODY SHOP issues for all units. Grades 1-3 will bring them home next year. In addition, all kindergarten families will have access to the music that accompanies each unit. Each unit of study contains information to help your child understand his/her own body, the way it works, and the best ways to keep it healthy. Units include safety, body systems, nutrition, illness prevention, drug and alcohol prevention, and exercise.

Your student in grades 1-6 will receive an effort grade for classroom participation. Classroom expectations and the grading rubric are discussed, on display, and used for effort grading at the end of each health class. Students self-assess and work with the teacher to agree on an effort/participation grade for the day. You can monitor health effort grades on Q as the year goes on.

As a school/parent team, we can reinforce the messages of THE GREAT BODY SHOP. This program can go a long way toward helping your child make the kind of decisions about his/her body that will keep him/her healthy, drug-free, and ready to meet the challenges of the future.

Sincerely,
Catherine Boutin
Health Specialist
Lake Hood Elementary School
Spring Hill Elementary School

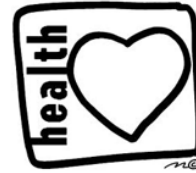
Rules, Consequences and Grading Rubric for Health Class with Ms. Boutin



Class Rules

Listed below are the rules for the students in Ms. Boutin's Health Class

1. Come to class ready to learn
2. Keep hands, feet, and objects to yourself
3. Follow directions the first time they are given
4. Stay on task during all work times.



Consequences

If rules are not followed students will:

1. Receive eye contact and a verbal warning
2. Step down until ready to learn behavior is sustained, then student steps back up to green.
3. If a problem is not resolved or continues, visit to the buddy room and teacher contacts parent

Grading

Level 5: Outstanding! ☺ [O] Always respectful Cooperates with everyone Does personal best Seeks extra connections/knowledge Exceeds expectations consistently All of Levels 3 and 4	Level 4: Very Good ☺ [S+] Solve Problems Quickly Participate with Enthusiasm Find the Fun! Role Model Exceeds expectations often All of Level 3	Level 3: Satisfactory ☺ [S] Ready to learn! Follow Directions Respect Self, Others and Equipment Participate in Learning Be Honest and Fair Meets Expectations
Level 2: Uh Oh.... [S-] Not Follow Directions Has problems being respectful Does not participate for some of the class Mistreats Materials Refuse to Work with Classmates Problems meeting expectations	Level 1: Needs Work [N] Problems are frequent Disrespectful or argues Not Participating Destroys/breaks material Does not meet expectations	Level 0: Unacceptable Argue Argues, Hit, Push, or Fight Name-calling Constant disrespect Refuses to participate Leave Without Permission Intervention required

Safe Children's Act

Lake Hood Elementary School will be teaching the 1st Quarter Personal Safety lessons between September 30 and October 4, 2019 during Health classes. The age-appropriate lessons will be presented in a non-threatening way, along with the skills needed for self-protection. The lesson content is part of the Anchorage School District's plan to enact the Alaska Safe Children's Act and will be handled in a sensitive, respectful manner.

1st Quarter Lessons

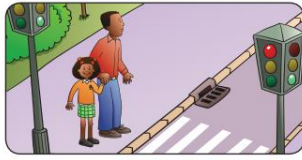
Kindergarten	1 st grade	2 nd grade	3 rd grade	4 th grade	5 th grade	6 th grade
The Great Body Shop	The Great Body Shop	The Great Body Shop	The Great Body Shop	The Great Body Shop	The Great Body Shop	The Great Body Shop
Unit 5, Lesson 4: Safe Touch, Unsafe Touch Song: <u>My Body Is Special</u>	Unit 6, Lesson 4: My Body is Private	Unit 5, Lesson 4: Your Body is Private	Unit 6, Lesson 4: Personal Safety	Unit 5, Lesson 4: Preventing Abuse	Unit 5, Lesson 4: Send the Message: My Body is Private	Unit 4, Lesson 4: Sexual Harassment and Abuse

If you have any questions about the content of the program or if you wish to inquire about opting out, please contact our Elem. Health Specialist, Catherine Boutin, boutin_catherine@asdk12.org.

Thank you for partnering with us as we continue to provide learning opportunities to improve the safety and well-being of our students.

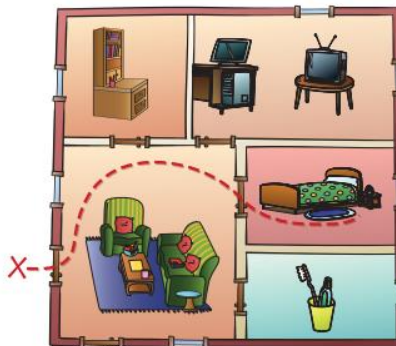
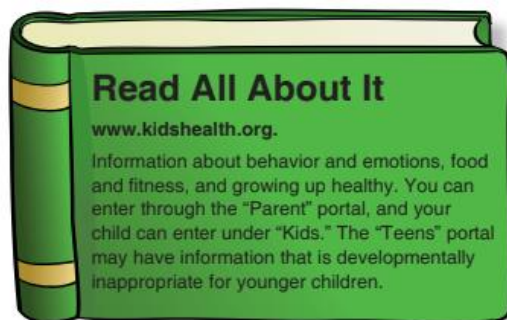
Sincerely,
Catherine Boutin
Health Specialist
Lake Hood Elementary School
Spring Hill Elementary School

This month in **Elementary Health**, your child will study **Safety**



Links to Parent Bulletins

K	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade	6 th Grade
How to Stay Safe	Look Out!	Let's Stay Safe	Safe At Home, Safe Away	Community Safety	First Aid Facts	Keep This Body Safe
https://drive.google.com/open?id=oB1NaDvxnwkBmQVNpamsiejd6Yjg	https://drive.google.com/open?id=oB1NaDvxnwkBmc1pCd2FCOFZHT3c	https://drive.google.com/open?id=oB1NaDvxnwkBmRDNVVotQZ1k3Q2c	https://drive.google.com/open?id=oB1NaDvxnwkBmNHZDXoYxaUxVTzA	https://drive.google.com/open?id=oB1NaDvxnwkBmYjY5YnNvOFVkvms	https://drive.google.com/open?id=oB1NaDvxnwkBmYzlwSy1RVXgyUUK	https://drive.google.com/open?id=oB1NaDvxnwkBmbGE2VIA2bVN5X3c



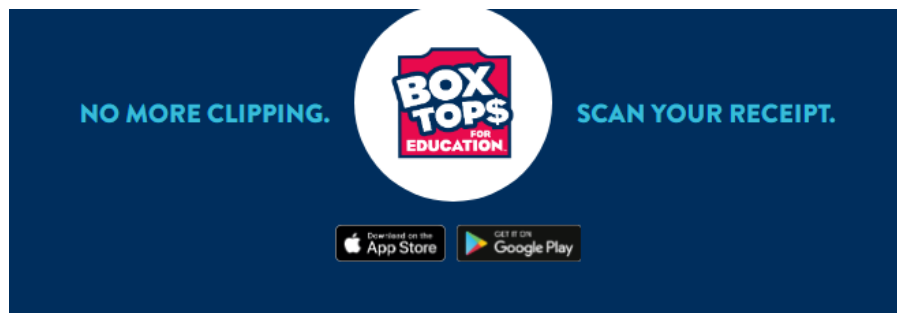


Please save Box Tops for Education!

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

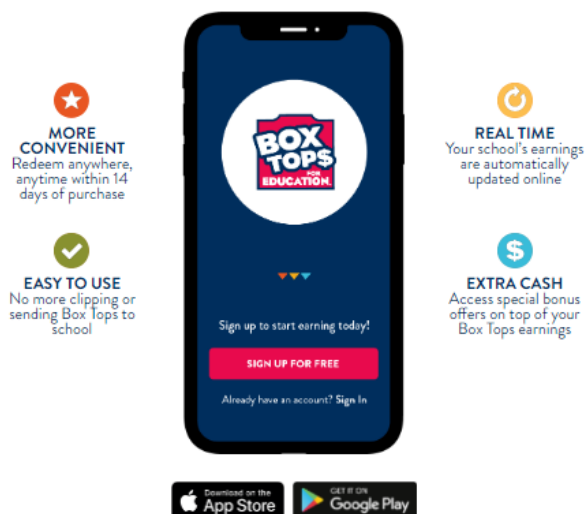
You can still send in the Box Tops, too!

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.



Joan Haskell
Music Teacher

SOCIAL EMOTIONAL



Here at Lake Hood we care about your child's social and emotional well-being. Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. We guide students through lessons in our classrooms, in the lunchroom, on the playground and every other place on campus. Please check upcoming newsletters for SEL activities to do at home.

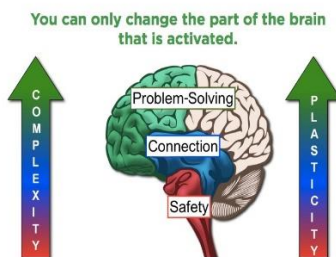


Empathy & The Brain

According to Conscious Discipline and Dr. Becky Bailey, there are three core components to everyone's brain.

1. **The Brain Stem** is responsible for survival and if someone is in this state they will often fight, flee or freeze. The Brain Stem asks the question, Am I Safe?
2. **The Limbic System** is responsible for emotions and if someone is in this state they will be vocal and sometimes say hurtful things. The Limbic System asks the question, Am I Loved?
3. **The Prefrontal Cortex** is responsible for problem solving and this where we want our children's brains to be activated for best learning. The Prefrontal Cortex asks the question, What Can I Learn?

While everyone moves through these three states all the time, there are some things we can do. By managing our own upset through breathing and body relaxation, we can help others.



This 3 Step Process can help your child or someone else who is upset. It is called the D.N.A. Process=Describe, Name and Acknowledge. By going from the bottom up, you are meeting them in the state of the brain they are in.



A. Acknowledge the reason for the feeling:

"You wanted ____." Or "You were hoping ____."

N. Name the feeling:

"You seem ____." "Something happened?"

(When they look at you pause and breathe and calm your own body)

D. Describe what their body is doing:

"Your body is going like this." (demonstrate) "Your face is going like this." (demonstrate)

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

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INDOOR SOCCER

SEASON BEGINS
September 23, 2019

AGES
4 - 12 // U5 - U12
Boys & Girls

REGISTER AT
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BOYS & GIRLS CLUBS ALASKA



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FALL VOLLEYBALL

SEASON BEGINS
SEPTEMBER 23, 2019

AGES
8 - 12 // U10 - U12
BOYS & GIRLS

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ATHLETICS.BGCALASKA.ORG

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