

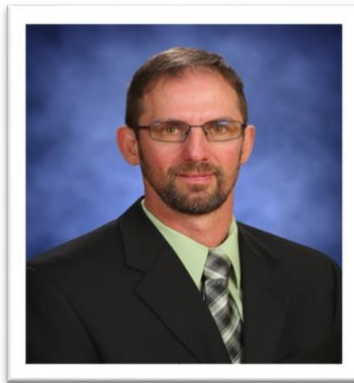


The Birchwood Banner

November 2019

Birchwood ABC achieves high academic standards through a structured, well-defined curriculum, based on the mastery of skills, mandated homework and consistent grading procedures. Our program emphasizes leadership, citizenship, self-discipline, and character development as its guiding principles

Principal's Corner



Our current attendance rate after the 1st quarter is 95.78% and continues to be in the good range. Our goal is to end the school year with an overall attendance rate that is at or above 95%. That cannot be achieved without your dedication and commitment to making sure that your child is here on time every day!



- **Excellent** = 0-3 absences (98-100%)
- **Good** = 4-9 absences (95-98%)
- **Average** = 10-14 absences (92-95%)
- **Poor** = 15-19 absences (89-92%)
- **Severe**
= more than 20 absences (<89%)

Parents, as winter approaches in Alaska, we recognize that along with the cold we experience limited day light. Bright colored winter gear or reflector tape will help illuminate your child when they are walking to and from school or bus stops.



The Birchwood ABC Spelling Bee will be February 11th. Students may participate if they have an A in spelling or the permission of their teacher. Though that may seem like a long time from now, this is the time to start studying spelling patterns and word origins. (For example, scientific words usually use Latin spellings and word endings)



FLU SHOTS



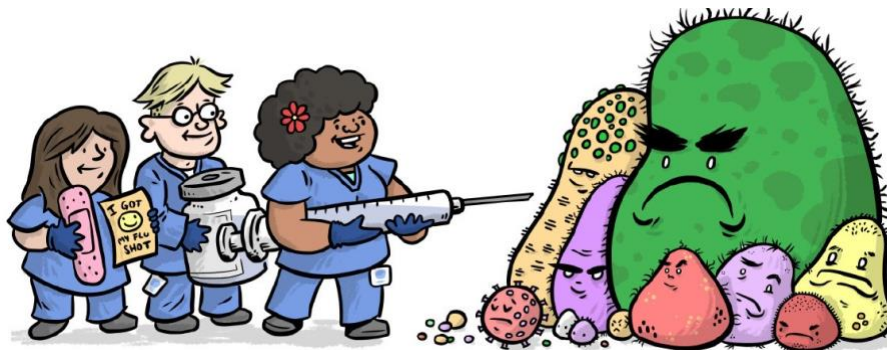
Join us for a **NO COST** flu shot clinic at:

Birchwood ABC Elementary

Wednesday - Dec 4th

2:00pm - 5:00pm

- Open to anyone ages 6 months and older.
- No insurance required.
- Parent or guardian consent required for ages 17 and under.
- Contact the school nurse with any questions.



Anchorage School District
Educating All Students for Success in Life



**Anchorage
Health
Department**

EDUCATION ON CALL

Colds and the Flu

If there's one thing kids seem to have no trouble sharing, it's their germs. In fact, most children will come down with 8-10 colds before their 2nd birthday. Here are some steps you can take to help your child feel better when they have a cold or the flu.



Clear head and chest congestion

Plain saline (salt water) nose drops can help clear a stuffy nose. For babies, use a suction bulb or nasal aspirator to remove mucus after using the drops. To loosen mucus in the chest, gently tap on your child's back. At night, place a cool-mist humidifier near your child's bed.



Soothe cough and sore throat

Chicken soup or other warm liquids can soothe an irritated throat. Children ages 4 and up can also use cough drops or throat lozenges. For coughs, try honey if your child is older than 1 year.



Prevent dehydration

Have your child drink lots of fluids. If they refuse, try popsicles. For babies, offer extra formula or milk throughout the day. Continue to breastfeed baby even if you have a cold to pass on your own virus-preventive antibodies.



Call the pediatrician

If your child is older than 3 months, call the doctor if they are having trouble breathing, being unusually tired or cranky, acting abnormal, or have a fever higher than 102°F. For babies under 3 months old, call the doctor at the first sign of symptoms.

Is it a cold or the flu?

Cold

Symptoms come on gradually and last 2-14 days

- Mild symptoms
- Runny or stuffy nose
- Fatigue
- Cough
- Muscle aches
- Headache
- Sore throat
- Sneezing and watery eyes

Flu

Intense symptoms come on quickly and last 2-7 days (cough and fatigue may linger for weeks)

- Fever (usually over 101°F)
- Stuffy nose
- Extreme fatigue
- Dry cough
- Headache
- Muscles aches, chills, and sweats
- Nausea, vomiting, and diarrhea (sometimes)
- Loss of appetite

Although colds usually go away on their own and don't lead to anything more serious, it's always a good idea to talk to your child's doctor if you have any questions or concerns.



To help protect your kids over age 6 months from illness, get a flu vaccination for them and all others in your household for whom it is appropriate.

For aches, pain, and fever, **TYLENOL®** and **MOTRIN®** are

Always On Call

Healthy Future Activity Logs

OCTOBER LOGS DUE: ASAP

Activity Logs are available at school, online at healthyfuturesak.org, or all students are encouraged to make their own activity logs on a scrap piece of paper. For more info about the Healthy Futures program visit healthyfuturesak.org.

November will be the final month for the fall challenge. Birchwood will also participate in the spring challenge beginning in February.



Got Shoes?

Birchwood participates in the Kicks for Kids program which provides gently used shoes to students from around ASD, including students right here at Birchwood. If your child has grown out of a decent pair of gym shoes, please drop them off in the blue tub at the main entrance of the school.

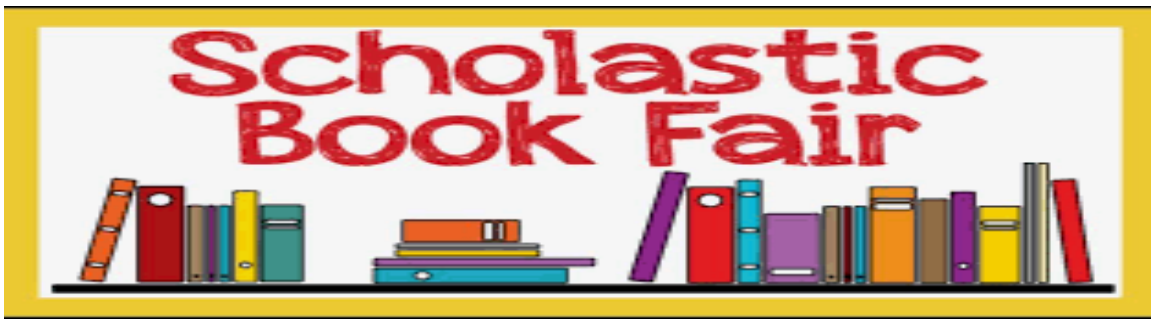


Dear Birchwood Families,

You may or may not be aware that YMCA is offering school age childcare before and after school hours. We still have a number of open spots for care. If you are interested, please feel free to inquire in the MPR, before or after school, with Ms. Erika or call 223-7628. We also offer care during in-service and snow days. However, due to low attendance, we may not be able to provide these services this year. If you are interested in possibly using our care, please inquire with Ms. Erika.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Scholastic Book Fair going on November 4-8th

Be on the lookout for the "Few of our Favorite Things" tree located at the office. This will be a chance for families to buy a holiday gift (if they choose) that the teacher is needing for their classroom. This will be available by the end of November.

Anyone who really likes baking, this is the volunteer opportunity for you! We will be collecting baked goods to share with our 773rd Squadron who helps us out with many events and our Red White and Blue Assemblies. It is our way to give back. Collections will take place the first week of December. Be on the lookout for a date of collection.

Start saving those quarters! Our Holiday Market is an opportunity for children to shop and have wrapped special gifts for their family members. This will be held December 9-13th.

Birchwood Advisory Committee (BAC) News:

Next Meeting: The next BAC meeting is scheduled for November 21st at 6:00 PM in the library. Please email bacbirchwood@gmail.com with any questions or curriculum matters you'd like to discuss or address.

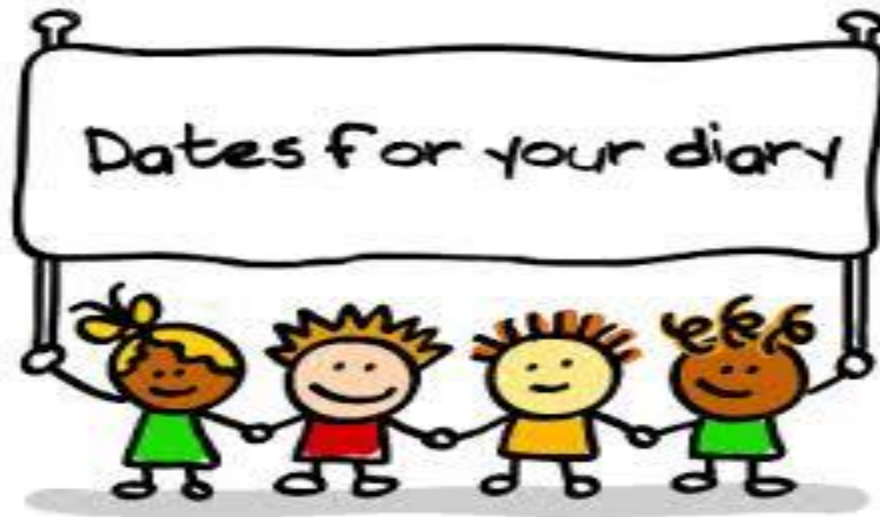
Did you know: You do not need to be a BAC member to attend monthly meetings. Anyone interested in curriculum proposals, philosophy matters, or school academic policies are welcome and encouraged to attend. We want to hear from the parent/guardian body so that we may better represent you and our students.

The BAC is a committee of parents or guardians of BWABC students organized to advise, consult, and assist the school's administrative staff on matters relating to the curriculum.

Each month Birchwood ABC focuses on a different character trait. One student from each class will receive an award for demonstrating this trait, which will be presented at the quarterly Red, White, & Blue Assembly.

November's Character Trait

Leadership: The action of leading a group of people or an organization.



November

★ **1st- Red/White/Blue Assembly 2:00pm** ★

4th thru 8th- Book Fair

11th- State released professional day- No School

21st- BAC Meeting (6:00 pm – Library)

22nd- Popcorn Friday

28th and 29th- Thanksgiving Holiday- No School

December

10th thru 13th- Holiday Market

19th- BAC Meeting (6PM- Library)

20th- State released grade reporting day- No School

Dec. 20 thru Jan. 3 - Winter Break - No School

Thank you to our School Business Partner!!



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