

February 15, 2019



Northern Lights ABC School TIGER TRACKS

2424 E. Dowling Rd. Anchorage, AK 99507 • Phone: 742-7500 • Fax: 742-7530 • Attendance: 566-7575

Inside this Issue

Physical Education 2

**We Care Sports –
Family Fun Event 3**

Nurse.....4-5

Tiger Reading 6

3rd-4th to STATE! 7

M.S. Academics..8

Spelling Bee 9

Basketball Shots..10

Popcorn Fun

Fundraiser!.....11

Volunteers..... 12

Science Fair.....13

Spirit Wear 14



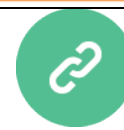
[Facebook](#)



[Email](#)



[School Website](#)



[SignUp](#)



Considering placing your child at Northern Lights? Please join us to learn about our program and to see if it fits your educational philosophy, family's lifestyle, and your child's learning style.

Tours are offered each Tuesday in February @ 9:30 am, and also at 6:00pm on 2/26. To attend, [please RSVP](#) so we have enough materials and tour guides ☺

ABC Tours: 2/19 & 2/26 @ 9:30am, 2/26 @ 6pm [RSVP](#)

Needed: Donations of Gently-Used Spirit Wear - if your child has outgrown it, please send it in!

Upcoming February Events

2/5 – 2/25 Scholastic Book Fair
Online Sales @
[<https://tinyurl.com/NLBF-Spring19>](https://tinyurl.com/NLBF-Spring19)

2/19 to 2/22: In Library Book Fair
Sales 2:30 – 4:00 pm

2/18 Presidents' Day Holiday

**2/21 @ 6 [We Care Sports](#)
Evening Family Performance!**
(More info pg. 2)

February
Character
Building
Blocks:
Honesty
&
Loyalty

See the NLABC Website for a full calendar of events...



Physical Education with Mrs. Ireland

I am excited for 2nd semester! A key element that contributes to student success and well-being is safety. While in PE class, students need to wear appropriate clothing and footwear. Clothing should be conducive to movement and include athletic shoes. Physical Education is an integral part of your child's education and contributes to their growth and development. It is my goal to give your child a positive PE

experience and to help students gain an appreciation of the importance of staying active. Your child will have experiences in individual, team, and group activities that place an emphasis on participation, cooperation, and success through personal goals. For 2nd semester your child can look forward to working on specific learning goals:

Second Grade

- Locomotor movement – walking, galloping, sliding, jumping, hopping, etc.
- Non-locomotor movement – balancing, twisting, bridging, bending, etc.
- Equipment Manipulation – bouncing and catching a ball with two hands, tossing, kicking a ball, using body or object to safely strike, tap, jump, or kick from a stationary position, etc.
- Social Interactions – sharing, respect of self and others, cooperation, exhibiting a physically active lifestyle, participation, outside play, and understanding the benefits of physical activity, participating in physical activity outside of school setting

Third and Fourth Grades

- Locomotor movement – Traveling in a variety of different patterns,
- Non-locomotor – transfer weight from one body part to another
- Equipment manipulation – Strike, dribble, catch, and kick a moving object, jumping a turned rope by self or others, overhand and underhand throw at a target
- Social Integration – demonstrating appropriate behaviors in the classroom, cooperation in group activities, understanding the value of equipment, and demonstrating concern for others, exhibiting physically active lifestyle, participating in physical activities outside of school that are interesting, engaging, and personally enjoyable

5th, 6th and Middle School

Physical education is designed around developing physical fitness and wellness, desirable social traits, knowledge of a variety of activities and developing motor skills. These core activities include soccer, volleyball, flag football, basketball, softball, racquet skills, fitness testing, floor hockey, team handball, track and field and dance.

Ms. James' Classes

All of Ms. James' PE classes focus on Play Fair, Have Fun, and Nobody Gets Hurt. Social Emotional skills and NLABC character traits are infused into every lesson. As we have been doing throughout the school year, all PE classes will continue to include a daily aerobic fitness, strength and flexibility component. In the spring semester we will incorporate skills, games, and fitness with scooters, the traverse wall, climbing ropes, jump ropes and the circus arts. We will also be working on individual and game skills for spike-ball, pickle-ball and the more traditional sports of basketball, kickball, and softball.

NLABC will be hosting Mag with We Care Sports on Feb. 21st for a fun day of circus arts in PE, a whole school assembly and a family fun night so students will get an opportunity to learn from a true circus arts specialist.



We Care Sports

Circus Arts, Entertainment, & Family Fun!

Coming to Northern Lights ABC

Thursday, February 21st @ 6pm

~ Children must be accompanied by an adult. ~

***Help support 6th grade camp by
joining us @ 5 for pizza, snacks, & drinks!***

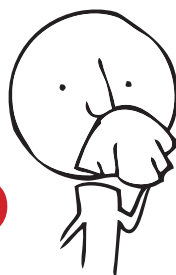
Then: SHOP THE BOOKFAIR!

PERFORMANCE TICKETS Available @ the Door

\$3 each or \$10 per family!

**Volunteers are needed: Sign up @
<http://vols.pt/TigerTeam>**

Help **STOP** **THE SPREAD** of RESPIRATORY ILLNESS!



When a nasty lung infection begins to spread in our area causing severe coughs, lung congestion and other respiratory symptoms — there is something we can do about it.

Don't let it spread, wash instead!



Wash your hands

for 30 seconds in hot soapy water — or use hand sanitizer



Cough in your sleeve or use tissue
— then wash your hands



Stay home if you're sick
Avoid close contact with others.

If you're already sick, see your health care provider.

Remember, even if you are not sick, you can spread the germs at home or when you travel.

Dear Parents and Guardians,

According to the data presented by the Alaska Department of Public health, 750 flu cases were reported for the month of January, 2019 compared to 84 confirmed cases for the month of Dec, 2018. This report indicates a staggering increase for the month of January. Below a few reminders about the flu virus and steps to prevent the spread of flu.

How does Flu spread: According to the CDC, the flu virus can spread from person to person. People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

What happens when flu spreads?

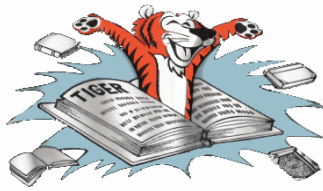
People with flu are most contagious in the first three to four days after their illness begins. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Children and some people with weakened immune systems may pass the virus for longer than 7 days.

Symptoms can begin about 2 days (but can range from 1 to 4 days) after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some people can be infected with the flu virus but have no symptoms. During this time, those people may still spread the virus to others.

How can we prevent the spread of Flu?

- Try to avoid close contact with sick people. While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

[Nurse Ngozi](#)



T.I.G.E.R. READING CLUB UPDATE

January 2019 Reading

January 2018 Total Reading Pages: 441,897

Pages left to 5-million-page-goal: 1,471,011

Readers who met the monthly goal: 266

Readers who met the DOUBLE - goal: 140 (Kindle Drawing Coming up!)

Highest Percentage of Students Reading to Goal

PRIMARY CLASS TROPHY K-3 WINNER –

Mrs. Bissell's 2nd graders

INTERMEDIATE CLASS TROPHY 4-6 WINNER:

Mrs. Duff's 5th graders

Classes with highest DOUBLE-GOAL Readers:

Mrs. Pugh's 2nd graders & Mrs. Duff's 5th graders!

-STAFF PRIZE WINNER FOR THE MOST PAGES PERSONALLY READ in September 2018

Mrs. Duff with 1,879 pages

Upcoming Tiger Reading:

February is a single goal reading month. One student who meets the monthly goal will be drawn from each class to win a super-cool Dog-Earred bookmark, courtesy of Ms. Karen Sobolesky.

March is a DOUBLE-GOAL reading month.



Northern Lights Battle-Off



Coaches:
Heather Kaas &
Jillaine Heinrich

The ASD $\frac{3}{4}$ SW Tourney
Champions!

The boys head to state
competition 2/21/19.
Wish them luck!



3rd/4th Grade: (L-R)

Kevin Zhang, Jace Griffith, Kegan Lennox, & Kayden Hewes

Sun

Waking up the world
Spreading light across the earth
The crown of the sky

Mrs. McKee's 7th Grade Language Arts Class



Middle School students are busy with science and engineering. All students choose projects from engineering (shown), work with Science Olympiad, or create a presentation for the NLABC and then the Alaska State Science Fair.

Science Fair Judges Needed March 6th, training provided :) Sign Up to volunteer @ <http://vols.pt/TigerTeam>

NLABC All-School Spelling Bee



1st Place Winning Word: Tergiversation
Dihan Pagalilauan

Good Luck, **Dihan**, at
the [Citywide Spelling
Bee on March 19th!](#)



Longest NLABC Spelling Bee of Record -
22 ROUNDS of GREAT SPELLERS!
Way to go NLABC Spellers!



2nd Place:
Deanna Vendiola



Boys' Basketball

Coach Leisa Foster



6th Grade Camp Fundraiser!



Thank you to all the folks who supported our 6th Grader's camp fundraiser by purchasing Jazzy Corn! The fundraiser was a huge success! Our sixth grade classrooms competed for top sales and Mr. Walsh's class took 1st place by raising \$3324! The overall fundraiser made \$7978.40. This will be a tremendous help towards camp activities. Thank you!

1st Place - Most Sales: Elise Kaiser
2nd/3rd Place Sales:
Delaney Johns-Kahler & Michael Njoku

From our 6th graders and the 6th Grade Camp Organizers:

A HUGE thank you goes to Amy Fredenhagen for coordinating and organizing our very successful Jazzy Popcorn Fundraiser to benefit our 6th grade camp. If you see her, please be sure to tell her a BIG THANK YOU!

Volunteer Opportunities Available!

Due to a lack of volunteers and coordinator, we will be unable to host a Math and Science Night this year. Would you like to be involved next year? Traditionally this event kicks off the Science Fair and is held in mid-February. Planning starts now, and we are looking for a coordinator! Volunteer @ <http://vols.pt/TigerTeam>

Needed: a volunteer to organize and label ribbons and other awards before each assembly. You are welcome to bring along little-er kiddos to help you! There are 2 more award assemblies (3/22, and 5/22), and 2 Red, White, & Blue assemblies (3/1, and 5/3) left for the year! This job will take approximately 1-2 hours each time- or grab a friend and volunteer together! Visit the sign-up link @ <http://vols.pt/TigerTeam>



Volunteers needed for the Book Fair! Visit <http://vols.pt/TigerTeam> to find your perfect spot! With full days of instruction, cashiers are needed for before and after school shifts, **and to pack the fair on Friday afternoon.**

Questions? [Contact Ms. Collins](#) ☺ We need and appreciate your help!

Needed: School Store (Fridays)



Needed: Volunteer Judges for the Northern Lights Science Fair on March 6th. Contact Kim Griffith to volunteer @ kdgriffith@gmail.com, (907) 350-2827, or sign up online @ <http://vols.pt/TigerTeam>



Needed: Parents and student volunteers for ticket & concession sales during *We Care Sports* show on Thursday, Feb. 21st which supports 6th Grade Camp and PTA-funded activities. Visit <http://vols.pt/TigerTeam> to sign up!

Donations Needed: Concession sales during *We Care Sports* show on Thursday, Feb. 21st **benefit 6th grade camp!** Visit <http://vols.pt/TigerTeam> to sign up!

5/17/17 6th Graders



Needed: PTA Officers and Members – Join us at our next meeting on March 5th, @ 3pm to find out how important membership and leadership in the PTA are to our school, or Visit <http://vols.pt/TigerTeam> to sign up!

2019 SCIENCE FAIR

MARCH 5TH - PROJECT SET UP

MARCH 6TH - PROJECT JUDGING

9:00 AM - 2:00 PM

MARCH 7TH - PROJECT VIEWING/PICK UP

JUDGES NEEDED!!!!

PLEASE CONTACT KIM GRIFFITH TO VOLUNTEER
AS A JUDGE.

KDGRIFFITH@GMAIL.COM * (907)350-2827

SIGN UP ONLINE AT
VOLS.PT/TIGERTEAM

Parents, dont forget to register your students for the
Alaska Science & Engineering Fair - March 29-31, 2019

<https://www.alaskasciencefair.org/>

Friday is Spirit-Wear Day!



**Wear your
Northern Lights ABC
t-shirt every Friday to show
your NLABC school spirit!**



Order your t-shirt(s) today!

T-shirt	Sizes Avail.	Size Needed	Cost	Child's Name	Teacher
Blue tie-dye	YM, YL, AS, AM, AL		\$20		
White tie-dye	YS, YM, YL, AS, AM, AL		\$20		
Navy Crest	YS, YM, YL		\$10		
Totals:	-----		\$	<i>Wear your shirt on Fridays to show your school spirit!</i>	

Make checks payable to: **Northern Lights ABC**

Drop Order Form with Check in PTA MailBox (NLABC Office)

Shirts will be delivered to your child's classroom 😊