



# Northern Lights ABC School **TIGER TRACKS**

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### NLABC Boys' Basketball Team

Left to Right Back: Assistant Coach Kim Griffith, Luke Helgeson, Lucas Berntsen-Chu, Scott Griffith, David Soane, Jonuz Iseni, Cam Shasby, Peyton Hahn, Kai Matautia, Coach Leisa Foster; Front: Brian Akkaya, Asher Frost, Kyle Salanguit, John Cervana, Parker Neilson, Reece Tresnak, & Jayden Buenafior

## Upcoming March Events

**3/5** ABC Tour @ 9:30 [Please RSVP](#) so we have enough materials. ☺

**3/5** PTA Meeting @ 3pm in the Library

**3/5** Science Fair Setup

**3/6** Science Fair Judging

**3/7** Science Fair Viewing

**3/7** MS Pajama Spirit Day

**3/8** Inservice Day, no school students

**3/11 to 3/15** Spring Break

**3/29** – Save the Date!

**NLABC 40<sup>th</sup> Anniversary  
Celebration @ 6:30pm**

### March

Character  
Building

Blocks:

**Humility**

&

**Self-Control**

# Student Government Fundraiser

## Hats & Nails!

Thursday, March 7th



**\$2 - Wear your favorite hat!  
(Hats - not crazy hair)**



**\$1 - Wear your favorite nail polish**

**Funds raised support a "Buddy Bench" and water filling station for water bottles.**

**\*Kyle Fredenhagen**

(a former NLABC student) is building the bench for his

***Eagle Scout project.***

\*A "Buddy Bench" is a bench where a student can sit at recess if they don't have anyone to play with and it alerts other kids to invite them to play. A Buddy Bench supports our students and the NLABC character building blocks of friendship and compassion.

# 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, don't forget to register your students for the  
Alaska Science & Engineering Fair - March 29-31, 2019

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



## HEADS UP SCHOOLS

## A Fact Sheet for Parents

### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

### What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports *one or more* of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

### SIGNS AND SYMPTOMS OF A CONCUSSION

#### SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

#### SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

##### Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

##### Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

##### Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

##### Sleep\*:

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

*\*Only ask about sleep symptoms if the injury occurred on a prior day.*

To download this fact sheet in Spanish, please visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion). Para obtener una copia electrónica de esta hoja de información en español, por favor visite: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION





## Mrs. Hughes-Health Teacher

Dear Parent(s),

I will be teaching the 3<sup>rd</sup> Quarter Personal Safety lessons between March 18-25, 2019 during Health class. 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.

3 <sup>rd</sup> Quarter Lessons						
Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade	6 <sup>th</sup> grade
<b>The Great Body Shop</b>	<b>The Great Body Shop</b>	<b>The Great Body Shop</b>	<b>The Great Body Shop</b>	<b>The Great Body Shop</b>	<b>The Great Body Shop</b>	<b>The Great Body Shop</b>
Portfolio 4: Asking Permission	Portfolio 4: Saying No Steps	Activity 23: The People I Trust	Portfolio 4: Different Ways to Say "No!"	Portfolio 4: Advising a Friend	Activity 22: Abuse and Neglect	Unit 6, Lesson 4: Dating Violence
Song: <a href="#">My Body Is Special</a>	Activity 9: More Safety Skills	Review No, Go, Tell				

If you have any questions about the content of the program or if you wish to inquire about opting out, please contact me at [Hughes\\_karey@asdk12.org](mailto:Hughes_karey@asdk12.org). If you have a question about the kindergarten lesson, please contact Shelly James, the Physical Education teacher.

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

Sincerely,  
Karey Hughes  
Health Teacher  
NLABC/Huffman

# Northern Lights 3/4 Team Wins 2nd Place!



Coaches:  
Heather Kaas &  
Jillaine Heinrich

The ASD 3/4 SW  
Tourney Champions!  
1/29/19

2nd Place  
Alaska State  
Battle of the Books  
2/21/19



**3rd/4th Grade: (L-R)  
Kegan Lennox, Jace Griffith,  
Kevin Zhang, & Kayden Hewes**



# 7th Grade Challengers



7th Graders visited the Challenger Learning Center to practice teamwork and expand their content knowledge - how fun!



# Science in Ms. Frackman's 6th Grade

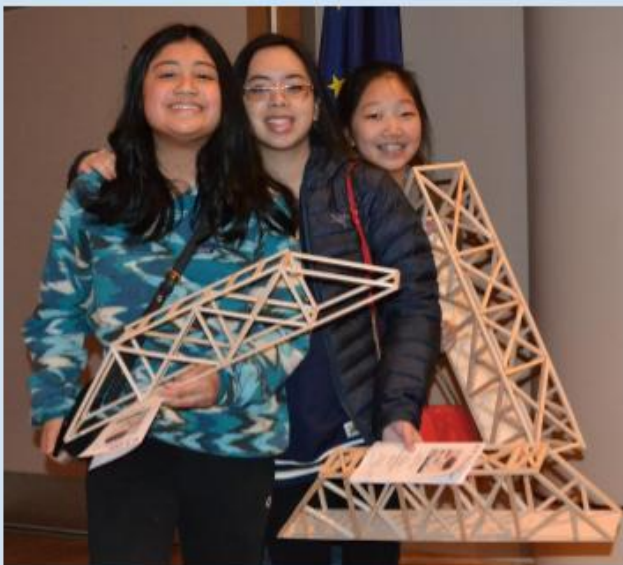




# M.S. Engineering



M.S. students constructed bridges, then competed in engineering testing to measure the efficiency of their structures.



# Science Club 2019



## Science Club 2019 Participants

(Back Row L-R) Minna Scheirling, Naomi & Michael Njoku, **Science Experts Mrs. Griffith & Mrs. Schierling**, Gramelie Cabanilla, Randonn Wray, **Teacher-Expert Mrs. Duff**, Emmerie Stone, Zion Merrill, Adi Hysten, Anna Kardashyan, (Middle) Deanna Vendiola, Paxton Merrill, Aubrey Forth, Rylonn Wray, Hunter Bernas, Emry Smith, Rylan Forth, Leiloa Fesolai, Rosalie Hippler, Reese Romspert, Elise Kaiser, Dallas Sulley, Ammon Jeppson, Sebastian Maglaqui, Michael Conway, Taytem Harvath, Joe Schierling, Sophia Hysten, & Jace Griffith



Our spring Book Fair was a wonderful success, and the profits from the fair will help our PTA fund many enrichment projects at NLABC. I would like to thank our volunteers for their hard work in making this happen - there aren't enough ways to say "Thank you!" Volunteers unpacked and set-up, manned the credit card registers, directed traffic, and helped customers find the perfect book. Thank you to volunteers Minna Schierling, Penelope Gaspard, Christine & Elizabeth Bingham, Nicole & Dustin Allen, Elena & Cody Kreitel, Leah West, Leisa & Richard Foster, Holli Card, LeAnn Jaeger, Laura Haase, Amanda Geisdorf, Patty Whited, Landon Forth, Evleen Kelly and the many, many others who dropped in to help for a few minutes or few hours. Our book fair was successful because of your help!

The PTA March Read-A-Thon coincides with T.I.G.E.R. Reading's Double Goal month. You can find [Tiger Reading](#) logs and information under the "library" tab on the NLABC homepage. The complete Read-A-Thon packet is linked on the [homepage](#).

## Volunteer Opportunities Available!

**The ABC Advisory Board** is critically important to Northern Lights. The nine members "uphold the philosophy of the Anchorage Basic Curriculum at Northern Lights ABC School as defined in the Approved Program Proposal and ... advise, consult and assist the school's administrative staff on matters relating to the Program." Are you interested in working with or serving on the Advisory Board? For information, please contact the Board at [northernlightsabcboard@gmail.com](mailto:northernlightsabcboard@gmail.com).



**Needed:** PTA Officers and Members – Join us at our next meeting on March 5<sup>th</sup>, @ 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!

**Needed:** School Store (Fridays)



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