



Northern Lights ABC School
TIGER TRACKS

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Counselor’s Corner: I hope your new year is off to a HAPPY start. We get so busy with the holidays that the loss of daylight often goes unnoticed until January begins. The lack of sunlight during the dark winter hours becomes more apparent and may lead some to experience the effects of Seasonal Affective Disorder or SAD.

If you have noticed yourself or a family member feeling down, lacking energy, experiencing irritability, sleeping poorly, eating more or less, and/or not enjoying normally favorite activities, it may be SAD. Here are some strategies that may help while we wait to feel the increase of daylight minutes (approx. 4 minutes a day☺).

- Get lots of daylight. Go outside or open the curtains even if it’s cloudy.
- Get moving! The release of endorphins will naturally elevate your mood.
- Purchased SAD lights *may* mimic natural light and help alleviate SAD effects.

If you need additional ideas or have *any* other problems or concerns, feel free to stop by my office or [send me an email](#).

Upcoming Events

January

February

1/23 @ 1pm - Primary Spelling Bee

2/1 February Tiger Reading Logs due to teachers

1/25 @ 1pm – All School Bee

2/8 @ 1:30pm Countdown to Kindergarten a Mt. View Library

1/26 @ 11am – Countdown to Kindergarten a Loussac Library

2/12 NLABC PTA Meeting @ 3pm in the NLABC Library

January
Character
Building
Blocks:
Tolerance
&
Courage

[See the NLABC Website for a full calendar of events...](#)



Student Government 2018-2019

Student Body President: Ethan Holland

Student Body Vice President: Adria Wuerth

Student Body Secretary: Reese Hansen

Representatives:

Mrs. Cotten's Class - Claire Jong

Mrs. Duff's Class - Brodie Pont

Mrs. Owen's Class - Andy Zhang

Ms. Frackman's Class - EllaRose McDermott

Mrs. Voelker's Class - Cannon Kanuit

Mr. Walsh's Class - Rylan Forth

The NLABC Student Council is leading our school in community outreach programs which focus on showing good citizenship such as the canned food drive for *Kids' Kitchen* ending on January 17th.

Kids' Kitchen has been serving meals in Anchorage to hungry kids since 1996 and over 10 million meals have been served.

School Nurse



Winter season is upon us which means colds, coughs, runny noses etc. Please remember to encourage your child to wash their hands frequently, especially after coughing or sneezing, before and after meals, after using the bathroom, and after playing outside. Cover your mouth and nose with a tissue when you cough or sneeze to reduce the spread of germs.

Students may return to school after the following:

- **24 hours without temperature** (and without taking fever reducing medications such as Tylenol or Advil/Motrin)
- **24 hours without nausea, vomiting, diarrhea** (and tolerating a normal diet)
- **24 hours of receiving medication** (such as antibiotics, eye ointments)

Winter Concerns:

Nosebleeds:

Nosebleeds are very common during the winter. If your child suffers from winter nosebleeds it may be from the dry air. Try using a cold air humidifier in the child's room at night. Saline nose drops or petroleum jelly are usually helpful. If severe, consult your pediatrician.

Hypothermia/Frostbite:

When the temperature dips below freezing, it's critical to protect your skin from cold-weather health risks. Frostbite occurs when the skin and sometimes the tissue beneath the skin – freezes due to prolonged exposure to cold temperatures. Depending on how long and how frozen the tissue, frostbite can result in severe, sometimes permanent damage. Please ensure your child has proper winter gear which includes coats, snow pants, boots, hats and gloves.

Contact the Nurse



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

- In December, students and staff read **570,955 pages!**
- **317** readers met the monthly goal!
- **2,407,948 pages remain to meet the 5-million-page goal.**
- **Mrs. Bissell's 2nd graders and Mrs. Duff's 5th graders** were the highest read-to-goal classes and earned popcorn!
- **Mrs. Duff** read the most staff pages in December - 3,849

-GRADE LEVEL TROPHY WINNERS

| | |
|-----------------------|----------------------------|
| KINDER | <u>Mrs. Montes</u> |
| 1 st GRADE | <u>Mrs. King</u> |
| 2 nd GRADE | <u>Mrs. Bissell</u> |
| 3 rd GRADE | <u>Mrs. Henrich</u> |
| 4 th GRADE | <u>Ms. Basinger</u> |
| 5 th GRADE | <u>Mrs. Duff</u> |
| 6 th GRADE | <u>Mr. Walsh</u> |

October was a double-goal month, with students who met double-goal earning popcorn on November 30th (earthquake delay!) but delivered on January 11th.

January is a DOUBLE-GOAL reading month. Students K-6 who read to goal will be entered in a Kindle Fire drawing.

February is a single-goal reading month. The top reader in each K- 6 class will win a fun dog-eared bookmark, thanks to Mrs. Karen Sobolesky.

NLABC Battle of the Books Update

Congratulations to all of our Battle of the Books participants who read and quizzed throughout the fall. We are proud of how hard you worked to read and memorize information for the AkASL title list.

Congratulations to the winners of our fierce Northern Lights Battle-Off. 2 teams for **3rd/4th** grade and 2 teams from **5th/6th** grades will advance to the district-level competition at West High School in January. We wish them good luck as they prepare to compete against more than 200 Anchorage School District 3rd - 6th grade teams!

NLABC Elementary Teams:

SW 3rd/4th compete on Thursday, January 31st, 2019

- Jace Griffith, Kegan Lennox, Kayden Hewes & Kevin Zhang
- Sophia Valencia, Karis You, & Yedidia Diboue

SW 5th/6th compete on Tuesday, January 29th, 2019

- Izara Adams, Reese James, Adi Hylan
- Claire Jong, Catalina Whited, Andy Zhang

Families, do you have a book title to suggest for next year's Battle of the Books? The [Alaska State Association of School Librarians Battle Team](#) welcomes your suggestions. Final title lists at each level include books used previously, books written at, above, and below grade level, and from a variety of genres. Make suggestions soon!

[Kindergarten-2nd Grade Suggestions](#)

[3rd/4th Grade Suggestions](#)

[5th/6th Grade Suggestions](#)

[M.S. Suggestions](#)



Health with Mrs. Hughes

This month in Health class we will be studying Healthy Habits.

- **1st graders** will be learning about how we breathe. We will be making lung necklaces, discussing the importance of exercise, and learning how good decision-making skills will help to keep our lungs healthy for a lifetime. We will also be discussing how colds, asthma and allergies effect our lungs.
- **2nd graders** will be learning all about their hearts. They will be learning how to measure their pulse rate, listen to their heartbeat using a stethoscope, and understand the path blood takes when it enters, flows through, then exits the heart. We will be discussing habits we need to make to keep our hearts healthy. We will also be discussing the concept of “having a heart” and spreading kindness. 2nd graders will make choices regarding what they want to spread in the world...meanness, or kindness.
- **3rd graders** will be discussing various types of challenges the body may have and how to show respect towards those who face these challenges. We will be discussing temporary vs. permanent challenges and actions we can take to make those with body challenges feel welcome and accepted in our classroom, school, and community. We will practice writing and reading in braille. We will also be learning about the hearing impaired and practice using sign language and lip reading to communicate.
- **4th graders** will be learning about the hazards of smoking and chewing tobacco. We will be discussing the damage smoking and chewing tobacco does to a person's body, what may influence a person to try smoking/chewing in the first place, as well as ways we can say no if anybody were to ask us to try smoke/chew.
- **5th graders** will be learning about the hazards of smoking. First, we will be learning about the path air takes in our respiratory system when it is healthy. We will be discussing the alveoli exchange of oxygen and carbon dioxide, cilia and mucus and the way they work as the cleaning team in our respiratory system, bronchioles, as well as the epiglottis' purpose and exactly what it is. After we have a clear understanding of a healthy respiratory system we will learn about the severe damage smoking does to the respiratory system. We will be observing real pig lungs to enhance our studies.
- **6th graders** will be learning about asthma and allergies. They will be learning what exactly happens in the respiratory system when a person has an allergy or asthma attack, and signs/symptoms to watch for in case you, or someone you are with, has an allergy/asthma attack. We will discuss the importance of good decision- making skills when a person has allergies or asthma, see what an EpiPen for allergies and an inhaler for asthma looks like and how they are used responsibly, and learn how people may need to use them in emergency situations. We will also be discussing the damage smoking does to the lungs, and how this is especially harmful to those with allergies and/or asthma.

2018-19 Middle School Spirit Days

| | |
|----------------------------|---|
| February 1st, 2019 | "Crazy Hair" Day |
| February 14th, 2019 | 80's Theme |
| March 7th, 2019 | Pajama Day |
| April 12th, 2019 | Guys in Ties, Girls in Pearls & MS Dance |
| May 3rd | "College" Day |



It is the time of year when we start thinking about next year's PTA. The NLABC PTA is a group of involved parents and teachers that meets once a month (usually on the second Tuesday) after school for about an hour and a half. The PTA raises funds through events (Fall Carnival, Art to Remember, and others), and soliciting donations. The PTA then decides the best ways to use the money for our school and our students. The PTA pays for many fun events throughout the year such as the Back to School Ice Cream Social, Field Day, Science week activities, as well as funds new school and classroom technologies. Being a part of the PTA is a great way to have a voice within our school, and get to know other parents and teachers. There are several key openings on the PTA board for the 2019-2020 school year, all jobs are a 2-year term;

PTA Secretary: record minutes at each month's meeting, keep record of members.

Volunteer Coordinator: link up volunteers with volunteer opportunities through our on-line sign up. Recruit and support those volunteers.

PTA Communication Secretary: Help with all types of communication to PTA members as well as the entire school about upcoming opportunities and events.

The people that currently hold these positions are more than willing to help and guide you as you take on your new role!

Curious? Attend the next PTA meeting- **February 12th from 3-4:30 in the Library!**
And also follow this link and sign up! <http://vols.pt/TigerTeam>

Gratefully,
Kelly Pendley
NLABC PTA Volunteer Coordinator ('17/'18 and '18/19)

Volunteer Opportunities Available!

Needed: a volunteer to organize and label ribbons and other awards before each assembly. You are welcome to bring along littler 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! Openings will be posted Jan. 29th.

Needed: School Store (Fridays)



Needed: a volunteer to create replacement classroom emergency window signs using die-cuts, paper, and the laminator. Supplies, training, and direction will be provided and you can use the school's workroom. This job will take approximately 2-4 hours - or grab a friend cut the time in half! Visit the sign-up link @ <http://vols.pt/TigerTeam>



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>



A great BIG Thank You to all of the wonderful volunteers that plugged in for both the Fall Carnival and the Thanksgiving Feast! Both events were successful, and we could not have done it without all of our wonderful volunteers! A shout out also to the teachers and staff at NLABC for pitching in, letting us use your rooms, and for the many other ways that you contribute to our school!

THANK YOU...

... to everyone who helped out behind the scenes with the silent auction

| | | | | |
|----------------|----------------------|--------------------|-----------------|------------------|
| Nicole Allen | Kristina Baiborodova | Marianne Berus | Andréa Chang | Brittani Clancey |
| Mrs. Collins | Cindy Emery | Melissa Gould | Tiffany Hahn | Mrs. Harrington |
| Lindy Jeppson | Terri-Ann Kaiser | Jacqueline Kreitel | Jolene Kullberg | Kirk Kullberg |
| Kim Long | Massa Morsell | Pam Myers | Megan Orien | Kelly Pendley |
| Rachel Radford | Nikki Rose | Rachal Sundberg | Cindy Smith | Ms. Wallace |
| Amanda Warren | & Many More | | | |

... to all of the business in our community who donated to the silent auction

| | | |
|--|---|--|
| Alaska Dance Theatre www.alaskadancetheatre.org | Alaska Dinner Factory www.alaskadinnerfactory.com | Alaska Sealife Center www.alaskasealife.org |
| Amanda Warren www.artbyarw.com | Anchorage Fracture & Orthopedic Clinic www.afoc.com | Arby's of Alaska https://locations.arbys.com/ak.html |
| Ashley Logue | Bear Tooth/Moose's Tooth http://beartooththeatre.net/ | Blaines Art http://blainesart.com/ |
| Bradley House http://alaskabradleyhouse.com/ | Cabin Fever Gifts http://cabinfeveralaska.com/ | China Lights http://www.chinalightsanchorage.com/ |
| Embassy Suites www.embassysuitesanchorage.com | Fat Ptarmigan https://fatptarmigan.com/ | Firetap Alehouse http://www.firetapalehouse.com/ |
| Golden Corral www.goldencorral.com | Grande Denali Lodge www.denalialaska.com | Jewel Lake Bowl http://www.jewelakebowl.com/ |
| Marriott www.marriott.com | New Sagaya www.newsagaya.com | North Pacific Endodontics www.northpacificendodontics.com |
| Okamoto's School of Karate https://okamotaskarate.com/ | Over the Rainbow Toys www.Overtherainbowtoys.com | Simon and Seafort's https://simonandseafort.com/ |
| Suite 100 http://suite100.com/ | Sun City 9220 Lake Otis Pkwy #4a | Tastee Freeze http://aktasteefreeze.com/ |
| Thai Kitchen 3421 E Tudor Rd #A | The Flying Dutchman www.ravenchocolates.com/index.html | The Frosted Moose https://www.facebook.com/thefrostedmoosealaska/ |
| Title Wave Books http://www.wavebooks.com/ | Uncle Joe's Pizzeria www.unclejoespizzeria.com | |

... to all of the families and staff who generously contributed so many items to the silent auction

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.

KDGRIFITH@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/>

STEMming Around @ Northern Lights ABC



6th Graders learn to control their world through coding during library with Ms. Collins: What began as a game of Sphero World Domination turned into Principal Attack! Thank you, Ms. Wallace for your good-natured response to Mrs. Voelker's' class learning "activity"!

M.S. Science with Mrs. Mckee



Left: Mrs. McKee's 7th graders win a field trip to Chugach Electric!
Middle: 8th graders teach 3rd graders about earthquakes.
Right: 7th graders inspect bacteria on Petri dishes. SO - Where IS the germiest place in NLABC? **THE COMPUTER LAB!**

6TH GRADE CAMP FUNDRAISER!

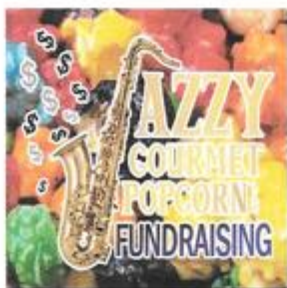
- Help 6th graders attend camp!
- Order Popcorn by **Wednesday, January 30**
- Put completed orders in the office basket
- Popcorn delivered on **Wednesday, February 6th**
- Each bag ordered holds approximately 4 cups

Find Allergy information @ <http://www.jazzygourmetpopcorn.com>

Jazzy Gourmet Popcorn

NLABC 6th Grade Camp Fundraiser Order Form

\$7.00 per Bag



Jazzy Gourmet Popcorn * 11823 Old Glenn Hwy, Ste 113
Eagle River, AK * 538-5411 * www.jazzygourmetpopcorn.com

Please return cash or check (payable NLABC PTA) with order form.

Orders due on Wednesday, January 30th. Bags will be delivered on Wednesday, February 6th.

* Popcorn is produced in a facility that uses nut products.

Ingredients can be found at www.jazzygourmetpopcorn.com * Resealable bag size is 6x9 and holds approx. 4 cups.

| STUDENT NAME | CARAMEL | EXTRA BUTTER | CHEDDAR CHEESE | WHITE CHEDDAR | JAZZ FEST | TOTAL BAGS | TOTAL DUE | PAID |
|--------------|---------|--------------|----------------|---------------|-----------|------------|-----------|------|
| | | | | | | | | |

Teacher: _____ Grade: _____