

February 1, 2019



# Northern Lights ABC School TIGER TRACKS

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Visit Our Schools Month

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

**ABC Tours: 2/5, 2/12, 2/19 & 2/26 @ 9:30am, 2/26 @ 6pm [RSVP](#)**

## February

Character  
Building

Blocks:

**Honesty**  
&

**Loyalty**

## Upcoming February Events

### Spelling Bee (Rescheduled) Friday, 2-8-19 @ 1pm

2/11 Scholastic Book Fair Online  
Sales Begin!

2/14 MS 80's Day

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

2/18 President's Day Holiday

2/13 Spring Pictures

2/19 to 2/22: Book Fair Sales

2/21 @ 6 [We Care Sports](#) Evening Family Performance! (More info pg. 8)

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

## School Nurse



Dear Parents and Families,

Has your family experienced nausea and vomiting recently?

Yes, there is a "bug" going around. I have seen quite a number of children in my office recently with nausea and vomiting.

One likely culprit could be a norovirus. This is a group of viruses that are known to cause gastrointestinal illness. The symptoms are nausea, vomiting, abdominal cramps

and diarrhea. Some people also experience headache, fever, chills, muscle aches and general tiredness. Onset of illness is generally within 12-24 hours of exposure and symptoms can last for at least 1-3 days. Infected persons can be contagious for up to 2 weeks after they recover.

Food and drinks can easily become contaminated by direct contact with hands or work surfaces that are contaminated with stool or vomit, or by tiny droplets from nearby vomit that lands on food. People can be infected by eating food or drinking liquids that are contaminated, by touching contaminated items then placing their hands in their mouths, and by having direct contact with an infected person.

Thorough **HANDWASHING** with soap and water for at least 20 seconds after going to the bathroom and before you prepare/eat food is the **BEST** way to prevent the spread of illnesses like these. Another way to prevent spreading illness is to **STAY HOME** if you are ill. Please don't send sick children to school.

**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)

**Contact the Nurse**



**Attention-5<sup>th</sup> and 6<sup>th</sup> Grade Parents**

**Human Growth and Development Parent Preview**

**Mrs. Hughes-Health Teacher**

I will be hosting a Human Growth and Development parent preview for **5<sup>th</sup> and 6<sup>th</sup> grade parents** on **February 20, from 2:45-3:30 in the Health/Art room**. If you have any questions or would like to preview the materials that your child will be seeing during our class lesson, feel free to attend. You can always contact me at [Hughes\\_Karey@asdk12.org](mailto:Hughes_Karey@asdk12.org) with any questions as well.



### Greetings from the music room!

**Kindergarten** is beginning their first introduction to string instruments as they learn the basics of the Ukulele (posture, holding the instrument, simple chords, parts of the instrument). Musical elements discovered in the next few months will be steady beat, rhythm, and comparatives (short and long, high and low) through simple songs and music games.

**1st and 2nd grade** is continuing with their practice of the Ukulele as they review previous technique and begin learning the 3 major chords of focus. I IV V (C, F, and G7). Musical elements to be discovered are: 1st grade - solfa syllables so and mi, 2 meter, la, and repeat sign. 2nd grade - solfa syllable re, staff, 4/4 meter, ties, and first and second ending. Strong emphasis on movement, singing games, and listening to great music.

**3rd grade** began the year by learning about instrument families. We learned to sing and dance to a Russian folk song in partners, prepared to sing several songs in a school performance, learned to play hand bells together, and we are learning to read music on the treble staff. We learned about tempo and dynamics while playing group games and dances.

**4th and 5th grade** is preparing for the Young People's concert on February 12th as they listen and study the music/composers that will be presented by the Anchorage Symphony Orchestra. We will also be perfecting our chord progressions on the ukulele, and starting back up on the recorders during the final quarter. Musical elements to be discovered: 4th grade - fa, anacrusis, triplet rhythm, simple versus compound meter. 5th grade - melodic sequence, I - V chords, I IV V chords, solfa syllables fi si and ta, and intervals.

**Band, Orchestra, and Choir** is off and running preparing for the upcoming solo and ensemble festival on Friday, **February the 1st**. Students prepare a solo or small ensemble piece to perform for a panel of local adjudicators. This is a highlight event of the year as students get to work on their own personal piece of quality music. The middle school festivals (band, orchestra, and choir) will also be taking place mid semester along with our spring concert at the end of the year,

**Honor Choir** (district wide) rehearsals have started and the participating students are excited about rehearsals and their upcoming concert on March 7th 7:00 pm at West High. This is an auditioned vocal ensemble open to all 5th and 6th grade students. (auditions have already taken place for this year's choir)

Thanks to all of you who share the joy of music with your kids outside of the classroom. I look forward to our musical exploration and education this second semester.

Mr. Anderson (K-8<sup>th</sup>) & Mrs. Spence (3<sup>rd</sup>)



## Every Friday is a Spirit-Wear Day!

3 Styles Available:  
Order Form on page 10



## **NLABC Battle of the Books Update**

Our NLABC 3rd/4th and 5th/6th grade BOB teams did a fantastic job at this week's district wide competition. It was a pleasure to watch them work together, explain their outstanding thinking during challenges, and show excellent sportsmanship to all the teams against whom they played. The members who represented our school were:

### **3<sup>rd</sup>/4<sup>th</sup> Coaches Heather Kaas & Jillaine Heinrich**

- **Jace Griffith, Kayden Hewes, Kegan Lennox, & Kevin Zhang - 1<sup>st</sup> Place!**
- **Yedidia Diboue, Sophia Valencia, & Karis You – 4<sup>th</sup> Place!**

### **5<sup>th</sup>/6<sup>th</sup> Coach Denise Cotten**

- **Izara Adams, Adi Hylen, & Rhys James**
- **Claire Jong, Catalina Whited, & Andy Zhang (6<sup>th</sup> Place)**

Our Battlers spent many hours reading and attending practices during their lunch breaks, and we appreciate their commitment. Thank you to our wonderful parents for encouraging our students to read and practice throughout the fall, and to the parents who accompanied our teams at West High School for the district battle. Finally, a big thank you to **all** the students who participated in our 3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> battling here at school this fall. It was terrific to have so many enthusiastic students competing and reading for Battle. Great job everyone, and thank you for representing NLABC.

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](#)



## Northern Lights Battle of the Books Teams



3rd/4th Grade: Yedidia Diboue, Sophia Gutierrez-Valencia, & Karis You – 4<sup>th</sup> Place!



3rd/4th Grade:  
(L-R)  
Kevin Zhang,  
Jace Griffith,  
Kegan Lennox, &  
Kayden Hewes,  
1<sup>st</sup> Place!



Coaches Heather Kaas & Jillaine Heinrich with 3rd / 4th Grade Battle of the Books teams



Coach Denise Cotten with 5th & 6th Grade Battle of the Books teams



5th Graders: (L-R) Catalina Whited, Claire Jong, & Andy Zhang - 6<sup>th</sup> Place



6th Graders: (L-R) Rhys James, Adi Hylen, & Izara Adams



## Mrs. Duff's 5th Grade: Block Kids' Building Competition



1st: Troy Neilson



2nd: Charelize Malapit



3rd: Giavannia Schmidt

**Block Kids Building Competition is a National building competition that is sponsored on the local level by NAWIC chapters and other organizations.**

**The award-winning program introduces children to the construction industry in an effort to create awareness and promote careers in the industry.**



## M.S. Homeroom Wars: Scrabble Battle!



**1st: Mr. Bissell's 8th Graders - Greatest AMOUNT of Words**



**2nd: Mrs. Newhouse' 7th Graders - LOOONNNGGEST Word**



**Can YOU spell O-V-E-R-I-N-T-E-L-E-C-T-U-A-L-I-Z-A-T-I-O-N??**



## **We Care Sports**

**Circus Arts, Entertainment, & Family Fun!**

**Coming to Northern Lights ABC**

**Thursday, February 21<sup>st</sup> @ 6pm**

**~ Children must be accompanied by an adult. ~**

**Help support 6<sup>th</sup> 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**



## Volunteer Opportunities Available!

**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. 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 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>

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

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



## Every Friday is a Spirit-Wear Day!

3 Styles Available:  
Order Form on page 10



# 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		
<b>Totals:</b>	-----		\$	<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 😊



# 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/>