

# Tiger Tracks

## Northern Lights ABC School Newsletter



### CHARACTER BUILDING BLOCKS

Friendship	Respect
Work	Responsibility
Perseverance	Generosity
Patriotism	Compassion
Tolerance	Honesty
Courage	Loyalty
Humility	Self-Discipline
Self-Confidence	Independence
Helpfulness	
Sportsmanship	



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Dear NLABC Families,

I would like to take this opportunity to thank you for the many emails I received during my convalescence. It is wonderful to be back at school and to see so many familiar faces.

The weather has gotten colder, and this means students need to make sure they have the appropriate gear to be able to go outside for recess. Coats (not just hoodies), gloves, and boots must be worn. When the snow arrives, students must wear snow pants as well.

Conferences will also take place on October 20-21. More information will be forthcoming, but please come to your child's conference. This is a time to discuss your child's progress, areas of growth and needed improvement. If you do not feel comfortable coming in, you may also have a conference via Zoom. Please let your child's teacher know what you prefer.

We will be having JA in a Day joining us on October 19<sup>th</sup> for a fun day of learning about how the global economy works at age-appropriate levels. This is an event our school looks forward to every year.

Also on October 19<sup>th</sup>, we will be kicking off a fundraising event at Texas Roadhouse at the Old Seward location. See the flyers inside this issue of Tiger Tracks.

Partners in Education,  
Tammy Duff  
Principal

## Dates to Remember

10/1/21 -	RWB Assembly (by Zoom)
10/1/21-	Digital Tiger Reading Logs (due by the end of the school day 10/4/21)
10/6/21 -	Cross Country Think Pink Relays at Kincaid
10/13/21-	Cross Country Championships at Kincaid
10/15/21-	No School- In-service Day
10/19/21-	Texas Roadhouse Fundraiser Night
10/20/21-	Parent/Teacher Conferences
10/21/21-	Parent/Teacher Conferences
10/22/21-	No School- In-service Day
10/26/21-	Picture Retakes
10/28/21-	Academic Awards Assembly- Middle School
10/29/21-	Academic Awards Assembly- Primary & Intermediate

See what upcoming events are happening at our school.

Watch the school calender!

<https://www.asdk12.org/Page/90>

### Winter Dress Code

Please remember to watch the weather as we get closer to winter to make sure your child(ren) have the appropriate gear for recess.

<https://www.asdk12.org/domain/5586>

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# MEET OUR STAFF

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2021- October 1

## Music News

I'm so excited for music education! My name is Darinda Congdon, and I'm the new music teacher and choir director at NLABC. This is my 18th year in the Anchorage School District, and I'm happy to be working with the wonderful students here. Music education provides so many benefits and opportunities for our students, from physical and social gains to future potential university scholarships. I'm looking forward to creating music while we work towards mastery of the skills and concepts listed on the ASD grade level academic plans for music education. My expectation for each student is to "Learn All You Can," and we do that by "Following Directions, Being Safe, and Being Respectful." As long as we do those things, we're going to have fun! Stay tuned for concert dates and potential after-school activities, that information will be available soon along with a website. I'm looking forward to a great year making music together.



A few things to note: 🎵

- Band, Orchestra and Choir classes are offered to all 6th-8th grade students each day.
- K-5 students participate in an hour of music instruction each week.
- We will be looking for a choral accompanist as we get closer to the end of the semester; if you play the piano and are interested, please let me know.
- We will be following ASD guidance for Covid Mitigation in the music room, and those guidelines are included below for your convenience.

If you have any questions or would like to introduce yourself, you can reach me at

[congdon\\_darinda@asdk12.org](mailto:congdon_darinda@asdk12.org)

--Darinda Congdon

## Anchorage School District Fine Arts COVID Mitigations, Fall 2021

### All Fine Arts Classes:

- Masks Required For All Ensembles (Art, Band, Choir, Orchestra, Theater):
- Increased distancing between students (at least 3 feet or greatest extent possible)
- Classroom procedures that limit gatherings in small spaces (i.e. practice rooms, getting/returning instruments or materials for rehearsal, flow of traffic)
- Hand Washing/sanitizing before and after class
- Enhanced ventilation (open windows where/when possible)
- Disinfect/sanitize shared equipment and room at the end of the day

### Band:

- Follow ensemble spacing guidelines
- Bell Covers for all wind instruments
- Use masks when not playing (percussionists use masks entire class)

### Choir:

- Follow ensemble spacing guidelines

### Classroom Art/Music:

- Follow ensemble spacing guidelines

# School Nurse Letter

Hello Parents! Parents/Guardians should continue to conduct a daily symptom screening of their children and keep them home if they have symptoms. Please do not send kids to school if they are symptomatic. Below are the ASD guidelines for unvaccinated and vaccinated students and staff in preparation for our students' return. Per Dr. Bishop's letter sent out on 9/1/21, we will continue to notify parents/guardians if there is a positive contact in school or if your child is a close contact. See covid-19 screening tool for unvaccinated and vaccinated student/staff.

## COVID-19 Screening Tool for Unvaccinated People

1) If a student/staff is not vaccinated and tests positive, 10-day isolation is required (can return to school on Day 11).

- Symptomatic: Day 0 of quarantine is the 1<sup>st</sup> day that symptoms started
- Asymptomatic: Day 0 of quarantine is the 1<sup>st</sup> day you received the test
- Wear a mask and monitor symptoms for 14-days since last exposure

2) If an unvaccinated student is determined to a close contact with a known positive, a 10-day quarantine is required (can return to school on Day 11). Day 0 is the last day that you were exposed to the positive person or the date of symptom onset, whichever is first. You have the option of receiving a PCR test on or after Day 6. If negative, then you can be released from quarantine on Day 8.

3) You are not vaccinated, and you develop symptoms. Below are three options (you only need to do **one** of these options):

- Receive a negative test
- Obtain a doctor's note that states that the symptoms are not COVID related
- Isolate for 10-days from the start of symptoms (can return to school on Day 11)

## COVID-19 Screening Tool for Vaccinated People

1) You have been vaccinated and have contact with a known positive; no quarantine is required if you have no symptoms. However, the CDC recommends getting a COVID test 3-5 days after the last known exposure. This is NOT required at ASD.

- If you develop symptoms, see #3 below.
- If you get tested, and it is positive, see #2 below.
- Wear a mask and monitor symptoms for 14-days since last exposure.

2) You have been vaccinated, and you test positive. 10-day isolation is required (can return to school on Day 11).

- Symptomatic: Day 0 of quarantine is the 1<sup>st</sup> day that symptoms started
- Asymptomatic: Day 0 of quarantine is the 1<sup>st</sup> day you received the test
- Wear a mask and monitor symptoms for 14-days since the test was collected

3) You have been vaccinated, and you develop symptoms. Below are the three options (you only need to do **one** of these options):

- Receive a negative test
- Obtain a doctor note that states that the symptoms are not COVID-related
- Isolate for 10-days from the start of symptoms (can return to school/work on Day 11).

Thank you!  
Ngozi Njoku

## Flu Clinic at East High School

Dear NLABC Parents/Guardians,

Good afternoon. I will not be conducting a flu clinic this year. However, I wanted to let you know that one of the high schools will be hosting a multi-vaccination drive through clinic. The clinic is free for students and their families. Please see below:

**Where: Bettie Davis East High School (4025 E Northern Lights Boulevard)**

**Date: October 9th (Saturday)**

**Time: 10am – 4pm**

**Vaccines: Flu, Pfizer, State-required vaccines needed for schools.**

Please help spread the word and remember to stay safe and healthy!

Respectfully,

Nurse Ngozi.

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## Library News

It's time to submit T.I.G.E.R. Reading pages for September! Students are turning in their pages digitally via a Google Form this year. The purpose of this is to make the process of counting and keeping track of pages easy and streamlined for our wonderful volunteers. The link can be found by clicking on "T.I.G.E.R. Reading Club" on the Library page of the school website. You can also scan this QR code to access the form.

Students may keep track of their pages however they like, but if they want to use a blank reading log, they can be found on the Library page of the school website. Students do not need to turn in their physical logs - they only need to complete the Google Form. It will be open Monday September 27th until the end of the school day on October 4th.

In September, all classes explored our Friendship and Work Character Building Blocks through read alouds, news articles, and group discussions. Fifth and sixth graders studied genres, third and fourth graders studied realistic versus fictional writing, and first and second graders studied story elements. Kindergarteners are doing an excellent job of learning the routines of the library!



## WHAT IS THE DIFFERENCE BETWEEN NORTHERN LIGHTS ABC PTA & THE NORTHERN LIGHTS ABC ADVISORY BOARD?



### NORTHERN LIGHTS ABC PTA BOARD

OUR MISSION OF THE PTA IS TO BUILD A STRONG COMMUNITY OF STUDENTS, TEACHERS, AND FAMILIES AT NORTHERN LIGHTS ABC, WHILE HELPING ALL STUDENTS ACHIEVE THE BEST POSSIBLE EDUCATION, FOCUSING ON NLABC'S TRADITIONS AND FOUNDATIONAL VALUES. TO ACHIEVE THIS GOAL, WE NEED SUPPORT FROM ALL IN OUR COMMUNITY. WE FUNDRAISE TO SUPPORT OUR MISSION. TO SHOW A UNITED FRONT, WE ASK YOU JOIN THE PTA & CONSIDER FILLING A BOARD POSITION.

#### WE ARE LOOKING TO FILL THE FOLLOWING PTA BOARD POSITIONS

EXECUTIVE VICE PRESIDENT  
SECRETARY

\*VICE PRESIDENT\* OF THE  
FOLLOWING:

WAY & MEANS COORDINATOR  
PUBLICITY & OUTREACH  
COORDINATOR  
COMMUNICATIONS  
MIDDLE SCHOOL ACTIVITIES  
HISTORIAN

[NLABCPTA@GMAIL.COM](mailto:NLABCPTA@GMAIL.COM)



### NORTHERN LIGHTS ABC ADVISORY BOARD

THE MISSION OF THE COMMITTEE IS TO UPHOLD THE PHILOSOPHY OF THE ANCHORAGE BASIC CURRICULUM AT NORTHERN LIGHTS ABC AS DEFINED IN THE APPROVED PROGRAM PROPOSAL AND TO ADVISE, CONSULT AND ASSIST THE SCHOOL'S ADMINISTRATIVE STAFF ON MATTERS RELATING TO THE NLABC PROGRAM.

#### PREFERRED QUALIFICATIONS OF ADVISORY BOARD APPLICANTS

HAVE A MINIMUM OF 2 YEARS OF  
EXPERIENCE AT NLABC AND  
UNDERSTAND THE PHILOSOPHY AND  
HISTORY OF NLABC

HAVE AT LEAST 1 YEAR OF  
EXPERIENCE OF ACTIVELY  
VOLUNTEERING WITH OUR NLABC PTA  
WHO WE SUPPORT

1 -2 YEAR COMMITMENT

COMMITMENT OF 2 HOURS A  
WEEK. MUST NOT MISS MORE  
THAN 2 MEETINGS

HAVE AT LEAST 1 YEAR OF  
EXPERIENCE OF VOLUNTEERING  
WITH OUR NLABC PTA

[NLABCBOARD@GMAIL.COM](mailto:NLABCBOARD@GMAIL.COM)

# Reminders

## **We Need Noon Duties**

We have immediate openings for noon duties at NLABC. You would work for approximately 2 hours a day with the students in the lunch room and outside. The hours are 10:50am-12:50 pm. If you can only help for a couple of days a week, we would appreciate it!

Unfortunately, you cannot bring younger children with you for the position. You can apply at [www.asdk12.org](http://www.asdk12.org) and it is job # 9807 – Service Area Temporaries.

## **We Need a Kindergarten Teaching Assistant**

We have an immediate opening for a kindergarten teaching assistant. The hours are 8am-1pm.

You would assist the teacher in the mornings and help with covering lunch duties.

You can apply at [www.asdk12.org](http://www.asdk12.org) and it is job # 9844.

## **Reminder about Masks**

All students and adults entering the building must be wearing a mask. You will not be allowed into the building without a mask on.

## **Adults Entering the Building**

All adults entering the building MUST SIGN IN at the front office. If you are walking your student to their class (they should be able to do this independently now), you must sign in.

## **Hats**

Please remember to take off your hat or hood when you enter the building.

## **Lost and Found**

If your student is missing something, please check the lost and found. We have quite a large collection of coats, hats and gloves.



# Attention Parents!



Our school is participating in a creative fundraiser with Art to Remember that allows you to purchase keepsake products customized with your child's art. Right now, children are busy creating colorful, fun artwork, and soon you will receive a personalized order form. Here's what you can expect:



- Over 50 keepsake products featuring your child's artwork
- Many of the products are less than \$15
- A percentage of every order goes right back to our school
- Safe, secure online ordering at ArtToRemember.com. You can even share your order code with other family members and invite them to place an order!
- Satisfaction guaranteed



**Art to Remember keepsakes are the perfect gift for any occasion!**

Please notify your child's teacher if you do not want your child to participate in this program.





Northern Smiles Orthodontics- Contest



The poster features a large, stylized sign that reads "My Teacher ROCKS!" with "ROCKS!" in a bold, distressed font. Below the sign, the word "CONTEST" is written in a simple, sans-serif font. The poster is divided into two columns: "HERE'S HOW:" and "PRIZES:". The "HERE'S HOW:" column lists three steps: 1. Fill out an entry form nominating your favorite teacher. 2. Tell us WHY your teacher ROCKS. 3. Submit your nomination to our office by mail, on Facebook or in person. The "PRIZES:" column lists two prizes: 1. Your teacher will win a \$50 gift basket, thanking them for being an awesome educator. 2. Your class will win a pizza party! At the bottom of the poster, there is an illustration of several hands holding up various items: a smartphone, a peace sign, a rock-on hand gesture, a camera, and another peace sign. The Northern Smiles Orthodontics logo is at the bottom center.

# My Teacher ROCKS!

## CONTEST

### HERE'S HOW:

- Fill out an entry form nominating your favorite teacher.
- Tell us WHY your teacher **ROCKS**
- Submit your nomination to our office by mail, on Facebook or in person.

### PRIZES:

- Your teacher will win a \$50 gift basket, thanking them for being an awesome educator.
- Your class will win a pizza party!

Northern  
smiles  
orthodontics



*SCAN TO ENTER  
YOUR TEACHER!*



# NORTHERN LIGHTS ABC PTA BOARD

If you want to help build experiences, raise funds, and speak on the behalf of more than 600 kids, then the Northern Lights ABC PTA Board NEEDS YOU! Our MISSION is to enrich and maximize the educational experience of every NLABC student and consistently engage all members of the Northern Lights ABC family through Socializing, Fundraising, Supporting and Advocating.

**BE INVOLVED. BE ACTIVE. BE THE DIFFERENCE. BE PART OF OUR PTA!**

## HELP WANTED!

**VICE PRESIDENT** *Partner in Crime*

So you'd like to get more involved in the school parent group, but you're not sure you're ready to take the lead role? Our vice president position has your name written all over it! You'll learn behind-the-scenes intel and be



part of decisionmaking on important issues throughout the year. You'll help the president get things done—kind of like a superhero's sidekick, but without the silly costume.



## HELP WANTED!

**SECRETARY** *Fact Finder*

Be honest—you're the one in your friend group who filled out every page in your child's baby book...at the right time, no less. If you're the kind of person who documents everything, from your toddler's first steps to how far you jogged yesterday, we have the perfect role for you. You'll get to put your stellar



recordkeeping skills and attention to detail to good use as our parent group secretary. You must have good listening and computer skills—and extra credit if you can follow what's on TV and play Candy Crush at the same time.

## WE ALSO NEED TO FILL THE FOLLOWING POSITIONS:

- EXECUTIVE VICE PRESIDENT
- SECRETARY
- VP - VOLUNTEER COORDINATOR
- VP - WAYS & MEANS (FUNDRAISING)
- VP - PROGRAMS & EVENTS
- VP - ROOM PARENT COORDINATOR
- VP - MEMBERSHIP COORDINATOR
- VP - PUBLICITY AND OUTREACH BUSINESS COORDINATOR
- VP - COMMUNICATIONS
- VP - HISTORIAN

## HELP WANTED!

**FUNDRAISING COORDINATOR** *Team Cheerleader*

Our parent group does a lot more than fundraising, but let's face it, without fundraising, we wouldn't be able to do much. We're seeking an upbeat, detail-oriented parent to coordinate our fundraising efforts this year. The ideal candidate is able to motivate students and parents, can think on her feet, and can handle last-minute surprises without totally freaking out (like product deliveries getting delayed because of a freak weather event—but, really, there's almost no chance of that happening again...right?).



Northern Lights ABC

**PTA**<sup>®</sup>  
everychild.onevoice.®

## HELP WANTED!

**VOLUNTEER COORDINATOR**

*Social Networker*

Are you a people person who isn't afraid to strike up a conversation with a stranger? We're looking for a volunteer coordinator to recruit helpers for parent group programs and events and to help parents find the best way to plug in to our school community. If you are enthusiastic (without being high-pressure) and understanding of parents' many time constraints, raise your hand and help us do even more great things for our school!



**IF YOU CAN HELP MAKE OUR SCHOOL GREAT, PLEASE EMAIL  
[NLABCPTA@GMAIL.COM](mailto:NLABCPTA@GMAIL.COM) FOR MORE INFORMATION**





# FUNDRAISING

»» *Support* ««

**NORTHERN LIGHTS ABC  
SCHOOL**

**TUESDAY, OCTOBER 19  
4PM-9PM**



# 10%

**DONATION NIGHT**

for **Northern Lights ABC School**.  
Present this flyer at the Anchorage  
(Old Seward Hwy) location and  
Texas Roadhouse will donate **10%** of  
your total food purchases to  
**Northern Lights ABC School!**

**907-336-7427**  
**9001 OLD SEWARD HIGHWAY**  
**ANCHORAGE, AK**



# FAMILY VALUE PACKS<sup>\*</sup> FUNDRAISER

## **Northern Lights ABC**



**\*\* Tuesday, October 19th \*\***

**\*\* FEEDS 4 \*\* 4:00 pm – 9:00 pm \*\* FEEDS 4 \*\***



## **TO GO Family Pack Specials**

### **Step 1: Pick a Protein:**

- BBQ Pulled Pork - \$39.99
- BBQ Chicken - \$39.99
- Chicken Critters - \$39.99
- Beef Tips - \$47.99 \*Cooked to Medium Only
- Sirloin - \$49.99 \*Cooked to Medium Only
- BBQ Ribs - \$59.99

### **Step 2: Pick Your Salad:**

**Caesar OR House\***

\*Dressing: Ranch  
Bleu Cheese  
Honey Mustard  
Italian

**\*\*To Go Only\*\***

### **Step 3: Pick 2 Sides:**

- Corn Mashed Potatoes\*
- Green Beans Rice
- Steak Fries\* Chili

### **Step 4: Add a Beverage:**

- ½ Gallon Iced Tea + \$2.99
- ½ Gallon Sweet Tea + \$2.99
- ½ Gallon Lemonade + \$2.99

**ADD a Flavor for \$1.00 more!**

Strawberry, Raspberry or Peach

\*Loaded toppings +\$1.99 per side (Cheddar & Bacon Bits)

**TELL your To Go Specialist you are here for the fundraiser &  
10% of your total food order will be donated back to**

**Northern Lights ABC School!**

AVAILABLE AT THIS LOCATION ONLY. PRICES AND AVAILABILITY VARY BY LOCATION.

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.



It's time to press play.



Fun with friends. New adventures. Making a difference.  
You're ready to go and Girl Scouts is ready for you.

Join us today at [www.girlscoutsalaska.org/join](http://www.girlscoutsalaska.org/join)

## COVID-19 LINKS

### Trusted Official Websites to stay informed about COVID-19:

CDC [Center for Disease Control and Prevention](#)

WHO [World Health Organization](#)

DHSS [State Department of Health and Social Services](#)

ANCHORAGE. [Municipality of Anchorage](#)

## ASD COMMUNICATION

**Note: Always check your email and text messages**

**Anchorage School District:** [ASD Homepage](#)

**Northern Lights ABC School:** [NLABC Homepage](#)

**Northern Lights ABC Facebook:** [NLABC Official Facebook](#)

- [0410 Nondiscrimination in District Programs and Activities](#)

The School Board is committed to equal opportunity for all individuals in education. District programs and activities shall be free from discrimination based on sex, race, color, religion, gender identity, sexual orientation, national origin, ancestry, age, marital status, changes in marital status, pregnancy, parenthood, physical or mental disability, Vietnam era veteran status, genetic information, good faith reporting to the board on a matter of public concern, or any other unlawful consideration. The Board shall promote programs which ensure that discriminatory practices are eliminated in all District activities.



# Character Building Blocks



Friendship   Responsibility

Respect   Perseverance

Patriotism   Generosity

Compassion   Tolerance

Courage   Honesty

Self-Discipline   Humility

Self-Confidence   Work

Independence   Helpfulness

Sportsmanship   Loyalty

October 2021

RESPECT- Esteem, Courtesy, Revere, Honor

RESPONSIBILITY- Duty, Reliability, Trustworthiness



-End of Newsletter-