

TIGER TRACKS

Northern Lights ABC School Newsletter

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September Events

Walking with Purpose 9:15a	9/3
Open House.....	6pm 9/4
Rules Assembly.....	1:45pm 9/5
Open House.....	6pm 9/5
DC mtg 5th graders.....	3pm 9/9
Fall Picture Day.....	9/19

**Please check the Northern
Lights online calendar
frequently.**

2019-2020 SCHOOL YEAR

*Tiger Tracks is a bi-weekly
publication for Northern Lights ABC.
You can always find the latest edition
of the Tiger Tracks on the school
website. See the link above.*



Message from Mrs. Duff - Principal

August 2019

Welcome to a wonderful new school year! We are so excited that you have chosen Northern Lights ABC as your child's school. Our teachers are excited to make this the best year yet.

I'd like to offer a few tips to help make the transitions into a new school year as easy for everyone:

1. Open communication with your child's teacher is of the utmost important thing that can help your child be successful. If there is something going on or you have questions, please reach out to your child's teacher. Together, you are in an educational partnership.

2. Supply lists were distributed. Having the requested supplies will help your child be successful in the classroom. If the supply list is a hardship, please let me know.

3. Appropriate clothing should be worn. It's getting chilly in the mornings and a light jacket or hoodie would help students who are cold in line.

4. Students should not be dropped off before 7:50 unless they are here for breakfast. Breakfast is served at 7:30 a.m. and that is when these students may enter the MPR. We do not have any adult supervision outside before 7:50 am. Students need to stand in their assigned lines. The first bell rings at 8:05 am and that is when students may enter the building.

5. Our Open House is a wonderful time to connect with your child's teacher, to hear their academic plans for the year, and to see the classroom through your child's eyes. I hope to meet you at the Open House K-3 (9/4) and 4-8 (9/5).



Traffic Concerns:

Please remember that this is a school zone and that speeding is dangerous for our students. We have drop off zones in the front of the building and on Laurel Street. These areas are for drop off/pickup only and should be done in a timely manner. Once you have your child in the car, you need to leave

the spot and allow another car in to pick up. This is not a time for playing or talking on your cell phone.

Children and adults need to use the crosswalk when going through the parking lot. Children need to board on the passenger side of the door for safety. Parents are able to assist with loading, but we respectfully ask that you stay in your car otherwise.

Please do not pull away from the curb until you are aware that your child is fully out of the vehicle and is a safe distance away. All students can be dropped off at any location whether it is in the front parking lot or on Laurel Street.

Aggressive driving and cutting off people should not happen. Please remember that we are teaching our students how to be good citizens and that starts at home with your driving as a model. Our staff works diligently to ensure your child's safety. We have rules in place for a reason and realize the parking lot can be a bit of a nightmare. Having said that, our staff does not need to be heckled or disrespected in ANY WAY for doing their job. This includes hand gestures and inappropriate language. If there is an issue, please see me.

Please do not park or block cars in the staff parking lot. Those spaces are reserved for our staff and often they need to leave after school for appointments. Thank you in advance for your help.

Together in Education,

Mrs. Duff
NLABC Principal

Please Welcome New Staff!

Nicole Allen - TA, Kindy

Alison Jong - TA , Resource

Jackie Morris - Teacher, 2nd grade

Rebekah Son - Teacher, 1st grade

Karey Hughes - Teacher, 5th grade

Desiree Madarang - Teacher, 5th grade

Heather Coffman - Language Arts Teacher, Middle School

Chris Cullings - Math Teacher, Middle School

Ian Dickson - Science Teacher, Middle School

Katy Cross - Speech

Elizabeth Feucht - Art Teacher (Itinerant)

Melinda Greig-Walker - Psychologist

Kerry McNamara - Band

Linda Smith - Counselor

A NOTE REGARDING TRAFFIC DURING PICK-UP AND DROP-OFF

We know that you chose NLABC as a place where your child can grow as a student and citizen and we eagerly welcome your family to this new school year. Because of the number of parents choosing NLABC, we have a significant volume of traffic during pick-up and drop-off and a frequent shortage of parking – especially at the beginning of the year.



As a staff, we are making changes to increase safety and alleviate some of the frustrations with drop-off and pick-up traffic. I encourage you to read this letter in its entirety to understand and follow our new procedures. Safety is the focus as we want every student and adult to enter school as safely as possible.

Always let your child know what location you will be picking them up (Front or Back).

Please refrain from using your phone during pick-up/drop off so that traffic can move forward efficiently and safely. A new ordinance (law) passed by the Anchorage Assembly on June 20, 2019 makes it unlawful for a driver of any vehicle to talk on a mobile communication device while driving a vehicle within an active school zone or on school grounds, unless the vehicle is stopped or a hands-free device is used. If you are in the drop-off lane, you are not truly stopped.

We do not have any student coverage outside in the morning until 7:50 am. Students should not be dropped off earlier than this unless they are having breakfast at 7:30 am.

School ends at 2:45 pm and students should be picked up by 3:15 pm. If you will be late, please be courteous and inform the office at 742-7500. Office staff leaves by 3:30 pm.

Dropping-Off Before School Front Parking Lot

1. Please pull up to the curb to drop off.
2. Students who are dropped off in the parking lot will need to use the crosswalk. No one should cross at a point where there isn't a crosswalk.
3. Please ensure that your child has stepped away from the vehicle before driving away.
4. Unload efficiently so the next vehicle in line can pull forward to a safe drop-off spot.
5. Parking is not allowed along the fire line curb. If you must leave your vehicle, please park.
6. Students will need to walk to their assigned class lines.
7. Do not park in staff parking spaces.
8. Please do not drop off in the staff parking lot as it is a pull through zone and not drop-off safe. Please use Laurel Street to drop off middle school students.

Dropping-Off Before School on Laurel Street

1. Pull-up as close to the front of the sidewalk to drop off students as possible.

2. Please ensure that your child has stepped away from the vehicle before driving away.

3. Unload efficiently so the next vehicle in line can get a spot to drop.

4. Parents may not park in prohibited spaces on Laurel Street and leave their vehicles. If you must enter the school, please drive around to the front parking lot to park.

5. Please do not sit on the phone during drop off. Leave the drop off lane and move to another location. This will help keep traffic moving and prevent a blockage of vehicles trying to get into the pick-up lane.

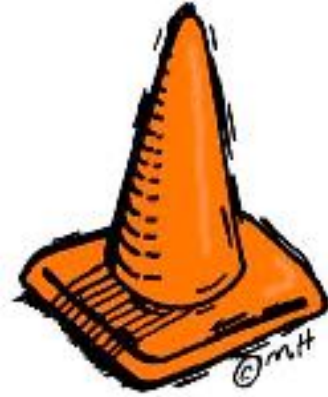
Picking-Up on Laurel Street

1. Pull-up as close to the front of the sidewalk as possible.

2. Please do not leave your vehicle. A staff member will radio for your children to come to you. Please be courteous and cooperative with staff.

3. Load up efficiently so the next vehicle in line can get a spot to pull-in.

4. Please do not sit on the phone during pick-up. Your child needs to enter your vehicle and buckle up, so you can pull away and traffic can keep moving.



Picking-Up in Front Parking Lot

1. Everyone must use the crosswalk to walk to and from vehicles in the parking lot.

2. Middle School students will be lined up near the far light pole, and siblings may be with them. Please do not stop the car (blocking traffic) to pick up at the far light pole. Students will be watching for you and walk forward to your spot in the pick-up lane. If a car is stopped at the far pole, other vehicles may go around provided there are open spaces in the pick-up lane.

3. Please pull-up close to the curb.

4. Students may walk past the far light pole to enter cars. They may not walk around the bend that is on the Dowling side of the parking lot.

5. Students will be facing forward watching for vehicles.

6. Please do not pick up students after crossing the crosswalk.

7. Please pull forward and then merge into one lane until the staff parking lot where two lanes begin and then you may turn either right or left.

Our staff is here to look out for the safety of all students, parents, and visitors. Please remember that one tenant of our school is good citizenship – and this starts at home. Please be respectful to our staff.

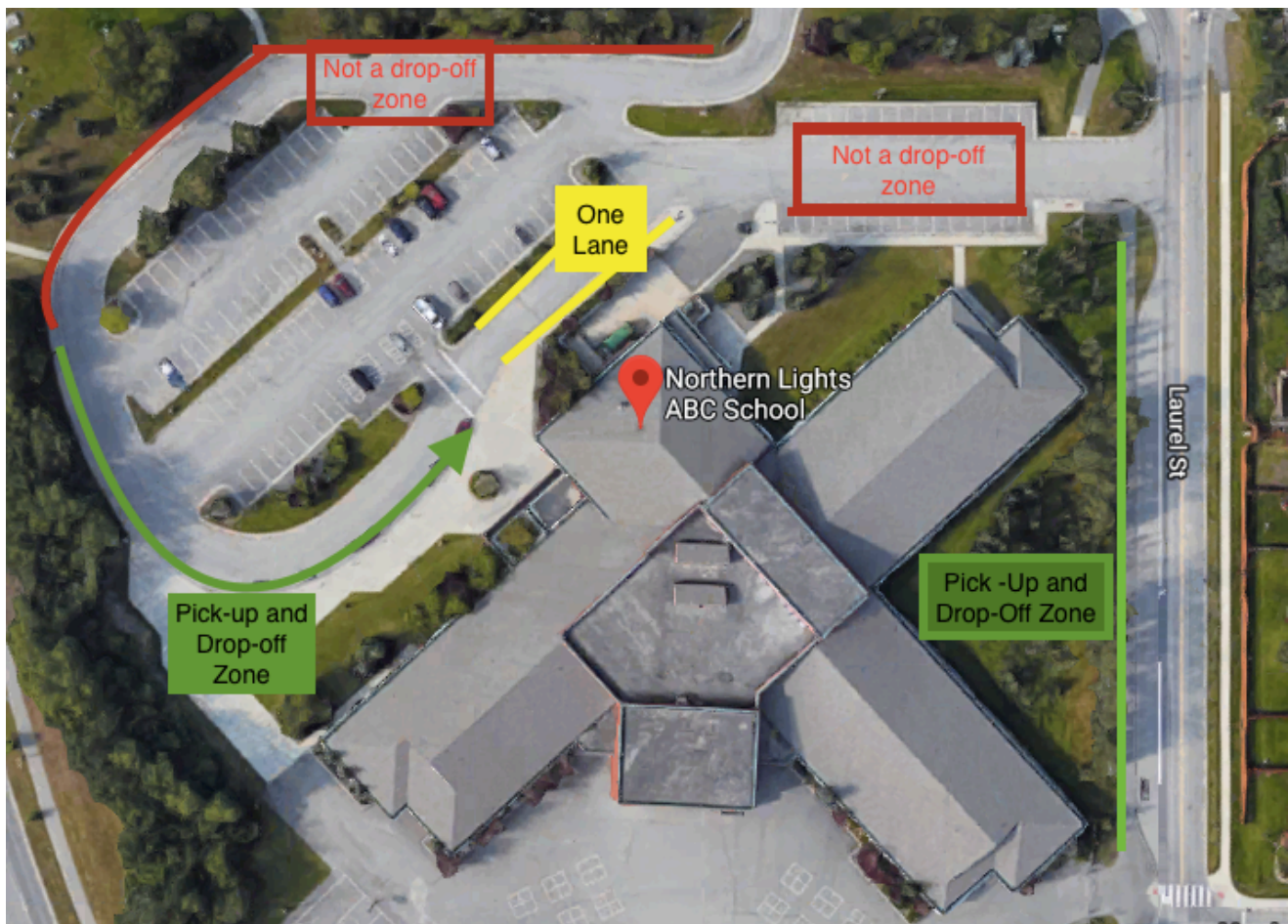
If you have any questions or concerns regarding this, please contact me at 742-7500 or by email at duff_tammy@asdk12.org.

Together, let's make the transportation aspect of NLABC a little bit better by being cooperative and courteous to staff and each other.

Respectfully,

Tammy Duff, Principal
Northern Lights ABC School

PICK-UP AND DROP-OFF MAP



THANK YOU! THANK YOU! THANK YOU!

Thank you to all of the families who attended the Texas Roadhouse event on August 20th. Our school beat out 3 other schools and we won with 8 more people in attendance. Our dedicated staff won a free luncheon from Texas Roadhouse.

Thanks Tigers for doing great things!

Mrs. Duff

Have you seen our new character building blocks banners hanging in each hallway? A very special thank you to Mrs. Clancy who designed the banners and to Mr. and Mrs. Clancy, Mr. and Mrs. Forth, Mrs. Krietael, Mr. Johnson, and Mr. Duff for all of their help hanging the banners over the summer. They look fantastic!

- Mrs. Duff

THANK YOU! THANK YOU! THANK YOU!

NO CELL PHONES IN SCHOOL ZONES FACTSHEET*



A new ordinance (law) passed by the Anchorage Assembly on June 20, 2019 **makes it unlawful for a driver of any vehicle to talk on a mobile communication device while driving a vehicle within an active school zone or on school grounds, unless the vehicle is stopped or a hands-free device is used.**

1 PURPOSE OF THE LAW

- Student safety is extremely important.
- Distracted driving is dangerous.
- Talking on a cell phone or mobile communication device is distracted driving and jeopardizes student safety in designated school zones.



2 TERMS USED IN THE NEW LAW

A mobile communication device is a cellular phone, smart phone, personal data assistant, wireless tablet, computer, or any similar device used for voice or visual communication.

An active school zone is a school zone with signage between 6:00 a.m. and 9:00 p.m. and where the maximum speed is 25 miles per hour or less on the streets permanently or due to a temporary speed reduction indicated by flashing school zone lights.

A hands-free device is a phone with speaker capability, an attachment, or other piece of equipment that allows the use of the device without either of the operator's hands.



3 THERE ARE SOME EXCEPTIONS IN THE LAW

- A vehicle is **stopped** OR a mobile communication device is used with a **hands-free device**.
- A mobile communication device is **used to dial 911** and make an emergency call.
- An operator of an **authorized emergency vehicle** is using a mobile communication device while acting in an official capacity.

*This fact sheet is provided as a courtesy to the public to highlight provisions of the law; it is not the law. For specific details of the law and the requirements or prohibitions in the law, please refer to the text of the ordinance (AO No. 2019-51(S)am) or Anchorage Municipal Code section 9.28.055.

Continued on Back

NO CELL PHONES IN SCHOOL ZONES FACTSHEET (CONT.)



4 CONSEQUENCES FOR VIOLATIONS

- A \$500 fine, or
- A class A misdemeanor if a person's driving causes physical injury or death to another person.

5 QUESTIONS AND ANSWERS



- **Why isn't talking on cell phones banned while driving everywhere in Alaska?** The State of Alaska has preempted Anchorage's right to ban talking on a cell phone while driving, but reading or typing a text message while driving is prohibited statewide.
- **Can I call my student when I'm there to pick them up?** Yes, if your car is stopped, then you can call your student on your cell phone. Or, you may call your student on a hands-free device.
- **Do these rules apply only when the school zone lights are flashing?** No! Most schools don't have flashing lights. These rules apply in an active school zone, where the speed limit is 25 mph or less, even if temporarily indicated by the flashing lights, and is designated by the signs posted that say "School Zone". If the speed limit is never reduced to 25 mph or less, the street is not in an active school zone and the rules don't apply even if there are signs.
- **How can I be sure if I am in a place where I can legally use my cell phone?** If you are unsure, don't use your cell phone! Pull over, stop, and use your cell phone when you are not driving.

Reviewed by the Municipality of Anchorage Legal Department

If you have additional questions, your Assembly Member's contact information may be found at www.Muni.org/Assembly.

What's New for 2019-2020?

Did you know that we are no longer able to supply forks, spoons, and napkins for your child's cold lunch? Students who purchase a hot lunch are able to use the supplies because the payment covers the cost. Please make sure your child has a fork, spoon, and napkin as needed.

VOLUNTEERS ARE THE BACKBONE OF NLABC!

Please consider stepping into a new role during our 2019-20 school year. Experience not required - Training provided. We encourage you to be creative and bring new ideas to NLABC!

There are many other volunteer needs. Here's how it works in 3 easy steps -

1. Enter this link to go to our invitation page on SignUp:

<http://vols.pt/TigerTeam>

2. Enter your e-mail address
3. Choose your desired day & time to volunteer!

ATTENTION 5TH GRADE FAMILIES

There will be an informational meeting held on September 9th, starting promptly at 3:00pm, in the MPR for the annual DC trip. If you would like information and are unable to attend the meeting, please contact Mrs. Duff at duff_tammy@asdk12.org



School Nurse



Dear Parents,

I would like to share a couple of items with you regarding PE excuse (due to an injury) and screenings.

PE excuse: As per ASD policy, the school nurse can excuse students from participation in Physical

Education classes for a maximum of three (3) days at the nurse's discretion, or at the request of a parent. Any student unable to participate in physical education programs for more than three

consecutive days, due to illness or injury will be required to present a medical excuse, including duration

of non-participation, from the health care provider. An approved health care provider is limited to a physician (MD/DO), physician Assistant, advanced nurse practitioner, and in the event of skeletal injury or disability within the scope of chiropractic practice, a licensed chiropractor (DC).

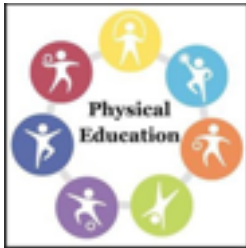
Screenings: State mandated screenings are currently in effect for vision, hearing, height and weight for K, 1st, 3rd, 5th, 7th and New to district students. Referral letters will be sent home for students who fail vision screening twice. Students who fail the second rescreen for the hearing test will be referred to the ASD audiologist/ preferred healthcare provider.

Parents and/or guardians will be notified of any abnormal screening results, and a written referral to the appropriate provider will be presented to the parents.

Photo screening will begin Oct 17th for K, new to district students and those at risk for vision problems.

Please feel free to contact me if you have any questions on **742-7508**. Thank you!

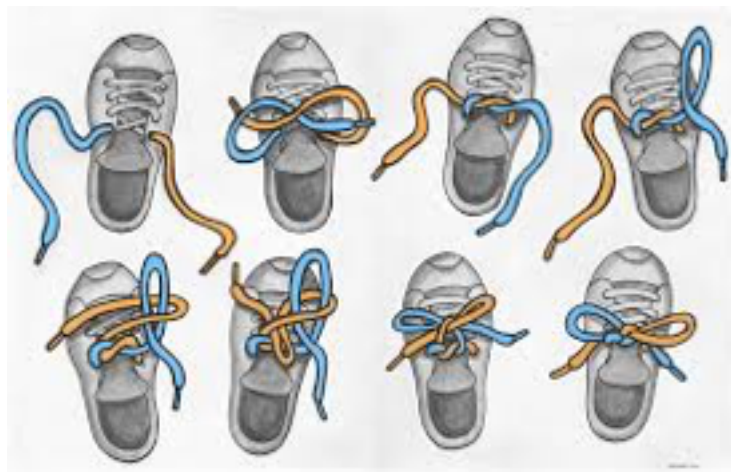
Ngozi Njoku, R.N.



NLABC Physical Education (PE)

Welcome to another year of Physical Education (PE) at Northern Lights ABC! Students in grades 1-8 receive 90min. of PE a week delivered in two 45min. class periods, Kindergarten has one 45min. PE class a week. In Alaska, PE is considered an academic area and students are graded in effort only for 7th/8th and 1-3rd and in effort and achievement in 4-6th.

Now that we are into the second week of school students are expected to come to PE class in appropriate clothing and athletic footwear. Clothing should be loose fitting and comfortable to move in, avoid dresses and accessories on PE days. PE shoes should be supportive athletic shoes with flexible soles that will be used both inside and outside. Converse and vans are brands that really do not offer the support necessary for all the running and twisting that we do in PE. If Children are not able to tie their own shoes please consider velcro or elastic laces. If this is not possible please practice, practice, practice shoe tying. It is a safety hazard for children when they are not able to keep their shoes tied. Here is a shoe tying graphic that may help:



We are looking forward to an active year in PE.....A Moving Child is a Learning Child!

Shelly James, NLABC PE/Health
Jalynn Ireland, NLABC PE

Middle School News

Check the website calendar for cross country practice!

STUDENT ADVISORY - 8TH GRADERS

Rachael Foster
Gabe Novero

STUDENT ADVISORY - 7TH GRADERS

EllaRose McDermott
Brynn Shasby



-End of Newsletter-