

TIGER TRACKS

Northern Lights ABC School Newsletter

Build Your Character

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



To middle school for winning a spot in the
Junior Youth Symphony Orchestra:

Gabriel Novero - viola
Jayelle Padron - viola
Dean Pagalilauan violin 2
Dihan Pagalilauan - violin 2
Faith Villaflores - viola



We are so proud of your
accomplishments!

Congratulations

X-C running September 19th results:

Adria Wuerth (8th grade) 1st
Faith Hughes (7th grade) 2nd
Leiloe Fesolai (7th grade) 3rd



We are so proud of all of our runners!

Message From The Principal

Dear Parents,

Fall is definitely here and winter is soon approaching. We have a busy next few weeks planned at NLABC. Our 5th graders will be performing the first Red, White, and Blue assembly this year on October 4th. For those of you new to our school, students are encouraged to dress in RWB on those assembly days. The classes with 100% participation will get a trophy for the month to enjoy.

Our middle school cross-country team is excelling this year! We have so many talented runners. If you'd like to cheer on the team, they have a meet on Sept. 26th and October 3rd at Kincaid Park starting at 5:30 pm. I attended last week and it was so much fun to watch our students.

One of the biggest events of our school year is our annual fall carnival. This is such a fun event for all ages! There will be fun games, food, and of course, our amazing auction! This serves as our largest fundraiser for the year. I hope to see you there!

On a more serious note, please remember our teachers and staff are people too. We've had several incidents during pick-up time where teachers have been yelled at in front of students. Please address our staff in a respectful manner and remember we are looking out for the safety of ALL students.

As always, if you have any questions or concerns, please email me at duff_tammy@asdk12.org

Warmly,

Tammy Duff, Principal

Message From The Principal

Parents,

Please do not drop off your students early. Students should not be dropped off before 7:30 am. We have no adult supervision on campus (outside) until 7:50 am.

If students are arriving for breakfast, they may enter the front of the building at 7:30 am and go directly to the MPR.

It is getting dark and cold in the mornings and we want to ensure the safety for all students.

Thank you for your understanding,

Tammy Duff, Principal

THANK YOU! THANK YOU! THANK YOU!

We'd like to introduce our Noon Duties who have given their time to make it possible for 600+ Northern Lights students to have recess every day. Take time to thank them for the service they provide to your children.

Dustin Allen * Nicole Allen * Jonea Berg * Peggy Dannewitz
* Megan Debenham * Leisa Foster * Laura Haase * Christine
Hippler * Kim Long * Brian Paraoan * and of course our
wonderful BPO Mr. Sims



Please consider adding your name to this list. As you can see the list is not long and many of these people have full time jobs just like you do, but are able to give 2 hours a week for the benefit of the students and teachers.

Click on the following link to access the online application:

[https://www.applitrack.com/asd/onlineapp/default.aspx?
Category=Noon+Duty%2fCrossing+Guard&subcategory=Noon+Duty](https://www.applitrack.com/asd/onlineapp/default.aspx?Category=Noon+Duty%2fCrossing+Guard&subcategory=Noon+Duty)

Step 1 - Click on "Start" on the right hand side of the screen. Step 2 - Follow instructions on submitting application. When you get to "Vacancy Desired", choose: the Service High Area Finish and Submit application! If you have any questions, call the office at 742-7500

New Elementary staff member

Hello, my name is Desiree Madarang,

I taught fifth grade in Arizona for almost 15 years before moving here. I've subbed in the district for several years, and missed having my own classroom!

I am excited to be back in 5th grade here at NLABC. My husband and I have four children and two grandchildren. We loved Alaska when we were stationed here in the Army thirty years ago and couldn't wait to come back. The mountains were calling us home!



New Middle School staff member

Hello, my name is Chris Cullings,

It's very excited to be the new math teacher here at NLABC! I was raised in Anchorage for most of my life, graduating from Service high school in 1991. I went to college at the University Of Nevada, Las Vegas (UNLV) but the pull of my home state was just too great.

I came back to Alaska after graduating and started teaching for ASD, it is hard to believe that this is my 22nd year in the classroom!

I love all things Alaska, including camping, fishing and hiking. In the winter you will find my wife and I chasing our 3 boys (17, 15 and 3) around the slopes of Alyeska, or riding snow machines in the amazing outdoors of Alaska. I looking forward to a great year, the kids here are amazing!



New Itinerant staff member

I'm Carolyn Downie,



I have been a music teacher in Anchorage for 16 years and before that I taught 10 years in Honolulu, Hawaii in private and public schools.

I have a daughter who is 12 ,who my husband I try to keep up with all kinds of out door activities. My husband is a music teacher as well at the Rilke Schule charter school.

I love kids and I love teaching music. I teach through the Orff method which uses singing, speaking, moving, creating and instrument playing to explore music. I look forward to teaching and playing with the third grade this year at Northern Lights ABC.

New staff members



Kathryn (Katy) Cross

I was born and raised in northern New Mexico. I grew up riding horses, backpacking in the mountains and rafting rivers. I have been in Alaska for over 20 years and in Anchorage since 2003. I enjoy any outside activities including hiking, skiing, kayaking, camping and gardening.

I am excited to be returning to Northern Lights ABC and to help students improve their speech and language skills. I am at your school all day Thursday and Friday morning. If you have

Enjoying Reading

Parent Accounts: Reading is important and our students need a lot of reading materials! Where better to get books than where your NLABC students already do? Create a parent account with the NLABC library so you can expand your student's reading options or find books for younger siblings. Please stop in to see us during the **Open Check-Out times** listed below, establish an account, check out books, and continue sharing the love of great books as well as developing pre-reading skills with your children. Although NL student-needs have priority with books & resources, we believe that there are enough wonderful books in our library to share, and know that children who are fortunate in experiencing frequent read-alouds are twice as likely to show skills of early literacy AND be more successful at school.

Family Open Check-Out Mornings

Tuesday: 8:15 - 8:40 am
 Thursday: 8:15 - 8:40 am
 Friday: 8:15 - 8:40 am

Special Kindergarten Hours

(Additional to Above)

T, W, & TH 12:05 - 12:15

Student Open Check-Out Times

	Mornings	Afternoons
Monday:	8:15 - 8:30am	No Open Check Out
Tuesday:	8:15 - 8:40 am	2:25 - 2:40pm
Wednesday:	No Open Checkout	2:25 - 2:40pm
Thursday:	8:15 - 8:40 am	2:25 - 2:40pm
Friday:	8:15 - 8:40 am	2:25 - 2:40pm

M.S. - Lunch & Recess for Books, Information, & Printing



No time to visit for print books? eMail [Ms. Collins](#) to ask for your student's account number & PIN. With this information, your student can check out 3 books at a time from the [ASD Digital Library](#). Find the link to the ASD Digital Library on the NLABC Homepage, under the blue "I want to..." banner. Books can be read/listened to in your browser, or download the SORA app on your device and carry a book wherever you go!

****NEW!!** Students can now use their district credentials (username = lastname.firstname@asdk12.org and the password they use at school in the computer lab) to access books. So much easier to remember!



With your permission (given during registration with the click of a button) your student's 14-digit ASD library code ALSO works with the [Alaska Digital Library](#) and the [Anchorage Municipal Library](#). Access books, music and more from the [AML downloadables page](#). Parents, you'll find fantastic choices including [Hoopla](#), [Freegal](#) (free and legal music) and [Lynda's](#) on-demand training!

Enjoying Reading

Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"
reads **20 minutes**
each day

3600 minutes in
a school year

1,800,000 words



90th percentile

Student "B"
reads **5 minutes**
each day

900 minutes in
a school year

282,000 words



50th percentile

Student "C"
reads **1 minute**
each day

180 minutes in
a school year

8,000 words



10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

Original Graphic: <http://www.usd343.net/vnews/display.v/ART/5060992ac7eb2>



The Scholastic Book Fair is coming to NLABC during October Conferences, and volunteers are needed to set up the fair, help customers cashier, and pack it all up again. If you can volunteer to help, visit vols.pt/TigerTeam and find a spot that fits your schedule!

Quick Hints

Peaks testing Results results viewable on Zangle
Additional information:<https://www.asdk12.org/peaks/>

Planners have arrived for: Grades, 2,3, 4, 5

There will be no caramel popcorn this year for RWB days.
Popcorn Fridays will begin at the end of October.

Please check your child's lunch account for updated balances.
You can also pay online via Q.

Check the NLABC Facebook or Website frequently

Health Hints

Hello NLABC Families,

The Municipality of Anchorage- Department of Health & Social Services has agreed to organize a

FREE FLU CLINIC at NLABC on October 15th from 12-4pm!

This outreach is open to ALL insured or noninsured (ASD students, staff, family and the public). Please help spread the word. Consent forms and vaccines will ALL be provided by MOA. Forms will be completed on site or you can send in the completed form to the health office.

Attached is the flu consent form, vaccine information sheet and notice of HIPPA privacy practice. If you have any questions please contact School Nurse 742-7508. Thank you!

Ngozi Njoku, RN
NLABC School Nurse.

[Flu_Intake_2019-2020.pdf](#)

[flu-inactivated_VIS.pdf](#)

[HIPPA_Privacy_Practices_and_HITECH_Act_Practices.pdf](#)



Choose water as a drink

Did you know?

- ★ Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.
- ★ In NSW, 45% of boys and 38% of girls in Year 6 drink two to six cups of soft drink per week.

Water

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Milk

Milk is a nutritious drink for kids and teens and a great source of calcium, which is important for growing strong bones and teeth.

From 2 years of age, children should drink reduced fat milk. It contains much the same nutrients as full cream milk but is lower in unhealthy saturated fats and lower in energy (kilojoules).

Children under 2 years of age should not drink reduced fat milk as they need the extra energy (kilojoules) for their growth and development.



Fruit juice

Giving kids and teens whole fruit to eat is a better choice than offering fruit juice to drink.

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

“Drinking water is the best way to quench your thirst”

continues over the page ►

Important Reminders

Parents,
Please do not send glass containers in your child's lunchbox.
We've had several students break their dishes. When this happens, it's a safety issue because they cannot eat their lunches and we don't want them or others getting cut from the glass.

Remember to pack spoons, forks, and napkins if you are sending lunch.



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.

Source link: <https://www.asdk12.org/eeo/nondiscrimination/>

DID YOU KNOW? - Calls From School

All 45 telephones at Northern Lights ABC show the same caller ID of 742-7500. Please listen to your messages if you see this number show up on your caller ID. If school staff calls you, we leave a message telling you who has called and a number to call back. If your student is calling, they have been instructed to do the same. We get several calls a day with someone saying this number just called – the office will not know who made the call so please listen to your voicemail first.

From the ABC and PTA boards



Parents can sign up for upcoming events at <https://vols.pt/TigerTeam>

There are still a lot of spots that need to be filled for our upcoming Fall Carnival and we need your help!

If you have any questions about volunteering please email Karen at nlabcvolunteers@gmail.com





WIN A PIZZA PARTY FOR YOUR CHILD'S CLASSROOM



SIGN UP FOR NORTHERN LIGHTS ABC SCHOOL PTA

What is your child's favorite activity at our school? Fall Carnival? Art to Remember? Thanksgiving Feast? Receiving Awards at Assemblies? Tiger Reading? Using Chromebooks? Middle School Activities? Science Fair? Field Day? Field Trips? 6th Grade Camp? Yearbooks? Popcorn Fridays?

Your PTA supports it ALL!

BUT NOW, WE NEED YOUR SUPPORT! Our membership is extremely low, for a school so full of Tiger Pride! There are so many things your PTA wants to continue to support and offer for our children, teachers, and school!

The class with the **MOST members to join** our Northern Lights ABC PTA, by **TUESDAY, OCTOBER 1ST**, will receive a pizza party for their entire class! Yes, we will count your teacher too! Anyone can join our PTA, parents, aunts, uncles, grandparents, and businesses too! Your membership fees go back into Northern Lights ABC. If you have more than one child, don't worry we won't make you choose, we will count you for each of your children's classes. Even better get a family membership and we will count this as 2!

Come see what our Tiger Pride is all about!!

SNACKS ~ Next PTA Meeting on Tuesday, October 8th 3PM ~ SNACKS

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WIN A FAMILY MOVIE NIGHT FOR 4



DADS, MOMS, GRANDPARENTS



WE NEED YOU!

TOGETHER WE CAN INCREASE OUR TIGER PRIDE OF NORTHERN LIGHTS ABC!!

All we are asking is for you to sign-up to volunteer for at least 2 opportunities before TUESDAY, OCTOBER 1ST, to be entered to win a Family Movie Night for 4! More hands, makes lighter work! Get involved in your child's school. Not only will your child LOVE seeing YOU at their school participating, but so will all of their friends and other students.

Please print and use the forms on pages 14 and 15

Thank you for joining your PTA! You are a large part of what continues to make NLABC successful! Please fill out this form below and return it to the front office or place in PTA Drop Box located in the office along with your dues payment. When PTA gets involved, children benefit. When you get involved with PTA, the child who benefits most is your own!

1. First Name: _____ **Last Name:** _____

Email Address: _____

2. First Name: _____ **Last Name:** _____

Email Address: _____

*Address: _____

*City: _____ *Zip Code: _____

1. CHILD'S NAME: _____ GRADE: _____ TEACHER: _____

2. CHILD'S NAME: _____ GRADE: _____ TEACHER: _____

3. CHILD'S NAME: _____ GRADE: _____ TEACHER: _____

4. CHILD'S NAME: _____ GRADE: _____ TEACHER: _____

PTA Volunteer Interest Form 2019-2020

Northern Lights ABC Elementary School



In order to make our PTA events a success,
WE NEED YOUR HELP!

Please check the areas below where you would like to get involved.
Thank you in advance for making this year great!

Parent / Guardian's Name _____ Email _____ Phone (ok to text? Y _____ N _____)

Parent / Guardian's Name _____ Email _____ Phone (ok to text? Y _____ N _____)

1. _____ 2. _____
Child's Name Teacher's Name Child's Name Teacher's Name

____ I am interested in being a class parent for: _____
Teacher's Name More children? Please use the back of this form.

____ I am interested in helping with the following NLABC PTA Event(s):

____ Popcorn Fridays	____ Science Fair	____ Art To Remember
____ Fall Carnival & Auction	____ Teacher Appreciation	____ Family Fun Night
____ Book Fair Fall/Spring	____ Science Fair Judge	____ Business Partnerships
____ Texas Roadhouse Rolls	____ Family Fun Run	____ Community Events
____ Thanksgiving Feast	____ Field Day	____ Heart Run
____ Math & Science Night	____ Picture Day	____ Read-a-Thon

____ I am interested sharing my interest or special skill set of _____
to help our PTA.

____ I am interested in being an Event Coordinator for the following event(s):

____ Popcorn Fridays	____ Math & Science Night
____ Community Events	____ 6th Grade Camp Fundraisers
____ Family Fun Run	

____ I am not interested or available to volunteer. Instead, I would like to make
a donation of \$ _____ to directly benefit the students of Northern Lights ABC.

____ I own a business or the company I am employed with may be interested in
becoming a business partner and/or donating to the students or NLABC.

To connect with more volunteer opportunities through out the school year visit:
<https://vols.pt/TigerTeam> or Email: nlabcvolunteers@gmail.com



ENTER TO WIN:

Thank you for taking the time to VOLUNTEER! If you SIGN UP for at least 2 volunteer opportunities or volunteer to be the Event Coordinator for just 1 Event and return this completed form to the front office by Tuesday, Oct. 1st & you will be entered into a drawing to win **FAMILY OF 4 MOVIE NIGHT PACKAGE!**

The Fall Carnival & Silent Auction is Coming!

3 WAYS TO DONATE

1 CLASS BASKETS

A.M. Kindergarten - Kelly	Orange
P.M. Kindergarten - Kelly	Purple
A.M. Kindergarten - Montes	Family Night In
1st Grade - Gionet	Primary Books & Reading Fun
1st Grade - King	Primary Books & Reading Fun
1st Grade - Son	Primary Books & Reading Fun
2nd Grade - Liesener	Family Night In
2nd Grade - Morris	Everything Dog
2nd Grade - Pugh	Candy
3rd Grade - Barnett	Red, White, & Blue
3rd Grade - Heinrich	Star Wars
3rd Grade - Navio	Asian
4th Grade - Basinger	Coffee
4th Grade - Kaas	Chocolate
4th Grade - Rath	Emergency Preparedness
5th Grade - Cotten	Family Fun Night
5th Grade - Hughes	Family Night In
5th Grade - Madarang	Breakfast in Bed
6th Grade - Frackman	Gift Cards
6th Grade - Voelker	Baby
6th Grade - Walsh	Coffee/Tea/Hot Chocolate
Middle School - 7th Grade	Spa
Middle School - 8th Grade	Movie Night
Admin Staff & Specialists	Play Outside

2 BUSINESSES

Ask your favorite local business to donate a good or service to be auctioned off.

You can up a business donation request letter from the front office or email NLABCsilentauction@gmail.com and we will send you one.

3 UNIQUE ITEMS

Donate a handmade or unique item to be auctioned off.

Do you sew, craft, woodwork or know someone who does? Do you have a one-of-a-kind item you would like to donate? We welcome donations of any kind!

****Donations
Due Wednesday,
October 2nd****

Did you know? This is NLABC's biggest fundraiser of the year!
All money raised goes to providing things like classroom materials and technology, busses for field trips, student government, and so much more!

Help Middle School's
MAJOR Fundraiser at the Fall Carnival
Donate by October 9th

Please help us reach our goal this year! Here's how you can help:

- ï **Donate** full-size candy bars (bulk packages can be purchased at Costco) Students will sell these and proceeds will benefit middle schools.



- ï **Volunteer** – Students are needed to volunteer at the booth from 5:30 pm – 8:30 pm. Your student can volunteer for 1 hour or all 3 hours. There will be an adult chaperone.

Email Flora Teo at fteo@ja-alaska.org

These funds will help us fund field trips, dances, events, and other activities for Middle School.

Middle School Spirit Days (for the whole year)

Friday, October 4 - Country Western Dance
Tuesday, October 8 - Think Pink Day
Thursday, October 17 - Role Model Day
Friday, November 8 - Home Room Wars
Friday, December 13 - Fire and Ice Dance for a Cause
Friday, January 10 - NFL Day
Friday, February 7 - Sock Hop Sadie Hawkins Dance
Thursday, March 5 - Super Hero Day
Friday, April 10 - Guys in Ties, Girls in Pearls Dance
Friday, May 1 - Dress like your Favorite Teacher Day
Wednesday, May 20 - 8th Grade Recognition Ceremony

All ASD and school dress code rules apply.
Dances are held in the MPR 3PM - 4:30pm.
Permission slip and fee required.

Cross Country Running:

Thursday, 10/3 - Kincaid Park: Meet
Thursday 10/10 - Kincaid Park: All Schools Championships

Be in the know!

Middle School Activity information: Flora Teo - fteo@ja-alaska.org



-End of Newsletter-