# TIGER TRACKS

### Northern Lights ABC School Newsletter

#### **CHARACTER BUILDING BLOCKS**

### **Friendship**

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

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See 17 House and sound Decreasing all and









Email

Facebook School Website

**SignUp** 

Dear NLABC Families,

We are now on our 4th week of practicing social distancing. I don't know about your, but I am longing to see someone else's face beside my own family's, go to places that I once took for granted, and to not be tethered at home without a "place" to go.

During this time, I know that our teachers have been reaching out to our students. I've had the opportunity to jump into a few Zoom sessions and it was fantastic to see our students' smiling faces.

We know that students have items at school that need to be picked up. ASD is working on a way that we can do this safely and that honors the requirements our municipality and state. When the information is available, I will share it with you.

Our 8th grade graduation is postponed due to the State of Alaska stating that physical school is cancelled for the year, however, we are working on a way to honor our students who are moving onto the next chapter of their education.

Please continue to track your Tiger Reading, work on Math Masters, and complete the activities that teachers have designed for our students.

This certainly isn't the way we envisioned our 4th quarter to go, but let's focus on the great things about this time:

- 1. To my knowledge, everyone (staff, students, and families) are healthy.
- 2. We are having more time to bond and make memories with our children.

(continue on page 2)

- 3. Some are learning new hobbies and/or taking up an old hobby.
- 4. Creativity is shining in our students' work.
- 5. We have accomplished a lot of wonderful things during our school year.
- 6. There is a new appreciation for the little things in life.

As always if you have any questions or concerns, please reach out by emailing me at duff\_tammy@asdk12.org

Please take care of yourself until we see each other again,

Tammy Duff Principal Northern Lights ABC School

### **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 Sevices

ANCHORAGE. Municipality of Anchorage

### Lifetouch Has Provide The Following Update:

The local office is closed at this time. To order your child's spring pictures, a parent or guardian of the student will need to reach out to our customer care team at 1-800-736-4753 to receive their portrait ID and access codes. The codes will allow them to view the image on <a href="MyLifetouch.com">MyLifetouch.com</a> and order now for home delivery.

## Reading & Library



## Library News

Reading on a device doesn't give me the same feeling as holding a book in my hands. Though I'm using online Apps linked through the NLABC WebLocs and the <u>Clever Portal</u> @ <a href="http://clever.com/in/asd">http://clever.com/in/asd</a>, I miss reading print books!

During the year, many families participate in the Scholastic Monthly Book Clubs. For this unusual time, Scholastic is offering a similar opportunity through an on-line book fair with delivery to each family's home. Shipping is free for orders of \$25 or more.



### From April 25th to May 8th,

NLABC will earn 25% profit. After the

online fair ends, orders will generate a 2% profit. Please do not feel pressured to buy anything, as this fair was organized to provide an opportunity for our families rather than as a fundraiser. See the <u>Scholastic FLYER</u> and the **NLABC-Scholastic website** for details.

Clever: As you are learning to love digital resources, don't forget that the best place for your student to start is at their individual Clever Portal. If you need any help with passwords or accessing materials, please reach out to me during the specialists' Zoom office hours (listed in Google Classrooms and on Clever) or at collins alta@asdk12.org. I sure miss seeing your kiddos!

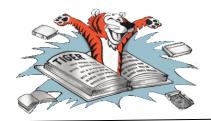
Username: lastname.firstname

PW = same as at school)

If the ASD login window disappears or Google asks for more, using the Students' full username & address: lastname.firstname@asdk12.net will pop them back to ASD's login.



DID you know? <u>The Anchorage Public Library</u> offers MANY events and resources during these COVID-19 times.



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

### March Reading, 2020

- 138 student readers met the March single-goal and 96 met the double-goal!
- Students read 273,870 pages and the staff read 224,711 pages in February.
- 714,673 pages remain to reach the student goal! That is the most pages left unread ever!!! I'm SO SAD for you students!!!

YES, indeedy!!! I think the staff is going to win the reading race this year because you students are far, far, far from the goal!!! Maybe it's because many of you didn't get your March Reading turned in? Be sure to give your folks your March AND April reading logs between March 25th and April 1st so they can turn in your pages for Tiger Reading.

#### -PRIMARY CLASS TROPHY K-3 WINNER:

Mrs. King's class had the most primary students read to goal and to double-goal!

#### -INTERMEDIATE CLASS TROPHY 4-6 WINNER:

Mrs. Kaas' class had the most intermediate students read to goal and to double goal!

#### -CLASSROOM GRADE LEVEL TROPHY WINNERS

Kindergarten – Mrs. Montes  $4^{th}$  Grade – Mrs. Kaas  $1^{st}$  Grade – Mrs. King  $5^{th}$  Grade – Mrs. Hughes  $2^{nd}$  Grade – Mrs. Pugh  $6^{th}$  Grade – Mr. Walsh  $3^{rd}$  Grade - Mrs. Barnett

Mrs. Pugh is our top staff reader with 5,223 pages read in January.

5/1/20, Friday: April page counts are due. The form will be closed on Friday evening in order to allow enough time to complete the April counts before year end. The form will provide a space for families to enter March pages as well.



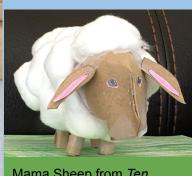
### **Library Challenge!**

Make your favorite book character from an empty toilet-paper or paper-towel roll. Here are some of the great characters that were sent in!









Mama Sheep from Ten Sleepy Sheep (Root)







## 100 Miles In May THE CHALLENGE



Join us for the 100 Miles in May Challenge! 100 Miles in May is an excellent opportunity to build camaraderie and engage in healthy, fun competition with friends, family, or co-workers, while at the same time supporting an important cause. You are also welcome to build your own team or just go solo! Please email Healthy Futures at info@healthyfuturesak.org if you have any questions.

#### IT'S EASY!

- Create a team or register as an individual @ 100miles healthyfuturesak.org.
- Decide your pledge amount. Pledge a donation to Healthy Futures for every mile logged. Participants can cap this amount or just choose a flat amount.
- Log your actviities on the interactive website and see them convert to running/walking mileage equivalent!
- Track your progress and your team's progress in real-time on the individual and team leaderboards!

#### BENEFITS & PRIZES

All participating organizations will be recognized on the Healthy Futures website with organizational logos.

Top participating businesses (based on average miles per participant) within each industry will be profiled on the Healthy Futures website and social media.

The top overall contributing business will receive a guest visit from an Alaskan celebrity athlete, and those completing 100 or more miles in May with the winning company will get a Healthy Futures/100MM T-shirt.

Participants from the top, contributing, non-business team with 100 or more miles will also win Healthy Futures t-shirts.

The top five overall individuals (based on total miles) will win a Healthy Futures hoodie for the most miles in May.



### ABOUT HEALTHY FUTURES & 100 MILES IN MAY



Healthy Futures is the signature program of the Alaska Sports Hall of Fame. Healthy Futures was founded in 2003 by the late Bonny Sosa. Young and her husband Sam Young, two parents concerned with the growing obesity epidemic in Alaska. Now, more than a decade later, over 20,000 Alaskan youth from over 200 schools statewide participate in Healthy Futures through two core programs: the Healthy Futures Challenge and community supported events

100 Miles in May is the inspiration of R&M Consultants, Inc., In-2010, to support a connection in the military, an employee invited other R&M employees to log 100 miles in the month of May. In 2013, R&M decided to expand their concern with employee wellness to support a charitable cause. R&M challenged other firms within the A/E/C industry to join them in this challenge and raise money for Healthy Futures. In the first year, 11 organizations. participated, logging more than 28,000 miles and raising nearly \$6,000 for Healthy Futures and a great tradition was established!

#### Hello Northern Lights ABC Families!

The Healthy Futures program has opened up its annual 100 Miles in May a month early so we can participate throughout April AND May! See the information below to register. All you need to do is register yourself and children and then join the Northern Lights ABC school team!

You DO NOT have to pledge to participate! <a href="https://healthyfuturesak.org/get\_involved/100milesmay/">https://healthyfuturesak.org/get\_involved/100milesmay/</a>

### 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

## DID YOU KNOW?

Meals during closure for students are available:

ASD Student Nutrition

## On-Line Learning NLABC Classroom Schedules

Kindergarten	MON	TUES	WED	THURS	FRI
Kelly Montes		T, W, TH: 2:00 - 3:00 T, W, TH: 2:00 - 3:00	T, W, TH: 2:00 - 3:00 T, W, TH: 2:00 - 3:00	T, W, TH: 2:00 - 3:00 T, W, TH: 2:00 - 3:00	
<b>1st Grade</b> Gionet King Son	MON M, F: 12:00 - 1:00 M, F: 12:00 - 1:00 M, F: 12:00 - 1:00	TUES	WED	THURS TH: 9:00 - 10:00 TH: 9:00 - 10:00 TH: 9:00 - 10:00	FRI M, F: 12:00 - 1:00 M, F: 12:00 - 1:00 M, F: 12:00 - 1:00
<b>2nd Grade</b> Liesener Morris Pugh	MON M, W, F: 10:00 - 11:00 M, W, F: 10:00 - 11:00 M, W, F: 10:00 - 11:00	TUES	WED  M, W, F: 10:00 - 11:00  M, W, F: 10:00 - 11:00  M, W, F: 10:00 - 11:00	THURS	FRI M, W, F: 10:00 - 11:00 M, W, F: 10:00 - 11:00 M, W, F: 10:00 - 11:00
<b>3rd Grade</b> Barnett Heinrich Navio	MON	<b>TUES</b> T: 10:00 - 11:00	WED	THURS TH: 10:00 - 11:00	<b>FRI</b> F: 9:00 - 10:00
<b>4th Grade</b> Basinger Kaas Rath	MON	TUES T, W, Th: 11:00 - 12:00 T, W, Th: 11:00 - 12:00 T, W, Th: 11:00 - 12:00	WED  T, W, Th: 11:00 - 12:00  T, W, Th: 11:00 - 12:00  T, W, Th: 11:00 - 12:00	THURS  T, W, Th: 11:00 - 12:00  T, W, Th: 11:00 - 12:00  T, W, Th: 11:00 - 12:00	FRI
5th Grade	MON	TUES	WED	THURS	FRI
Cotten		T, W: 1:00 - 2:00pm (all teachers)	T, W: 1:00-2:00 (all teachers)	TH: 1:00 - 2:00 (single teacher)	
Hughes		T, W: 1:00-2:00pm (all teachers)	T, W: 1:00-2:00 (all teachers)	TH: 1:00 - 2:00 (single teacher)	
Madarang		T, W: 1:00-2:00pm (all teachers)	T, W: 1:00-2:00 (all teachers)	TH: 1:00 - 2:00 (single teacher)	
6th Grade Frackman Voelker	MON M, T, W: 9:00 - 10:00 M, T, W: 1:00 - 2:00 M, W, F: 9:00 - 10:00	TUES M, T, W: 9:00 - 10:00 M, T, W: 1:00 - 2:00	WED  M, T, W: 9:00 - 10:00  M, T, W: 1:00 - 2:00	THURS	FRI
Walsh		TUEO	M, W, F: 9:00 - 10:00	THUDO	M, W, F: 9:00 - 10:00
Middle School Coffman Cullings Dickson Lee Shasby	MON	TUES T, W, TH: 12:00 - 1:00	WED T, W, TH: 12:00 - 1:00	THURS  T, W, TH: 12:00 - 1:00  T, W, TH: 12:00 - 1:00	FRI
SPED	MON M F: 11:00 12:00	TUES	WED	THURS	FRI M F: 11:00 12:00
Conway	M, F: 11:00 - 12:00	<b>TI</b>	W: 1:00 - 2:00	TIME	M, F: 11:00 - 12:00
Specialist	MON	TUES	WED	THURS	FRI
Anderson (MUSIC)	M, F: 2:00 - 3:00				M, F: 2:00 - 3:00
Bartz (COUNSELOR)	M: 1:00 - 2:00		W: 3:00 - 4:00		Fi: 11:00 - 12:00
Collins (LIBRARY)	M, F: 2:00 - 2:30 M, F: 2:00 - 2:30				M, F: 2:00 - 2:30 M, F: 2:00 - 2:30
Easton (ART)	until May 1st M, F: 2:00 - 3:00				until May 1st  M, F: 2:00 - 2:30
Ireland (P.E.)  James (P.E.)	until May 1st M, F: 2:00 - 3:00				until May 1st M, F: 2:00 - 3:00

## **On-Line Learning**

On-Line Classroom behavior to remind kids: Zoom Etiquette

Best Practices for Parents: Help Your Child Learn

Internet Offers: Alaska Communications

GCI

**MTA** 

### Links to learning resources by grade level:

This is not a classroom with an NLABC teacher, but will give your child guidance on more ways to learn on at home. Check the NLABC website at: <a href="NLABC Resources By Grade">NLABC Resources By Grade</a>

Parents/Student Tech Help: ASD Technology HelpDesk or call 907-742-4357

Family link Resource to everything! ASD Family Resources Website

### Health Supplements: Grades K - 6

### Hello to all our healthy NLABC Families,

I will be providing supplemental Health instruction materials in two age groups: K-3 and 4-6. It may seem too old or too young, but all will benefit from the exposure to the ideas. All specialists will be having specialist office hours on Mondays and Fridays from 2-2:30pm. Please check your child's grade level google classroom for the specialists Zoom "office" hours meeting code. When possible we hope to visit with children during class zoom times however, we will always be available during the specialists "office" hours.

Health & Physical Education are part of ASD's Phase 3 of distance learning. The current plan is Health/PE will be part of ASD's new content distance delivery beginning April 9<sup>th</sup> for Elementary and April 13<sup>th</sup> for Secondary.

This seems like a good time to begin our units on keeping clean and healthy!

I begin our unit with the story "Hygiene, you stink". We are no longer allowed to share utube video so I suggest you do a google search for the text to find an audio/video version of this story to share with your children. My text is locked up at NLABC, if anyone has a copy that I could do a read aloud with I would love to borrow it!!

K-3: Keeping Clean It's Our Job at https://www.thegreatbodyshop.net/secure/files/19-20/K09/pdf-f/K09-keeping-clean----its-our-job.pdf

4-6: The Puzzles Challenge at https://www.thegreatbodyshop.net/secure/files/19-20/406/pdf-f/406-the-puzzlers-challenge.pdf

Hopefully the links all work! Worksheets are in a fillable pdf so they can be completed online or print and complete.

Have Fun! Ms James

### Physical Education: Grades K-3

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. The relationship between the soundness of the body and the activities of the mind is subtle and complex. Much is not yet understood. But we do know what the Greeks knew: that intelligence and skill can only function at the peak of their capacity when the body is healthy and strong....John F. Kennedy

Ms James will be focusing on the K-3 age group and Mrs. Ireland the 4-8 in our support of our Physical Education program during this school closure. We will be having specialist office hours on Mondays and Fridays from 2-2:30pm. Please check your child's grade level google classroom for the specialists Zoom "office" hours meeting code. When possible we hope to visit with children during class zoom times however, we will always be available during the specialists "office" hours.

Health & Physical Education are part of ASD's Phase 3 of distance learning. The current plan is Health/PE will be part of ASD's new content distance delivery beginning April 9<sup>th</sup> for Elementary and April 13<sup>th</sup> for Secondary.

### Hello from Ms James!

Getting outside for daily exercise is the best way to supplement your child's physical & health education program during this time of "hunkering down". Much more is known about the connection between healthy bodies and healthy minds now then in JFK's time and I encourage you to provide opportunities for your children to get 60 minutes of vigorous physical activity daily to ward off the sluggishnish and apathy that can come from too much inactivity. For me, working at a computer all day is very challenging-by 3pm I am a bear to live with-my tolerance is low and my irritability is high. I have to make sure I am taking multiple opportunities throughout the day to stretch and get in some core activities. I know, and the people I live with know, that I am a much better person after a good hard aerobic workout! We live in an urban wilderness wonderland and right now the trailhead parking lots are full and people are out everywhere! This would be a good time to explore the less popular areas around Anchorage while practicing social distancing.

http://www.muni.org/maps/Pages/MuniTrailsMaps.aspx https://www.fs.usda.gov/chugach/

Here are a few ideas to get kids moving if they are not able to get outside. We are not allowed to share youtube videos so I offer these out for parents to look up with their children. Just do a google search. They all look fun!:

\*PE with Joe (aka the body coach): The Body Coach is doing live daily PE workouts at 9:00. The videos can also be viewed at any time. Fun, motivating, high energy indoor workouts for and with kids. Follow along everyday! Looks like a blast. I think I will try the more adult workouts!

\*KidzBop: Great dance along music videos done by kids for kids. Many of you may already be familiar with the KidzBop music cds, I use them frequently in class.

\*Cosmic kids: Kids yoga. They also have an app you can download.

### Physical Education: Grades 4-8

### Mrs. Ireland says... Let's get moving!!

Being physically active is an important part of a healthy lifestyle! Generally, the more physical activity you do, the greater the health benefits, and the better you will feel! Getting your body moving can help you:

- \* Feel better about yourself
- \* Sleep better at night
- \* Strengthen your muscles and bones
- \* Maintain or achieve a healthy weight
- \* Increase your chances of living longer
- \* Have more fun

### Types of Physical Activity:

There are four basic types of physical activity:

<u>Aerobic activities</u> include running, swimming, cycling or playing basketball. These all make your heart beat faster than usual, which strengthens your heart and lungs.

Bone-Strengthening activities like running and jumping (jump rope) will help strengthen and grow bones through the force of the impact.

<u>Muscle-strengthening activities</u> like push-ups and lifting weights make your muscles stronger.

<u>Balance and stretching activities</u> like yoga, dance and martial arts aid in physical stability and flexibility.

So many ways to get moving! There are a variety of free apps available! If you have a smart phone, the "Health" app allows you to keep track of time and distance of your various physical activities. If you find another cool kid-friendly app, go for it! Plan a hike or walk as a family, just enjoy being outside! This may be one of the best ways to enjoy the great outdoors. Families who spend movement time together have fun and are fit. Nothing is better than those you love being physically active right along with you!

Be safe in your activities, Mrs. Ireland

### Music



Hello Northern Lights ABC students and families,

Hopefully you have been witnessing the power of music that connects us during this difficult time. My social media feeds are filled with people all over the world sharing their joy of music and I feel its power. Music is something we can all take part in, even while being locked in our homes. So, please get connected on google classroom/canvas as I will be sharing activities for us to experience together.

**Google Classroom:** Please login to <u>Clever</u> and find the google classroom portal. Once inside, check out your music classroom for K-5th grade students. You should already have an invite to join the music class of your grade.

**Canvas:** 6th - 8th grade choir students need to login to "Canvas" via the <u>Clever</u> portal. This will be our digital online classroom platform

**Have you submitted a video?** I have received many videos from students who recorded themselves playing instruments found in their homes. I will be making a video of all the combined recordings so please submit the videos via your students music classroom. Just attach the video to the assignment I have posted.

**Chrome Music Lab:** You can play with sound, rhythm, melody, and more. Chrome Music Lab is all built for the web, so you can start playing instantly, whether you're on a tablet, phone, or laptop. You can use Song Maker to combine tools to create your own song, or explore all elements of music through: rhythm maker, spectrogram, chords, sound waves, arpeggios, Kandinsky visual/sound exploration, voice spinner, harmonics, piano roll, oscillators and more! Here is the link! <a href="https://musiclab.chromeexperiments.com/Experiments">https://musiclab.chromeexperiments.com/Experiments</a>

**School Music Webpage:** Still want more things to do? Check out our schools music page for more links and topics to explore. <a href="https://sites.google.com/asdk12.net/nlabcmusic">https://sites.google.com/asdk12.net/nlabcmusic</a>

### Thank You! Thank You! Thank You!



Many thanks to Mrs. Collins\*, Mrs. Duff, and Ms. Frackman

They made sure all of the Chromebooks requested were ready for pickup, so that our students could continue to learn at home!

\*not pictured

### Highlighting our wonderful Administrative Professionals!

The Northern Lights ABC Staff want to give a big shout out to Julie Harrington and Seraya Mone. These two ladies work tirelessly in the office at school and are on the front lines in the office everyday greeting staff and parents, answering hundreds of questions throughout the day, while emailing and doing chores on the computer and throughout the school for K-8 all day. Now, they have to do it ALL from home!

We are so thankful for these ladies! They have a great attitude and have a smile on their faces to make everyone feel welcome in our school!

We just want Seraya and Julie to know they are the best of the best, and we are very thankful we have these two wonderful professionals at our school!

Happy Professional Administrator's Day this Wednesday, April 22, 2020.

## T.I.G.E.R. Reading Club

### **March Assembly Recognition**



### **INTERMEDIATE**

Level 2, 10,000 Pages

Alizayh Crews JaMya Siah Christine Han

Level 3, 15,000 Pages

Juno Summerlin Luna Summerlin Brodie Pont

Level 4, 20,000 Pages

**Esther Vargas** 

Level 5, 25,000 Pages

Elliot Smith Jaylynn Burnett

Level 6, 30,000 Pages

Bella Valinske

Level 7, 35,000 Pages

Maria Dumaguing

Level 9, 45,000 Pages

Gabrielle Gaspard Rihanna Hunt

Level 11, 55,000 Pages

Johanna Butler

Level 12, 60,000 Pages

Kristen Castillo Chloe Hunt Miles Berg Madison Darvell Jace Griffith

Level 14, 70,000 Pages

Isabella Maddamma

Dylan Poe

Level 18, 90,000 Pages

Michael Conway Phoebe Salvanera Jenna Pendley Julian Berg

Level 21+, Over 100,000 Pages

Yuna Chung

## T.I.G.E.R. Reading Club

### **March Assembly Recognition**



### **PRIMARY**

### Beginning Reader 2, 3,000 pages

Ryker Pont Ahsoka Young Blake Kaiser

### **Beginning Reader 3, 8,500 Pages**

Jacob Martinez Hudson Gaspard

### Level 1, 5,000 Pages

Jayden Selga Lorenzo Salgator Zackary Freeman Mykayla True Mackenzie Salvanera Jin Yoon Delaney Smith

### Level 2, 10,000 Pages

Reid Homerding Mykayla True Wyatt Hultquist Matthew Millanes

### Level 3, 15,000 Pages

Yuan Ravana Emilia Burke Audra Butler Devon Gould

### Level 4, 20,000 Pages

Junia Son Kyle Pascual Michael Baello Semi Akindipe

### Level 5, 25,000 Pages

Suin Kim Maxwell Mirka Level 8, 40,000 Pages Amuthan Srinivasan

### Level 9, 45,000 Pages

Oscar Scordino Trevor Pendley Cayla Homerding

### Level 11, 55,000 Pages

Lina Chung

## Important Reminders

### Reminder As of April 6th





# April 25th to May 8th

NLABC Book Fair Homepage

### Reminder from the Front Office

Will your child not be returning to NLABC for the next school year? Please let the front office know by emailing or leaving a voicemail at:

## Character Building Blocks



### APRIL 2020

Self Discipline: Will Power, Restraint, Self-Control

Independence: Freedom, Self Sufficiency, Self-Reliance

