

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



[Email](#)

[Facebook](#)

[School Website](#)

[SignUp](#)

September 2020

Dear NLABC Families,

What an amazing beginning of the school year! Even though we aren't in our traditional face-to face mode of teaching, it is very rewarding to see the students' faces and smiles.

I just wanted to again thank all of our families for your patience and grace while we navigate this new way of learning and teaching. Yes, we have had technology hiccups and will probably continue to do so, but please know that the teachers and staff are so dedicated to your child's success as a student. Their success is our success. Even though we aren't in the building, our philosophy remains intact. We will still have our RWB assemblies and celebrate all of the Tiger Reading readers virtually. Teachers began focusing on Friendship this week, which is the first character building block. That will be the focus for the next two weeks and then we will transition to the trait of work for the rest of September.

I am also hosting office hours every Tuesday morning from 8:00-9:00. To join use this code: 986 8365 6242. The password is NLABC. I hope to see you there to answer your questions.

Partners in Education,

Tammy Duff
Principal

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Healthy Futures Challenge

<https://healthyfuturesak.org/>

Starts 9/4/2020

Dear Parents,

Welcome to the new school year! I am looking forward to working with you and your child, and I'm pleased to announce our school will be participating in the Healthy Futures Challenge this year.

The contest will run for three months, September, October, and November.

What is Healthy Futures? Founded by concerned parents, Healthy Futures is a statewide, grassroots movement to help youth build positive, lifelong physical fitness habits through two core programs: the Healthy Futures Activity Log Challenge and the promotion of youth attendance at local recreational events.

Why Healthy Futures? Kids are not as active as they should be. They need daily vigorous physical activity to build strength, endurance, healthy muscles, and bones or they may face tough problems like obesity, diabetes, and lower self-esteem. At NLABC, we are committed to helping students develop the skills, knowledge and desire they need in order to be physically active now and for the rest of their lives. Parents and the community also play a critical role in the solution for healthier, active children by providing motivation, encouragement, and daily opportunities for recreation beyond the classroom.

How does your child participate in Healthy Futures? With your assistance, your child records physical activity on the Healthy Futures Activity Log. Qualifying logs must show at least 60 minutes of physical activity during a day, for at least 15 days of the month. Students can now count their active time during on-line PE class and at-home exercise activities. While it is healthiest for physical activity to be distributed throughout the month, the 15 days can occur in any pattern during the month and count toward a qualifying log.

The good news is that your students can spread out their 60 minutes of activity during the day. They can even break it up into smaller chunks of time during the day — as small as 10 minutes at a time of moderate to vigorous effort. For example, it could be 20 minutes of active time during on-line PE class, 20 minutes of bike riding, and 20 minutes of playing tag with family. On a weekend, it could be a 60-minute hike with their family.

This helps children get closer to the national recommendation of 60 minutes of physical activity every day for the best health. Students turn in completed logs to Mrs. Ireland by downloading the log (it is also attached at the end of this letter) and then taking a picture and sending it in an email to ireland_jalynn@asdk12.org (in exchange for exciting prizes, including the chance for one student from each school to win a grand prize if they complete all three logs in a Challenge).

Incentives. In addition to being happier and healthier, students are rewarded for participating in Healthy Futures. The contest will run for the months of September, October, and November. In exchange for turning in a completed log each month, students will receive a small prize and will be entered for a grand prize drawing at the end of the school year.

This is a wonderful program that is sure to benefit your child and our school. If you have any questions, please do not hesitate to contact me.

Mrs. Ireland and Mr. Theiler

What is Girl Scouts?

Girl Scouts isn't just a moment in her life, it's a Movement dedicated to building girls of courage, confidence, and character who make the world a better place.

Why do families love us?

Girl Scouts is a way of life that brings out the best in your girl, and helps her bring out the best in everyone around her. While she's learning about STEM, the outdoors, entrepreneurship, and important life skills, she's also discovering new ways to make your family and community stronger, kinder, and better for everyone.

How does it work?

Groups of Girl Scouts from the same community, called troops, typically meet weekly or bi-weekly for an hour or two. Hand-in-hand with adult volunteers—often parents or caregivers—girls select exciting hands-on activities and projects, try new things, and cheer each other on. Together, they earn badges to reflect their successes and show the world what they're made of.

What's the goal?

Making sure girls see and have the opportunity to reach their potential isn't just about helping them earn better grades, make better decisions, and have happier lives (although it helps with those things, too!). It's about creating a more fair, equal, and compassionate world where every girl has a seat at the table and can make her dreams come true. Check out our values in the Girl Scout Promise and Law.

How can you get involved?

Girl Scouts of Alaska is excited to welcome you and your girl! Membership dues are just \$30 annually, but financial aid may be available. Whether you want to start a new troop for your girl and her friends, join an existing troop, or have questions, send us a note at customercare@girlscoutsalaska.org, call us at (907) 248-2250, or find us at girlscoutsalaska.org. We're here for you!

Girl Scout Promise

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

Why Girl Scouts?

You want a brighter, happier tomorrow for your girl—and that's exactly what we want, too.

Studies show Girl Scouts improves girls' confidence and makes them better prepared for life's challenges. That's because we are dedicated to helping your girl follow her heart while she discovers new interests, strengths, and abilities. We're here with your family, hand-in-hand, to support:



Her Dreams

Girls love Girl Scouts because it's where they call the shots. Right now, Girl Scouts are learning about robots, hiking, painting murals, feeding the hungry, and even writing laws to change the world. If she can dream it, we'll help her do it.



Her Growth

This is where **your girl can relax**, knowing she's accepted for exactly who she is today and all she can be tomorrow. At Girl Scouts we don't focus on perfection, only her potential.



Her Success

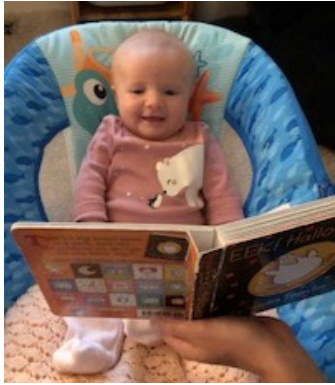
With her group (called a troop) of Girl Scout sisters by her side, your girl will reach further, work harder, and bounce back faster. Get ready to **see her shine** like never before.

Best of all, this is a journey you take with your girl and there's a place for the entire family.

Plus? Girl Scouts is fun!

Head to girlscoutsalaska.org
to say YES and start the adventure today.





Reading is important from the very beginning! Research has shown that 5th graders scoring in the 90th percentile spend an average of 40 minutes a day reading, while students in the 50th percentile read for 12.5 minutes. *Reading for less than 20 minutes a day made no statistical improvement in testing scores.* These are logical reasons to encourage reading, but we also know that reading together builds precious emotional bonds with our kids! For *important reasons to read aloud*, click this [Reading Rockets article link](#).

Families, we hope you will take time to talk to your children about participating in T.I.G.E.R. Reading this year. Our goal is to promote 20-30 minutes of reading each and every day so that students meet the T.R. monthly goal.

Photo Caption: Ms. Collins' 2-month old granddaughter listening to her favorite page in her favorite book



Below you will find links to:

- More information about [T.I.G.E.R. Reading - Website Page](#)
- Summer T.R. leveled goal recognition will be given at the virtual **RW&B**
- [Summer pages will be due electronically 9/1 to 9/5](#)
- [September pages will be due electronically 10/1 to 10/5](#)
- [Curbside Circulation for print books!! YAY!! Coming after Labor Day](#)

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>

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](#)

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](#)

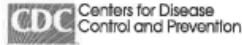
ANCHORAGE. [Municipality of Anchorage](#)

DID YOU KNOW?

Meals during closure for students are available:

[ASD Student Nutrition](#)

Nurse's Note



Coronavirus Disease 2019 (COVID-19)

[MENU >](#)

Help Children Learn at Home

Helping Children Learn

Keep Children Learning While School's Out

Updated May 20, 2020

[Print](#)

Stay in touch with your child's school

- Many schools are offering lessons online (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions, and typing answers.
- Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.

Create a flexible schedule and routine for learning at home

- Have consistent bedtimes and get up at the same time, Monday through Friday.
- Structure the day for learning, free time, healthy meals and snacks, and physical activity.
- Allow flexibility in the schedule—it's okay to adapt based on your day.

Consider the needs and adjustment required for your child's age group

- The transition to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.
- Consider ways your child can stay connected with their friends without spending time in person.

Look for ways to make learning fun

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.

On-Line Learning

On-Line Classroom behavior to remind kids: [Zoom Etiquette](#)

Best Practices for Parents: [Help Your Child Learn](#)

Parents/Student Tech Help: [ASD Technology HelpDesk](#) or call 907-742-4357

Family link Resource to everything! [ASD Family Resources Website](#)

Attendance Reminder

Attendance- Even though at this time we are having online learning, please still call our absence line at 742-7500 option 5 if they are going to be absent from school. If your child will not be in their Zoom class please communicate this to your child's teacher by email/phone call. Teachers are taking their attendance mainly by who is attending Zoom classes and those turning in their work on time. If you have any questions please call the office. We are trying to avoid parents getting the unexcused absence robo call, email and text and students having unexcused absences on their attendance record. Thank you for your help!



New NLABC Staff



My name is Desiree Cronin, and I am the new Health Teacher this year at NLABC. This is my first year teaching Health. I have my Master's Degree in Business and Finance. So, I have real life experience working in a variety of corporations before I changed careers to teach. I also have a teaching credential and have been teaching K - College students over the last few years.

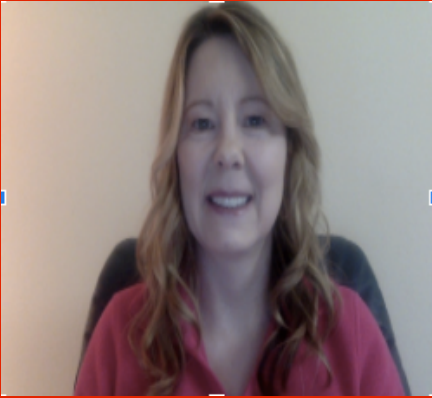
I have four children which two of them attended NLABC!. I am so glad for them to have had the opportunity to attend. I believe so much in the school's philosophy and I am grateful to be here at this school.

I have many pets that I have inherited over the years. One is from NLABC - the FROG! My son, when he was in 4th grade, came home with 3 tadpoles! One survived. Other pets inherited are four cats and 3 dogs (Havanese) and a fish. This is what happens when some kids go off to college. This will sure be an exciting year.



NLABC Secretary

Diane Carroll is originally from Michigan. This is her 4th year working for the ASD. Diane has an Associate of Arts degree from Aquinas College and 15 years experience in the banking industry. Most recently she was an assistant branch manager and loan officer. Her husband Greg is retired from the U.S. Navy and they have two daughters and one granddaughter.



Welcome to the most interesting start of school! I am Ms. Terri Daniels. I am the newest member of the 5th grade team. I have a passion for inspiring and empowering young people on their learning journey. I have been an educator for 30 years and am a BP Teacher of Excellence. Camping and fishing with my son are my favorite activities. I also like to read and cross-country ski.

Hello Northern Lights ABC Families,

I'm so excited to be a part of your school this year! I have a degree in Elementary Education and a few years of teaching experience. I've worked in many different areas of education, from a classroom teacher to a swim instructor. I've lived my whole life in Connecticut and I never thought I'd move. My husband, who's in the military, had an opportunity to move for his job and we thought some adventure was just what we needed! We arrived in Alaska this July and we're really loving it so far. I have two daughters, Rowan (4) and Maeve (2) and two dogs, Wallace and Delilah. I am an avid reader, I love to knit (which will come in handy here), I love photography, and exploring the outdoors. I am so excited to start this new adventure!

Morgan Curry- Kindergarten- AM TA



I've taught both Elementary and Middle school PE in my home state of Florida. I enjoy watching, playing, and coaching all sports but my favorites are golf and football. Besides my beautiful wife and two boys my passions are all things history and college football (Tennessee). Chaz Theiler PE Teacher



Ms. Kerry Nordstrom

Your School Counselor

What does a School Counselor do?

A **School Counselor** will work with students, school staff, parent/guardian and community for you

The main areas of student focus are:

- Academics / Attendance
- Social and Emotional Learning (SEL)
- Career

A School Counselor is a **Student Advocate**
What's an advocate?

*A person who listens and responds

*A person who supports and gets help or resources for students needs



ACADEMICS / ATTENDANCE

School counseling programs use data to understand student needs, provide school counseling classroom, group and closing the-gap interventions and remove systemic barriers to ensure all students as early as preschool and kindergarten have opportunity to develop academic goals at all grade levels reflecting their abilities and academic interests and can access appropriate rigorous, relevant coursework and experiences. - ASCA(2019)

Positive relationships between adults and students in a climate of shared concern is the key to keeping students in school - ASCA(2019)

SOCIAL AND EMOTIONAL LEARNING (SEL)

School counselors have unique training in helping students with social /emotional issues that may become barriers to academic success. Within the context of a school counseling program school counselors develop school counseling curriculum, deliver individual or small-group counseling and provide information directed at improving students' social/emotional well being - ASCA (2019)

School counselors promote mindsets and behaviors in all grade levels that enhance the learning process - ASCA (2019)

The school counselor is key to identifying students' social/emotional needs

CAREER

School counselors recognize that each student, regardless of background, possesses unique interests, abilities and goals, which will lead to future opportunities. Collaborating with students, families, educational staff and the community, the school counselor works to ensure all students select a postsecondary path to productive citizenry (e.g. military, career technical certificate or two-/four-year degree program) appropriate for the student. ASGA (2019)


School counselors will help a student become focused on a path and help guide them to appropriate services

It is my hope that as Northern Lights ABC school counselor I can help your student in whatever issue or need that may come up.

This school year is unusual and many may need some extra support that I can help with.

You can reach me by email at Nordstrom_Kerry@asdk12.org and I can set up a Zoom meeting if you would like an online meeting.

Support NLABC PTA by joining at :
<https://nlab.memberhub.com/join/ny3j74>
Purchase Planners & Phonogram Cards at:
<https://nlab.new.memberhub.store/>




BOX TOPICS

SEPT 2020

Easy ways to make a difference for your school.

NATIONAL BOX TOPS WEEK


SEPTEMBER 21-27



This week only, earn 1 Bonus Box Top with every valid receipt scan.
Limit of 5 scans per person, while supplies last.

INVITE FRIENDS TO SUPPORT YOUR SCHOOL!

This year, teachers need more help than ever. Use the Invite Friends button in the Box Tops app to ask friends and family to scan and earn for your school.



••• National Box Tops Week **BONUS** •••


If a friend that you've invited scans their first receipt during the week of Sept 21-27, you'll **BOTH** earn 50 Bonus Box Tops!

Offer valid while supplies last.

DOUBLE UP SWEEPSTAKES


A CHANCE TO DOUBLE YOUR SCHOOL'S EARNINGS!

5 Grand Prize winners will have their school's December 2020 Box Tops earnings matched, up to 20,000 Box Tops. Sweepstakes ends 10/04/20.




GIVE CREDIT FOR YOUR SCAN

Did you know? You can use the Give Credit feature in the app to credit your Box Tops earnings to a specific person, classroom or grade level.



DO YOU HAVE THE LATEST VERSION OF APP?

We regularly make important updates and improvements, so make sure your phone is up to date!



START THE YEAR WITH AN UPDATED LIST OF PARTICIPATING PRODUCTS!

Download it now at BTFE.com/products

LEARN MORE AT BTFE.COM



AmazonSmile is a simple and automatic way for you to support Northern Lights ABC PTA every time you shop, at no cost to you!

When you shop at AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate 0.5% of the price of eligible purchases to Northern Lights ABC PTA!

AmazonSmile is the same Amazon you know. Same products, same prices, same service. You can even use the same account on Amazon.com and AmazonSmile!

Support Northern Lights ABC PTA by starting your shopping at AmazonSmile today!

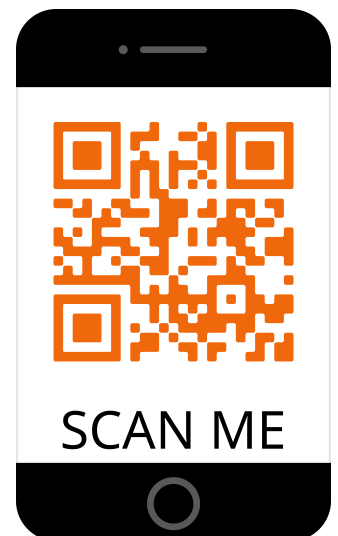
Just scan the QR code above or visit this link: <https://smile.amazon.com/ch/92-0065531>

Every little bit of money counts!

If you are already shopping Amazon Smile, thank you!! We have had over 17 purchases made in the last week alone!

We would love to see what our NLABC community can do! Share the code with your family, friends, grandparents, aunts/uncles, local businesses, etc. Together, we can do amazing things for our school!

Thank you for being so supportive of your NLABC PTA!



The ASD Virtual Program at NLABC!

The ASD Virtual Program is a new fully online homeschool choice for students and families. The new virtual program maintains a connection to neighborhood/choice schools while learning from home.

Our NLABC liaison is Mrs. Ireland, she can be reached at: ireland_jalynn@asdk12.org for any question or concerns.

The ASD Virtual Program will:

- Engage students with an interactive approach to learning
- Provide a consistent and reliable plan for students and families
- Offer courses aligned to learning standards
 - Grades K-5 will use [Calvert Learning \(Links to an external site.\)](#)
 - Grades 6-12 will use [APEX Learning \(Links to an external site.\)](#) and/or [eDynamics \(Links to an external site.\)](#)
- Provide resources to support parents/guardians as learning coaches for their students
- Ensure virtual teachers have been trained to engage students and support online learners

Families will continue to:

- Receive school communications
- Have opportunities to participate in activities, clubs, and athletics
- Have access to collaborative support between the virtual teacher and school staff

Pick Up Primary (K-3) Materials Curbside

September 9th

September 23rd

October 7th

For Q1 please pick up school materials between the hours of 9am-3pm on the dates listed above. Please pull around to the front of the school for curbside pick up. A teacher will come to your car and ask your student's name and teacher name and they will bring the items to your car.

See what upcoming events
are happening at our school.
Watch the school calender!

[NLABC School Calendar](#)

Have a child starting with NLABC?

Help them prepare by going to our homepage at [NLABC Homepage](#)

You will see the icon below:



You can also go directly to the video page [Phonogram Tutorial Videos](#)

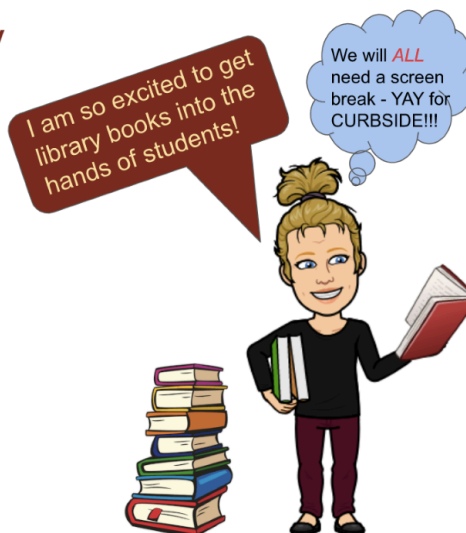
251 overdue library books from last spring???

If you find any, please return them to the blue library bin outside the front door daily 8-2 or during curbside library pick-up times.



Northern Lights Library

CURBSIDE PICK-UP



<https://tinyurl.com/NLABC-Curbside>

Character Building Blocks

Friendship

<p>Respect</p> <p>Patriotism</p> <p>Compassion</p> <p>Courage Honesty</p> <p>Self-Discipline</p> <p>Self-Confidence</p>		<p>Perseverance</p> <p>Generosity</p> <p>Tolerance</p> <p>Humility</p> <p>Work</p>
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Independence Helpfulness

Sportsmanship Loyalty

September 2020

FRIENDSHIP: Relationship, Bond, Camaraderie

WORK: Labor, Achievement, Accomplishment

