

Tiger Tracks

Northern Lights ABC School Newsletter



Dear NLABC Families,

Welcome to our first Tiger Tracks of the new year! It's hard to believe that we are already in third quarter. I hope this edition of Tiger Tracks finds you and your family in good health.

I'd like to remind families that students do need to come prepared for outdoor recess. This means they have a warm coat, hat, gloves, boots, and snow pants (for grades K-4). Students in grades 5-6 do need to wear snow pants if they are going out into the field.

We have had several students coming to school who are ill. If your child has a fever, is showing symptoms of a head cold, coughing, sore throat, or has a headache, please keep them home. Homework can be found on Canvas, or you can arrange to pick it up. We respectfully ask that if you or members of your household have Covid, that you call before picking it up so we can bag it up for you and place it outside, so we remain contact-free.

Masks are still required to be worn at school. We have several students arriving daily without masks. We can provide some, but it is the responsibility of the student (and family) to bring them and be prepared for school.

This is a great time to update any new information in Q. Do you have a new number, address, emergency contacts that can be updated? Is your email the best one to reach you at? We often have several emails returned to us.

Our next fundraiser will be on Feb. 1st from 4-9pm at Texas Roadhouse on Old Seward Hwy. You can dine in or carry out. Please make sure you say NLABC and then sign the NLABC paper if you go inside. Several schools are competing to see which school can gather the most signatures. Thank you in advance for supporting our school.

We will be having our RWB assembly on Feb 4th with times for intermediate at 8:45am and primary at 9:30am via Zoom. More information will be sent soon.

Have a great weekend,
Mrs. Duff

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Dates to Remember

1/31/22-	Middle School Tour by Zoom 4:00-5:00pm
2/1/22-	ASD Lottery Opens
2/1/22-	Digital Tiger Reading Logs (due by the end of the school day 2/3/22)
2/1/22-	MS Battle of the Books District Battle 1:00-3:00pm
2/1/22-	Texas Roadhouse Fundraiser Night 4:00-8:00pm
2/1/22-	Basketball Game at Gruening Middle School 5:00-6:00pm
2/2/22-	Tutus, Ties and Tennis Shoes Spirit Day
2/3/22-	Basketball Game at Mirror Lake 6:00-7:00pm
2/4/22-	RWB Assembly- Intermediate (by Zoom) 8:45am
2/4/22-	RWB Assembly- Primary (by Zoom) 9:30am
2/8/22-	Basketball Game at Gruening Middle School 5:00-6:00pm
2/10/22-	Basketball Game at Clark 5:00-6:00pm
2/11/22-	MS Spirit Day- Valentine's Day Theme
2/11/22-	Spelling Bee 9:00am
2/15/22-	Spring School Picture Day
2/15/22-	Basketball Game at Goldenview Middle School 5:00-6:00pm
2/16/22-	Parent/Teacher Conferences- Early Release 11:45am
2/17/22-	Parent/Teacher Conferences- Early Release 11:45am
2/18/22-	No School- In-Service Day
2/21/22-	No School- Presidents' Day holiday

See what upcoming events are happening at our school.

Watch the school calender!

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

School Nurse News

Dear NLABC Families,

Happy New Year! This is to inform you that ASD has updated the isolation and quarantine guidelines based on CDC recommendations.

Updated Guidelines:

If a student/staff tests positive, they are required to isolate for 5 days. Stay home for 5 days after your first symptom or positive test, whichever is earlier. Please note that the first day of symptom onset is counted as day 0. After 5 days, you may return to school when you have not had a fever in 24 hours without fever reducing medicine, as long as your other symptoms are improving.

Covid Testing:

We offer covid testing @ NLABC for symptomatic students and their families. You can click on the link below to get your child registered for covid testing if needed.

<https://beechtree.rymedi.com/#/registration-form?irbuid=bdfc13af-f77b-4778-b666-feaa965a1360>

Select "I don't have a QR code". If you have a QR code, you do not have to register.

Masking:

Per Dr. Bishop's letter dated on 1/4/22, "the mask requirement remains". Masking is NOT optional. Staff/students are still required to wear masks in school. Please ensure that students are properly masked before sending them to school.

Let me know if you have any questions.

Thank you!

Nurse Ngozi

THANK YOU!

Special thanks to our amazing parent, Keri Baranov, who knitted and donated hats for our students who didn't bring one to school on cold days. We appreciate your donation, and the hats are beautiful! Our school nurse gladly takes donations of winter gear.



KEEP ASD SYMPTOM FREE



At Home COVID-19 Health Screening for Parents and Guardians

Ask these questions at home before sending students to school. Anyone who answers "yes" to questions #1 or #2 must not enter the school or participate in a school sport or activity. Students do not need to stay home if they've answered "yes" to question #3. See guidance below.

1 Within the last 5 days, have you been diagnosed with COVID-19 or had a positive test for the virus?

2 Have you had any of these symptoms in the last 24 hours?

- Fever (defined as a temperature 100.4F or higher)
- Chills
- New trouble breathing or shortness of breath
- New cough
- Diarrhea
- Abdominal pain
- Vomiting
- Fatigue
- Joint pain
- Muscle aches or body aches
- New rash
- Loss of taste or smell
- Sore throat
- Headache
- New congestion
- New runny nose

3 Do you live in the same household or have you had close contact in the last 5 days with someone who has tested positive for COVID-19?

Close contact counts if you have been within 6 feet for more than 15 minutes (cumulative over 24 hrs), or if someone from public health contacted you to let you know you are a contact.

Note: If a child or staff member lives with someone else who was named as a contact, it is okay for the child or staff member to go to school. We do not quarantine contacts of contacts.

Yes
STAY HOME or go home immediately if the answer is YES to one or more questions above.

Parents / guardians should follow the Return to School Options pathway (see reverse) to determine when to send students back to school. **DO NOT** send student to school with any of the above symptoms.

4 Are you vaccinated?

No
5-day quarantine is recommended but not required. CDC recommends a molecular-based test on day 5 of initial exposure. This is not required by ASD. CDC recommends masking in public and monitoring symptoms for 10 days from last day of exposure.

Yes
CDC recommends masking in public and monitoring symptoms for 10 days from last day of exposure. ASD recommends but doesn't require a COVID test 5 days after last exposure.



Anchorage School District
Educating All Students for Success in Life

www.asdk12.org

Return to School Options

For Anyone with COVID-19 Symptoms or a Positive COVID-19 Test Result:

1

If you test positive, stay home for 5 days after your first symptom or positive test, whichever is earlier. After 5 days, you may return to school when you have not had a fever in 24 hours without fever reducing medicine, as long as your other symptoms are improving.

2

If you test negative, you may return to school once you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

3

If you do not get a test, stay home for 5 days. You may return after 5 days if you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

4

If your healthcare provider determines your symptoms are from something else, you may return to school with a note from your provider as long as you have not had a fever in 24 hours without fever reducing medicine and your other symptoms are improving.

Content for this flier borrowed with permission from the Alaska Department of Health and Social Services Start Strong website.

Anchorage School Board: Margo Bellamy, President

Dave Donley

Pat Higgins

Andy Holleman

Carl Jacobs

Kelly Lessens

Dora Wilson

Superintendent: Dr. Deena Bishop



AnchorageSchoolDistrict



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YouTube AnchorageSD

5530 E. Northern Lights Blvd. | Anchorage, AK 99504-3135 | (907) 742-4000 | www.asdk12.org

Music News

K-5

Welcome back to music! Students started our semester reviewing procedures and instruments with a fun song about the cold. We're also reviewing our Alaska Flag song this month, along with additional patriotic music and grade level songs. Kindergarten is working on "Apple Tree," 1st Grade is working on "Engine Engine," 2nd grade is working on "Little Robin," 4th grade is working on "Town of Noise," and 5th grade is working on the Blues.

Choir

Choir students are starting off the year working on their Blue Belt in Choir Karate and beginning to prep for our upcoming events. Scheduled concerts this semester are below, we are looking forward to a great year!

1. South Area Choir Festival: Thursday, March 24th, report @ 5 pm for a 6 pm concert. Location: South High School. 6th-8th grade.
2. ASD Middle School Choir Festival: Thursday, April 21st, report @ 6 pm for 7 pm concert. Location: Bartlett High School. 7th/8th grade.
3. NLABC Spring Concert: Wednesday, May 4th, an afternoon show and an evening show from 6-8 pm. 6th-8th grade.



If you have questions, you can reach me at congdon_darinda@asdk12.org

And you can always find more information on our NLABC music website at <https://sites.google.com/asdk12.net/nlabcmusic>

Solo and Ensemble Rehearsal Group

Dear Families,

The Middle School Solo and Ensemble Festival will no longer be held live out at Chugiak High next Friday, Feb. 4th. Instead, submissions will be recorded.

I will be in touch as I hear more from the Music Department, and will be working with your students to submit their recordings. They've worked so hard and come so far, and I'm proud of their efforts and sound!

Wishing you well,
Darinda Congdon

NLABC is constantly looking at ways we can improve. We would appreciate your feedback by participating in this survey. All responses are confidential. The survey is open from January 17th-March 25.

Language Options: Survey is available in English, Spanish, Tagalog, Hmong, and Samoan. Families can toggle to their target language in the upper left-hand corner.

Family Survey Link: <https://surveys.panoramaed.com/aasb/asdfamily>

Dear Parents of Sixth Graders,

This is the time of year we start preparing for the **2022-2023** school year. It's also the time of year that we suggest you start thinking about where you plan to send your child for middle school. There are several options available to you and we encourage you to begin discussions now to make the best decision for your student and your family.

All our middle school students take the following subjects: Language Arts/Reading, Math 7/Pre-Algebra/Algebra, Science/Biology, Social Studies, Physical Education, Art, and Health. Elective courses are Music (Band, Orchestra or Choir) and Foreign Language (Spanish). Electives will also be offered.

Our Middle School Teachers are available to answer any questions you may have about Middle School at NLABC, please see their email addresses below.

Heather Coffman Coffman_heather@asdk12.org
Chris Cullings Cullings_chris@asdk12.org
Ian Dickson Dickson_ian@asdk12.org
Shannon Lee Lee_Shannon@asdk12.org

This year we will be having a virtual open house by Zoom, Middle School teachers will go over information about middle school at NLABC and answer any questions.

Topic: 6th Grade Virtual Tour for Middle School. Time: Jan 31, 2022, 04:00 PM Alaska
<https://asdk12.zoom.us/j/95260036349?pwd=dkJFcVExT2VXSdJsTnY5M3pzT05qZz09>

Meeting ID: 952 6003 6349

Passcode: 168475

You also have the option of sending your student to your neighborhood middle school. If this is the direction you wish to pursue, you are responsible for contacting that school for registration information. Your neighborhood middle school is based on your resident address.

Additional options include lottering into, or applying for a zone exception at, a middle school that is not your neighborhood middle school. If you decide one of these options is the best choice for your student, we suggest you have a plan in place should he/she not be accepted at that school. You must contact these other schools for their registration information. The lottery and zone exemption process is now done online. Please see the ASD or NLABC website for further information and links to the online application system. Lottery and zone exemption applications *must be submitted online by 5pm, March 17, 2022*. The next Anchorage School District lottery will be held **March 18, 2022**.

If you have any questions, please don't hesitate to call our office.

Sincerely,

Tammy Duff, Principal

ABC XYZ NEWSLETTER

Enjoy the first installment of the new ABC XYZ Newsletter. It's written by a group of sixth graders from both Mr. Walsh and Ms. Frackman's classes who are currently writing under pseudonymous disguises. Please click on the link below.

<https://docs.google.com/document/d/>



Newsletter 1.18

THE ABC XYZ

by The NLABC XYZ Welcome to our new monthly newspaper! Here you will find all our top stories and articles! Every month a new paper will be posted with new and improved material! ENJOY OUR PAPER! THIS WEEK'S TO...

docs.google.com

Valentine's Day Candy Grams

Students can purchase the candy grams during lunch for \$1 each.

All candy will be lollipops.

Start day for selling: February 4th

End date for selling: February 11th

Distribution to teachers: February 14th

Annual ACCESS Testing Window opens February 1st

Each year, students in English Language Learner programs take the ACCESS for ELLs language proficiency test. The test measures academic English language proficiency for students learning English in our school and throughout our state. The assessment measures listening, reading, speaking and writing skills. Please contact Margaret McIntyre at Northern Lights ABC for questions.

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 and it is job # 9807 – Service Area Temporaries.

Lottery Change/Reminder

The ASD Lottery will open February 1, 2022 for the 2022-2023 school year. Please remember that you must still enter the lottery for your student to be considered for sibling preference.

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.

Volunteers

All volunteers are required to fill out a volunteer application and waiver form, and must wait for district approval prior to volunteering in the school. Thank you for your willingness to help out at our school! Here is a link to the forms: <https://www.asdk12.org/Page/18673>

Lost and Found

The lost & found is overflowing with coats, snow-pants, gloves and hats! If you have noticed your child is missing any items please come and check for them. It is located in the front foyer near the library.



- Lottery closes March 17, 2022
- Lottery runs March 18, 2022
- Parents notified March 25, 2022

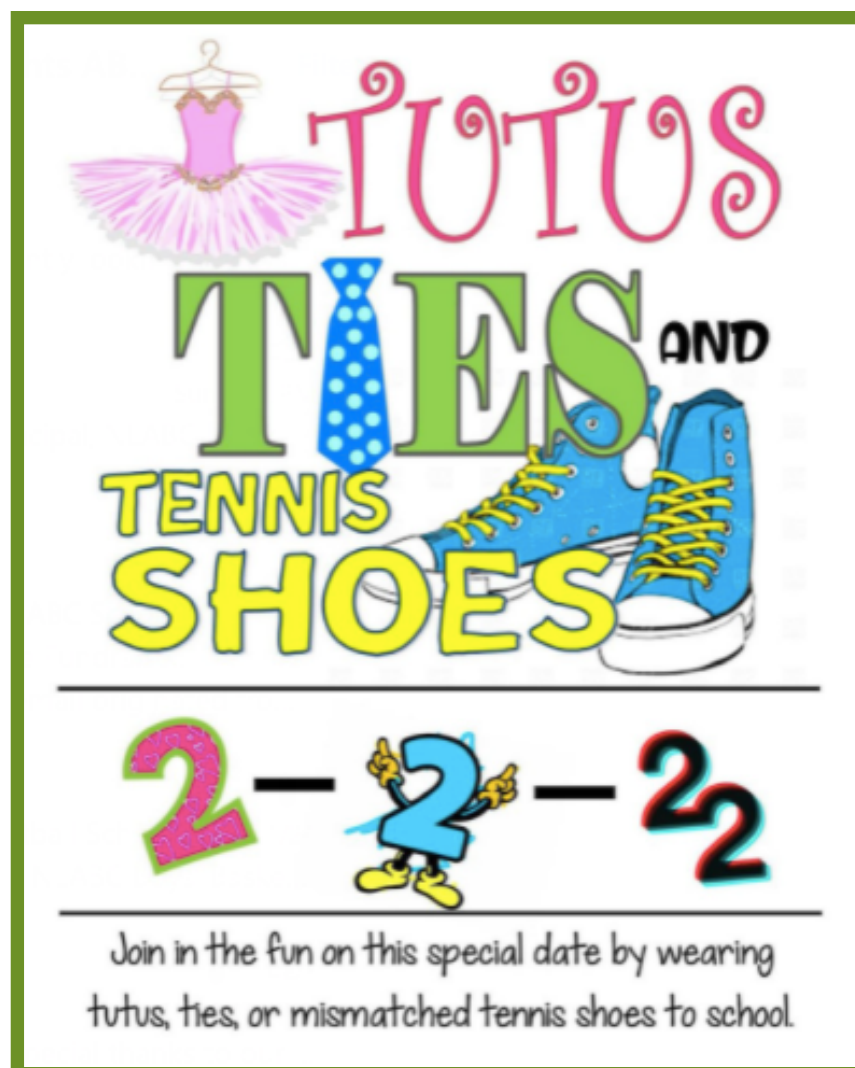
NLABC Intermediate Spelling Bee



When: Friday, February 11th

Time: 9:00am

Our spelling bee will be held in the multipurpose room with all participants socially distanced. Parents/family of participants will be able to attend in person. We will also send out a Zoom link a few days before the spelling bee so parents/families are able to watch their spellers participate if they choose not to attend in person. If you have any questions, please contact Mrs. Hughes at Hughes_karey@asdk12.org.



NLABC BOYS' BASKETBALL GAME SCHEDULE

FEB 1

5pm @ Gruening Middle School vs Gruening C Team
9601 Lee St, Eagle River, AK 99577

FEB 3

6pm @ Mirror Lake Middle School vs Mirror Lake MS C2 Team
22901 Lake Hill Dr, Chugiak, AK 99567

FEB 8

6pm @ Gruening Middle School vs Begich C3 Team
9601 Lee St, Eagle River, AK 99577

FEB 10

5pm @ Clark Middle School vs Clark C1 Team
150 Bragaw St, Anchorage, AK 99508

FEB 15

5pm @ Goldenview Middle School vs Hanshew C4 Team
15800 Golden View Dr, Anchorage, AK 99516

Please remind your student-athlete that they cannot participate in the games if they have any grades lower than a 'C'. They've already heard this from me (a few times).

Students (with parental supervision) may attend the games to observe.

*If you have any questions, please contact Coach Reale.
Mandy Reale*

Reale_amanda@asdk12.org

NLABC MS Boys' Basketball Coach



(907)336-7427
9001 Old Seward Hwy | Anchorage, AK

FUNDRAISING

DINE-IN OR TO-GO

⇒ ***Support*** ⇐

Northern Lights ABC

1st, February

4am – 9pm

10%
DONATION NIGHT

Support Northern Lights ABC by
presenting this flyer to the
South Anchorage Location and
Texas Roadhouse will donate **10%**
of your total food purchases to
Northern Lights ABC!





FAMILY VALUE PACKS* FUNDRAISER

Northern Lights ABC



**** Tuesday, February 1st ****

**** 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

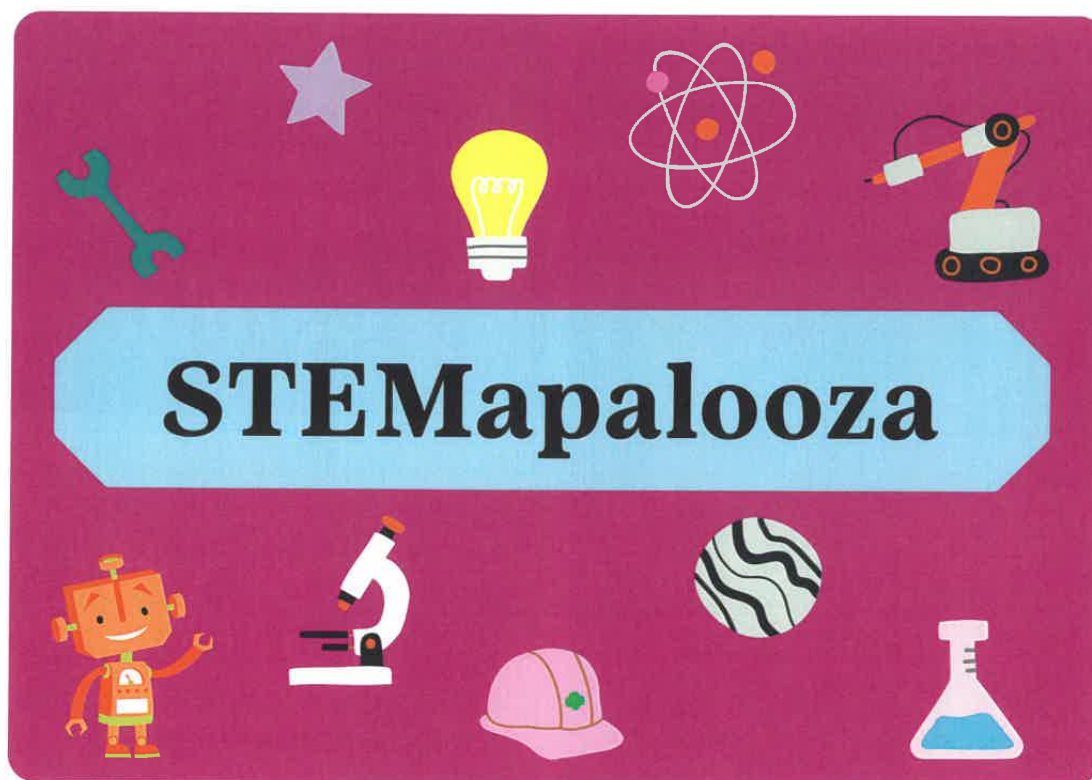
*Loaded toppings +\$1.99 per side (Cheddar & Bacon Bits)

**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.



**Celebrate science, technology, engineering,
and math with STEMMapalooza, February 3-5!**

Girl Scouts can choose from live virtual sessions led by STEM professionals, at home science experiments, recorded virtual programs, and more. Explore STEM careers by attending the STEM career panel, put your engineering skills to work during our STEMMapalooza challenge, or get your family involved in STEM trivia. Throughout the event, girls will have the opportunity to learn about animals, the environment, aerospace, physics, aurora, and more. All girls in grades K-12 are invited to attend!

New This Year:

- STEM Movie Night
- STEM Career Panel (earn part of your STEM Career Exploration badge)
- Family STEM Trivia
- STEM Challenge – Win Prizes!

The first 200 registrants will receive a free STEM kit!

**Register at:
girlscoutsalaska.org/stemapalooza**




Register for Girl Scout Summer Camp!

Our camps are committed to creating a community that helps campers unlock their potential and discover the world while developing life skills. In our safe and supportive environment, girls become active participants in the learning process as counselors guide them in not only having fun, but understanding the importance of how and what they are doing.

Our travel camps and camps in Chugiak, Wasilla, and Juneau are open to ALL girls, regardless of whether they are current Girl Scout members. We offer day camps and resident camps with all the classic camp activities, such as canoeing, arts and crafts, and exploring the outdoors, as well as sessions focused on STEM, water, hiking, and more.

Camp Catalog available at:
girlscoutsalaska.org/camps

Lifetouch.



**Spring
Picture Day**

Día de la Foto de primavera

**Tuesday, February 15, 2022
\ martes, 15 de febrero, 2022**

Northern Lights ABC School

Order before Picture Day on mylifetouch.com
with your Student's School ID or Picture Day ID:

EVT6NSBPP

Encarga antes del Día de la Foto en mylifetouch.com
con tu ID escolar del estudiante o la ID del Día de la Foto: EVT6NSBPP

Students will get their spring pictures taken individually and then a group photo will be taken with their classmates. The group photo will be on the stairs of the stage in the MPR, and masks will be removed for the photo. Masks will be down for a maximum of 2 minutes while the photographer prepares the students for the photo.

If you do not wish to have your child participate in the group photo, please email their classroom teacher and Mrs. Duff. We will be creating a list and wish to honor those requests.

Please let me know if you have any questions at duff_tammy@asdk12.org.

Order your yearbook today at **ybpay.com**

Encarga hoy tu anuario en

Order Deadline:

Fecha Tope Para el Pedido:

March 14, 2022

Yearbook ID Code:

Código ID del anuario:

14576722

School Name:

Nombre de escuela:

Northern Lights ABC School

Yearbook Anuario **\$20.00**

- Sturdy softcover with protective coating
- All-color pages that vibrantly capture your memories throughout the school year

- Cubierta blanda resistente con revestimiento protector
- Todas las páginas a color, que captan de manera vibrante tus recuerdos durante el año escolar

Hardcover Upgrade +\$5.00
Mejora de la cubierta de tapa dura

Packages Paquetes

BEST VALUE! ¡Mejor valor!

PACKAGE A **\$28.25**

PAQUETE A

- Yearbook
- Personalized Yearbook Cover
- Zoom
- Autograph Insert
- Yearbook Stickys
- Anuario
- Cubierta personalizada
- Zoom
- Volante de autógrafo
- Adhesivos del anuario

Hardcover Upgrade +\$5.00
Mejora de la cubierta de tapa dura

PACKAGE B **\$27.00**

PAQUETE B

- Yearbook
- Personalized Yearbook Cover
- Zoom
- Autograph Insert
- Anuario
- Cubierta personalizada
- Zoom
- Volante de autógrafo

Hardcover Upgrade +\$5.00
Mejora de la cubierta de tapa dura

PACKAGE C **\$25.75**

PAQUETE C

- Yearbook
- Personalized Yearbook Cover
- Zoom
- Anuario
- Cubierta personalizada
- Zoom

Hardcover Upgrade +\$5.00
Mejora de la cubierta de tapa dura

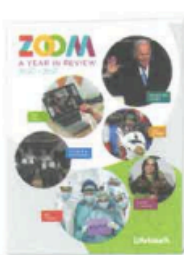
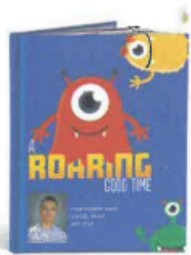
PACKAGE D **\$21.50**

PAQUETE D

- Yearbook
- Zoom
- Anuario
- Zoom

Hardcover Upgrade +\$5.00
Mejora de la cubierta de tapa dura

Extras Adicionales



Prices include sales tax where applicable. When you pay by check, you authorize us to process the payment as a check transaction, or to use information from your check to make a one-time electronic fund transfer from your checking account. A service fee may be charged on returned checks. Post-dated checks are not accepted. By completing and submitting this order form, you are agreeing to all of Lifetouch's terms and conditions located at www.lifetouch.com/terms-conditions and to our privacy policy located at www.lifetouch.com/privacy.

Los precios incluyen impuesto a las ventas cuando corresponde. Cuando pague con cheque, nos autoriza a procesar el pago como una transacción mediante cheque o a usar la información de su cheque para realizar una transferencia electrónica de fondos desde su cuenta de cheques por única vez. Por cheques rechazados se podrá aplicar un cargo. No se aceptan cheques de pago diferido. Al completar y enviar este formulario de pedido, acepta todas las condiciones de Lifetouch ubicadas en www.lifetouch.com/terms-conditions y nuestra política de privacidad ubicada en www.lifetouch.com/privacy.


Yearbooks are on sale now! Order online at ybpay.lifetouch.com, with school code 14576722. Thank you!

RECESS DRESS CODE

Per ASD policy students are expected to attend recess until -10 degrees below zero. This will include wind chills. Snow Pants are required for soccer, football and the sledding hill. Students who do not have proper gear will go to study hall.

	Below Freezing (32 degrees)- Required unless otherwise stated	Snow on the Ground-Required unless otherwise stated
Grades K-4	Warm Coat, Hat or Hood, Gloves	Warm Coat, Hat or Hood, Gloves, Snowpants, Boots
Grades 5-6	Warm Coat, Hat or Hood, Gloves	Warm Coat, Hat or Hood, Gloves, Boots. Snow Pants are encouraged.
Grades 7-8	Coat	Encouraged are a Warm Coat, Hat or Hood, Gloves, Boots and Snow Pants.

Anchorage Engineers Week, UAA College of
Engineering, and Anchorage Public Libraries
Present



CALLING ALL FUTURE ENGINEERS!

E-WEEK STUDENT COMPETITIONS

For Elementary, Middle, & High Schoolers

**Saturday
February 19**

at Loussac Library
10:00am - 04:00pm

The competitions will run from
10am to 2:30pm. The awards
ceremony will begin at 3pm.

A Free
**SCIENCE
TECHNOLOGY
ENGINEERING &
MATH**
Event

For more information: eweekak.com/student-competitions



UAA College of Engineering
UNIVERSITY of ALASKA ANCHORAGE





21-22 NLABC MIDDLE SCHOOL SPIRIT DAYS
.....
WE ARE PROUD TO BE NLABC TIGERS
.....



- Friday, February 11 ~ Valentine's Day Theme
- Friday, March 18 ~ Superhero Theme
- Friday, April 22 ~ Home Room Wars

On each spirit day, homerooms with 100% participation will earn a ticket to be entered to win a pizza party after the April 22 spirit day. The winning homeroom teacher will also receive a \$50 gift card to their choice of Kaladi Brothers or Amazon. The more tickets earned, the greater your homeroom chances are to WIN!

On April 20th, Homeroom Wars will take place. The judges will be considering theme, participation involvement, creativity, ambiance, and enthusiasm, to decide on the winning Homeroom class. The winning homeroom, will not only have bragging rights, but will also win a pizza party & rootbeer floats, as well as the homeroom teacher will win a \$50 gift card to Amazon!

** Dates & Themes subject to changes**

SPONSORED BY YOUR NLABC PTA



HELP NLABC EARN MONEY, JUST BY DOING WHAT YOU ALREADY DO!

SHOP ON AMAZON, JUST LINK YOUR ACCOUNT TO OUR SCHOOL & AMAZON GIVES
BACK 0.5% ON YOUR ELIGIBLE PURCHASES TO OUR SCHOOL!



COMPUTER

1. Go to <https://smile.amazon.com/ch/92-0065531>
2. Login using your existing Amazon account or register for a new account.
3. Under "Pick your own charitable organization" search for **Northern Lights Elementary ABC PTA**
4. Remember to buy your Amazon purchases through smile.amazon.com & NOT through the regular Amazon site.
5. It is helpful to create a bookmark or add to your favorites for a shortcut.



AMAZON APP

1. Get the Amazon App either in the App Store for iOS or Google Play for Android.
2. Open App & login to your existing Amazon account or register for a new account.
3. Simply tap on "AmazonSmile" within the Programs & Features menu or Settings and follow the on-screen instructions.
4. Under "Pick your own charitable organization" search for **Northern Lights Elementary ABC PTA**.
5. Remember to renew your Amazon Smile twice a year when prompted by Amazon.

BE SURE TO SHARE:
WITH FAMILY, FRIENDS, AUNTS,
UNCLES, GRANDPARENTS,
GRANDFRIENDS, AND BUSINESSES.
THEY DO NOT EVEN HAVE TO LIVE IN
ALASKA! ANYONE WITH AN AMAZON
ACCOUNT, CAN SIGNUP & HELP OUR
SCHOOL!



Thank you for
supporting
Northern Lights
ABC School!

NORTHERN LIGHTS ABC SCHOOL



ALREADY HAVE FRED MEYER REWARDS?



LOG-IN TO YOUR FRED MEYER ACCOUNT & SEARCH FOR NORTHERN
LIGHTS ABC PTA OR TYPE IN KN926 TO LINK YOUR ACCOUNT &
START EARNING MONEY FOR NLABC TODAY



NOT A FRED MEYER REWARD MEMBER YET?



SIGN UP & START SAVING MONEY WHILE
SUPPORTING NORTHERN LIGHTS ABC SCHOOL



The Forget Me Not Grief Center of Alaska is a non-profit organization in Anchorage offering free community-based grief support, with a focus on children and teens.

---- Opening January 2022 ----

Our Mission is to build a healthier community by supporting those grieving a death—especially children and teens.

Our History

In 2018, the closure of the Forget Me Not children's grief support program, run by Hospice of Anchorage, left an undeniable hole in the Anchorage community. During its 10+ years of service to the community, the program thrived and served many families experiencing loss and grief. The program was distinctly unique, which added to the loss.

With Alaska's high rates of depression, suicide, addiction, and domestic abuse, Anchorage communities have an enormous need for accessible grief support for our young people. Yet, there were no services.

The Forget Me Not Grief Center of Alaska was started as a direct response to this enormous need. In April of 2019, a group of professionals came together to form the Forget Me Not Grief Center of Alaska.

Full of energy and excitement, plans were made to train volunteers and open mid-2020. But COVID-19 pandemic brought the world to a halt—our plans included. But the need remained, so our vision remained.

Board members continued to move forward to obtain federal non-profit status and a recognized 501(c)3. And in January of 2022, FMNGCA plans to begin providing grief support services to children, teens, their adults, and those who need it most.

Our Services

"We heal together."

Grief, by nature, is partly a communal process and experience. That is why the core of FMNGCA is peer-driven grief support groups for children and teens and the adults who love them.

These group meetings happen twice a month on, what we refer to as, "program nights". Participants are put into groups based on age and developmental stage. Trained volunteers facilitate the groups to support a healthy expression of grief.

When faced with grief, we do not want financial constraints to be a reason you do not seek support. That is why our services are offered free of charge.

We want to be clear - our programs are not therapy. FMNGCA services are for the purposes of supporting participants through normal grief. Group meetings are not therapeutic interventions, which are sometimes but rarely needed by people to cope with a death.



Interested in our services?

If you are interested in learning more about our services, please contact FMNGCA for an initial conversation. These conversations will be scheduled to help assess your family's needs and provide an orientation to the program. After orientation, families can begin attending program nights, joining the community of others in similar situations.

To schedule an initial conversation, please email forgetmenot.griefcenter@gmail.com. We look forward to inviting you into this space.

Program Meeting Nights:

- 2nd and 4th Thursdays | 6PM – 7:30PM

Get involved! Volunteers: the Heart of FMNGCA!

Join the network of trained volunteers positively impacting our local community by dedicating your time and resources to walk alongside those grieving. Email forgetmenot.griefcenter@gmail.com ; also, access volunteer materials on the website.

Website: www.griefcenterak.com

Our Board

Rena Queja | *President*

Rena is a social worker and supervisor at the Providence Cancer Center. To further meet the needs of her community, she has received training from The Dougy Center, the nation's leader in children's grief.

Jane Barber | *Board Member*

Jane is currently a school counselor with Anchorage School District and has direct experience running a children's grief support program. Formerly, she was the director of Hospice of Anchorage.

Nathan Rogers | *Secretary/Treasurer*

Nathan comes to FMNGCA with over 10 years of experience working in areas of grief, death and dying. Most recently, he ran an adult grief support program for Providence Hospice until he took a new position within Providence in 2021.

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.

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](#)

ASD Statement of Nondiscrimination

The Board is committed to an environment of nondiscrimination on the basis of race, color, religion, sex, age, national origin, economic status, union affiliation, disability, and other human differences. No person shall be excluded from participation in, or denied the benefits of, any academic or extracurricular program or educational opportunity or service offered by the District. The District will comply with the applicable statutes, regulations, and executive orders adopted by Federal, State and Municipal agencies. The District notes the concurrent applicability of the Individuals with Disabilities Education Act, Title II of the Americans with Disabilities Act, and the relevant disability provisions of Alaska law. Any student or employee who violates this policy will be subject to appropriate disciplinary action. Inquiries or complaints may be addressed to ASD's Equity/Compliance Director, who also serves as the Title IX and ADA Coordinator, ASD Education Center, 5530 E. Northern Lights Blvd, Anchorage, AK 99504-3135 (907) 742-4132, EEO@asdk12.org., or to any of the following external agencies: Alaska State Commission for Human Rights, Anchorage Equal Rights Commission, Equal Employment Opportunity Commission, or the Office for Civil Rights-U.S. Department of Education. REVISED: 8/2007, 8/2012, 5/2013, 7/2014, 3/2017, 9/2017, 7/2019 www.asdk12.org Early Intervention Services Center Anchorage School District 5530 E. Northern Lights Blvd. Anchorage, AK 99504 907-742-2657 Revised 9/6/19

- **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

January 2022

TOLERANCE- Acceptance, Understanding, Open-Mindedness

COURAGE- Bravery, Fearlessness, Nerve

February 2022

HONESTY- Integrity, Honor, Sincerity, Truthfulness

LOYALTY- Allegiance, Faithfulness, Devotion, Dedication

