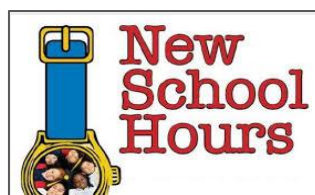


No school on
November 10 &
23-24



Mondays 9:50-3:30 pm
Tuesday-Friday
8:50-3:30 pm



November 13th
6-7:30 pm

*

ALL Star Points



From Christine Irwin, Principal

&

Donna Moats, Assistant Principal



EVENTS

November

- 10 Inservice/no school
- 13 Family Night 6-7:30
(light dinner & Activities)
- 16 Picture retakes/and
new students
- 23-24 Holiday/no school

December

- 22 Inservice/no school
- 25-29 Winter Break

The first semester has flown by quickly, and winter is coming upon us. Please make sure that your child is dressed in appropriate winter gear. Our district guidelines are: children will be expected to go outside for recess (30 minutes) to a chill factor of -10 degrees. When the chill factor/temperature reaches 0 degrees Fahrenheit, or colder, then the children shall be admitted to the building upon their arrival at school rather than at the regular opening time. Children will be expected to have appropriate winter clothing to include warm headgear, insulated footgear and gloves or mittens. A physician's note is necessary to exclude a student from participation in outdoor activities. If you have any needs that we can help you meet, please let your child's teacher know.

A big thank you to Raising Cane's for donating free kids meal coupons to every student in the school. Wonder Park appreciates our School Business Partners! If you have or know a business that would like to help support our students, please let us know!

We are still looking for 2 more noon duty attendants. The hours are from 11:00-1:45 pm Apply at the ASD website asdk12.org under the East High title.



Raising Cane's
donated free kids
meal coupons to the
school.





COUNSELOR'S

CORNER



With MS. ADDY

With colder temperatures and less sunlight rolling in with autumn, now is a good time to remind us all about the importance of our daily habits in order to protect our mental health. Our emotional well-being is much more likely to take a dive during the darker months so being proactive is important! Here are a few things to keep in mind for your family:

- 1) Stay Active: Bundle up and get outside when you can. Making that effort to get into the sunlight, moving and being active is vitally important.
- 2) Get creative: On those days when the weather keeps you inside, get creative! While a family movie or a break to laugh at some Tik Tok videos is great for a while, it is even better to engage your mind actively. Challenge your family to board game, do some arts and crafts together, or try out a new recipe. All of those things are far better for your emotional health than the trap of mindless scrolling on social media.
- 3) Watch your sleep: When we get time off for the holidays or just our internal clock is off with changing daylight it is tempting to stay up later, sleep in later or other things that disrupt your sleep hygiene! Aim to consistently go to bed and wake up around the same time most days.
- 4) Eat well: Get your body all it needs. Again when we get into the holiday season, our busy schedules might impact how and what we eat. Think ahead so you can ensure you are still getting all of the healthy foods you need to fuel your body through these harder months!

Take care!

Ms Addy



Top Row-L-R Dave Donley, Carl Jacobs, Kelly Lessens, Andy Holleman

Bottom L-R Dora Wilson, President Margo Bellamy, and Pat Higgins



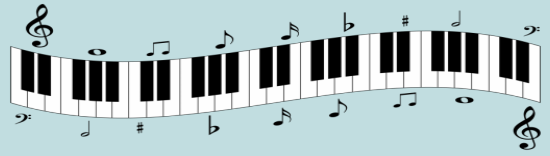
School Business Partners
Children's Lunchbox
Mt. View Lions Club

Dr. Jharrett Bryantt
Superintendent





Musical Notes with Mrs. Bustamante



HERE'S TO A GREAT YEAR! MRS. BUSTAMANTE

Happy November everyone. It is a month to be thankful. I am thankful to be working with all of the Wonder Park students. They are all awesome Wonder Park All Stars. K-2 will be working on their singing voices and ringing bells this month. 3-5 will be reviewing recorder fingering and learning to read that wonderful language of music. They will also be using the Orff instruments and chime sets. The fifth grade just finished working on how to succeed and complete a vocal audition. We learned how to sing the major scale and sing songs in two part rounds.

There are some wonderful voices here at Wonder Park! Please look for the December announcement about the Winter Concert. It will be in the December newsletter!

Please find below an eemc link to some November songs. I hope they brighten your day!
All the People Said Thanks . . . Pies . . . We Give Thanks . . . Thankful . . . Over the River and Through the Woods . . . Thanks for Everything . . . Turkey Tom

<https://www.eemusicclass.com/shared/Kckw7E4x4CNSj5A>

We will also be working on learning the names of the notes on the musical staff. Here are some resources to study at home.

<https://www.eemusicclass.com/shared/hLh5Tn6BXpIiqS9V>

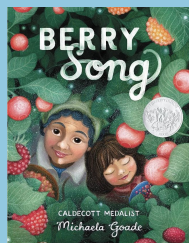


Between the lines with Mrs. Benson

Did you know that your child has access to the Anchorage School District digital library catalog? From your child's Clever page look for the Sora app, click and start exploring all the amazing titles available to read and listen to at home.

November book recommendations:

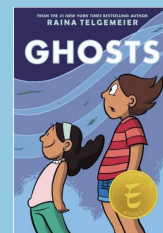
Picture Book



Nonfiction



Graphic Novel



Happy Reading!

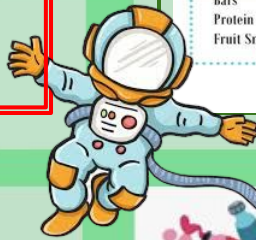




AROUND THE TRACK WITH MR. MESTAS



Unsafe footwear to participate in PE.
Please have gym shoes that stay at
school for PE days. 2x per week.



21st CCLC After school **highlights**

with Ms. Berns

Thank you to everyone who came and helped us celebrate our Lights On Afterschool Event in October, It was so much fun to see the students and families coming together for activities!

We have a fun filled November, with visits from the Campbell Creek Science Center as well as the Met Opera!

We will have after-school program from Nov. 1st-22nd, and will pick back up on Nov. 27th!

Mrs. Berns



For the **HEALTH** of it

with Ms. Mordini



PACK YOUR LUNCH

PROTEIN/MAIN

Lunch Meat	Sausages	Hummus
Ham	Hot Dogs	Pepperoni
Turkey	Tuna	Pizza
Eggs	Taco Meat	Waffle & PB
Chicken	Casserole	Roll Ups
Pasta	Soup/Chili	Protein Muffins
Hamburger	Mac N Cheese	Pepperoni Rolls
Sandwich Options:		
Egg Salad	Tuna salad	Meat/Cheese PB&J

FRUIT

Apples	Applesauce	Banana
Blueberries	Cantaloupe	Cherries
Grapes	Honeydo	Kiwi
Mango	Oranges/Cuties	Peaches
Pears	Pineapple	Plums
Raisins	Raspberries	Strawberries
Fruit Cups		

SWEETS

Bars	Protein Muffins	Trail Mix
Protein Brownies	Yogurt Raisins	Cookies
Fruit Snacks		

VEGETABLES

Red Bell Peppers	Baby Carrots	Broccoli
Cucumber	Edamame	Green Beans
Mushrooms	Corn	Guacamole
Peas	Olives	Snap Peas
Salad	Jicama	Coleslaw
Cherry Tomatoes		

DAIRY

Circle Cheese	Cottage Cheese	Flip Yogurt
Cheese Cubes	Yogurt Tubes	Pudding
Sliced Cheese	Cheese Stick	

GRAINS & SNACKS

Bagel	Cereal Bar	Crackers
Rolls	Eng. Muffin	Goldfish
Granola	Muffins	Nuts
Graham Crackers	Pita	Popcorn
Soft Pretzels	Rice Cakes	Veggie Straws
Quinoa/Rice	Chips	Seeds
Crescent Roll	Tortilla Chips	

WWW.RAISINGKIDSWITHPURPOSE.COM

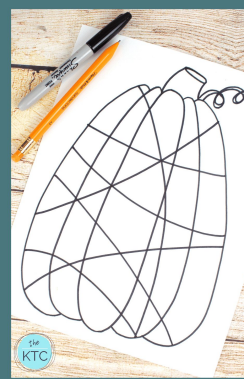


Creative minds with Mr. Daniel

FALL ZENTANGLE PUMPKIN DRAWING



STEP 1

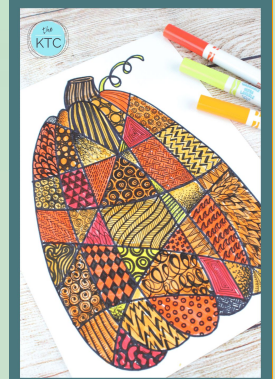


STEP 2

STEP 3

STEP 4

*PAPER
*BLACK MARKER
*COLORED MARKERS OR CRAYONS





LICE ARE NOT NICE.

(BUT ANYONE CAN GET THEM)



1. These are head lice... tiny insects that live on the scalp.

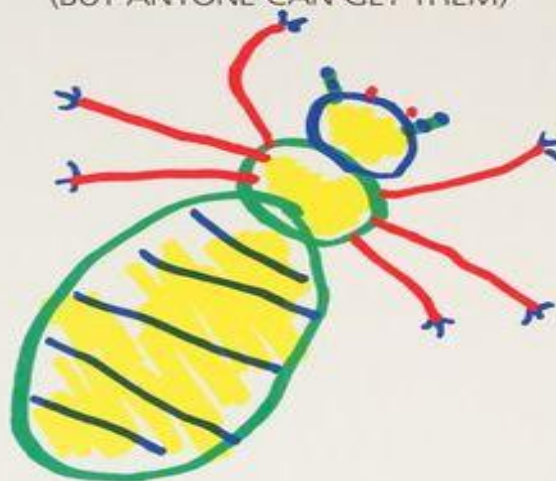


2. If you get lice, you may not be able to see them... because they make your head itch.

3. Lots of kids get lice, because they spread very easily even though they can't jump or fly.



4. So don't try on your friends' hats, scarves or other clothing, or borrow their combs or brushes.



5. If your head itches a lot, tell your teacher or the nurse right away.



6. You may not have lice, but they can tell if you do.



10. So you won't itch anymore!

9. Your parents will also wash or dry-clean your bedding and clothing, and use a special spray that kills lice on carpets and furniture.



8. Then they'll use a special comb to help get all the lice and lice eggs out of your hair.



7. If you do, your parents will wash your hair with a special shampoo the nurse recommends. It kills lice fast, but it won't hurt you.





Your Year of Friendship

- ✓ Have a dance-off with your friends.
- ✓ Learn about the galaxy under the stars.
- ✓ Brighten someone's day by lending a hand.

The first step to friendships that last forever? Feeling totally comfortable being yourself. Be part of a crew that celebrates you just the way you are!

Be a Girl Scout



Your amazing journey starts here. Scan the QR code to join today!

Join us for a **Girl Scouts
Discovery Night** at

Wonder Park Elementary

Free! Bring your grown-up(s) along.

Wednesday, November 15th

5:30pm - 6:30pm

Library

girl scouts
of alaska

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Everyday Preventive Actions That Can Help Fight Germs, Like Flu

FIGHT FLU



CDC recommends a three-step approach to fighting the flu.

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



For more information, visit:

www.cdc.gov/flu

or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.