

# URSA MINOR



## Upcoming Events:

- September 17, 2021  
Spirit Orders Due
- September 28, 2021  
Picture Day
- October 15, 2021  
End of 1st quarter

## SEL Winners:

### 9/3/2021

- K:** Abby (Truelove)
- 1st:** Clayton (Cruickshank)
- 2nd:** Cali (McAdams)
- 3rd:**
- 4th:** Micah (Duft)
- 5th:** Jordan (Scoby)
- 6th:** Elijah (Lawrence)

### 9/10/2021

- K:**
- 1st:** Harrison (Currier)
- 2nd:** NJ (McAdams)
- 3rd:** Annabelle (Price)
- 4th:**
- 5th:** Gage (Eubanks)
- 6th:**



## Ursa Minor Families,

Wow! We have had an exciting first four weeks of school. I cannot express the appreciation I have felt for our families being supportive and positive about the start of our school year with all of the changes that surround a new leader in a building. I cannot stop bragging to my family and friends about what an amazing community we have at and surrounding Ursa Minor Elementary. We are going slow to go fast and are focused on building relationships first which will enable us to move forward with rigorous academics. The future is bright!

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**Daily Schedule :**

8:50 am - 1st Morning Bell

9:00 am - Tardy Bell

3:30 pm - School Dismissal

**Lunch Schedule :**

K: 12:00-12:20pm

1st: 12:30-12:50p

2nd: 12:45-1:05pm

3rd: 1:00-1:20pm

4th: 1:00-1:20pm

5th: 12:15-12:35p

5/6th: 12:15-12:35p

6th: 12:15-12:35p

**Stay Connect to Our School**

**Facebook:**

[Ursa Minor Elementary School](#)



**Anchorage School District**  
*Educating All Students for Success in Life*

*Ursa Minor*

**CROSS COUNTRY**

Running Club  
August 25 - September 22

**3:30 - 4:30 PM**  
K-1 Grades: Monday & Friday  
2-3 Grades: Wednesday & Thursday  
4-6 Grades: Tuesday & Wednesday

**Cross Country Running Club:**

We are still welcoming volunteers during practices. Please contact the school office or Mr. Linderman if you are interested!

**Notes from the Music Room:**

Happy Fall Little Bears!

We are wrapping up week four with a focus on singing and percussion. Grades 3-6 are finishing up their study of "Cabbage Cafe" on xylophone. We have begun working on a Korean folk song, "Arirang," a song over 600 years old. Kindy and 1st grade have been learning songs about apples. Maybe you have been hearing them sing around the house? All grades have had a special emphasis on rhythm and vocal techniques and there are some great singers at Ursa Minor!

Be musical everybody!  
Mr. Sterling



## Nurse's Corner:

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Happy September! This month is National Childhood Obesity Awareness Month.

Obesity is a complex disease with many contributing factors, but there are ways parents and caregivers can help children on their journey to good health. About 1 in 5 American children has obesity. Compared to children with healthy weight, children with overweight or obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease. Children with obesity are also more likely to experience bullying, social isolation, depression, and lower self-esteem. While there is no simple solution, there are many ways parents and caregivers can help children reach a healthy weight.

1. **Eat the Rainbow** - Unfortunately, very few people get enough fruits and vegetables. In 2017, just 2% of high school students ate enough vegetables, and 7% ate enough fruit. Help your kids eat the rainbow: make half of their plate fruits and vegetables for optimal health.
2. **Move More** - Compared to those who are inactive, physically active youth have stronger muscles and better cardiovascular fitness. They also typically have lower body fat and stronger bones. Regular physical activity in childhood also reduces the risk of depression. Children need at least 60 minutes of physical activity every day.
3. **Slow Down on Sugar** - A good way to slow down on sugar is by avoiding sugary drinks like soda, juice drinks, and flavored milk. Help your kids rethink their drink by offering water, plain low-fat milk, or 100% juice instead.
4. **Reduce Screen Time** - Adults and children spend over 7 hours a day being sedentary – and that doesn't include time spent sleeping! Too much screen time has health consequences: it's associated with poor sleep, weight gain, lower grades in school, and poor mental health in youth.
5. **Sleep Well** - Did you know that children 6-12 years old need 9-12 hours of uninterrupted sleep a night and youth 13-18 need 8-10 hours? Too little sleep is associated with obesity partly because inadequate sleep can make us eat more and be less physically active.

I attached a fun Simon Says activity to play with your children. I hope everyone is staying safe & healthy. Remember to keep your children home if they aren't feeling well & encourage frequent handwashing.

Nurse Amanda

# SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- |   |   |   |
|---|---|---|
| Shake your whole body.  | Hold your arms out at your side and make circles with them in the air.                      | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down.   |   |   |
| Spin around in circles.   | Hop on your left foot 10 times.   | Lay on the floor and stretch out as far you can for 10 a count of 10.                       |
| Do a cartwheel.   | Hop on your right foot 10 times.  |   |
| Do a somersault.  |   | Pretend to shoot a basketball 10 times.   |
| Wave your arms above your head.   | Hop around like a bunny.  |   |
|   | Balance on your left foot for a count of 10.  | Pretend to jump rope for a count of 10.   |
| Walk like a bear on all 4s.   |   |   |
| Walk like a crab.   | Balance on your right foot for a count of 10.   | Pretend to ride a horse.  |
| Hop like a frog.  | Bend down and touch your toes 10 times.   | Pretend to milk a cow.  |
| Walk on your knees.   |   | Take 5 of the biggest steps forward that you can.   |
| Lay on your back & pedal your legs in the air like you are on a bike.               | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car.  |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. | Show off the muscles in your arms.  | Do the strangest dance you can think of.  |
|   |   | Scream.   |



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We had a lovely turn out for our virtual Open House on Thursday, 9/9. Thank you so much for taking the time to come to our event and for understanding the need to switch to the virtual Open House model in an abundance of caution surrounding COVID-19.

#### School Breakfast/Lunch:

- We do not have "hot" lunch yet, nor do we have breakfast. Our amazing cafeteria manager is out unexpectedly for a family emergency. We will be communicating with families when "hot" lunches are available.
- If your child does not prefer the shelf stable packaged meals, it is a good idea to pack a lunch from home. I know students and parents are excited for the start of "hot" lunch and we are working hard to make that happen.
- Please know if you ever have any questions about lunch services, etc. you can always call the office and we are happy to give you an update. We are so very lucky to have lunch and breakfast provided for us and are grateful it is free for the year.
- If you are not interested in the shelf stable meals or your child(ren) do not like the meals, please do feel free to pack them a lunch from home. I've been observing all of the amazing lunches being packed and think I need to step up my mom lunch game.

#### Weather:

- It is getting colder outside. Please send your child(ren) to school with a hoodie, sweater, light jacket, etc. so they are warm on the playground. If you are new to Alaska you may have started to notice that the weather changes quickly and unexpectedly. Layers are always a safe bet in our great state.

#### Walking Home:

- Our kindergarten and first grade friends are not to walk home alone. They must have an older sibling or parent/guardian/adult pick them up from school whether it be running club or the end of the school day. Rare circumstances do happen and we understand that and will try to work with you to accommodate the safety of all of our students. Something to keep in mind is that we do have wildlife on JBER and are located close to areas that are inhabited by wildlife. Please keep this in mind when talking to your child(ren) about walking home safely and in groups.

#### Recess:

- We do have multiple grade levels outside at once as can be seen below. I have instructed students to play with students in their grade level to help lessen the opportunity for intermediate and primary students to have disagreements. Oftentimes what starts as fun with chasing, etc. quickly leads to students deciding they don't want to play the game anymore and friends get frustrated with each other which leads to small problems turning into big problems. We are always looking for more parent volunteers to help us monitor the playground. If you are

interested, please do contact our front office at 907-428-1311. Please encourage your child(ren) to make good choices by keeping hands to self and playing safely.

#### Facebook:

- We do utilize facebook to share exciting things happening at Ursa Minor and share for some informational purposes, however, it is not our main form of communication. Our main form of communication will come via newsletters home twice a month. If at anytime you are wanting information regarding Ursa Minor, please do call the office. We do not check Facebook on a regular basis, so please do not count on that being our main form of communication.

#### COVID:

- Ursa Minor Elementary is following district guidelines and protocols in terms of when we send students home for symptoms or sending students home to quarantine. If we want to keep our schools open, we have to follow these safety guidelines. I know it is challenging and presents unique circumstances and I appreciate your support in keeping our school open in a safe way.

#### Running Club:

- I want to give a big shout out to all of the parents that have been helping with running club. Our kids have been so happy to have the opportunity to get outside and show of their running skills and I have thoroughly enjoyed getting to talk to some of you all.

Wishing you all the best,  
Principal Bartlett



## Spirit wear orders due September 17th!

Fun Fridays - Every Friday starting September 10th

- School Store open before school starts.

-Popcorn - .50 cents

## **Box Tops are all digital now!**

1. Download Box Tops App
2. Connect to our School - Ursa Minor Elementary
3. Scan Receipts
4. Earn money for our school!

