

URSA MINOR

A Message From The Principal

Dear Ursa Minor School
Community,

Happy New Year! I hope everyone had a restful and rejuvenating winter break. I love the New Year because it seems to offer an opportunity for newness. I can try to restart some of my old resolutions that I have let go and it is an opportunity to set new goals. January is the start of Third quarter or second semester. This is a very productive time with few interruptions and spring fever has not set in yet. This time flies by too! This is a great time for students to set new goals and determine objectives (how you are going to achieve the goals) for the rest of the school year. Make them official by writing them down and reviewing them periodically, or post them. You would be amazed what a difference it can make!

Continued on Pg. 5



Fundraiser Jan 21 - Feb 11

Our school will again be hosting the awesome Pennies for Patients fundraiser to improve the lives of those affected by blood cancer. Each student will receive a box to collect change, and families will have access to our online fundraising platform at <https://events.lls.org/pages/wa/>

UrsaMinorElementarySchool-2020 Our goal is to beat last year by \$100 and bring in \$1900! Lets get creative and make a huge impact! The top earning individuals and class will earn fun prizes. Look for a flier in your student's Thursday folder for more info.



Parents are Perfect!

We currently have several food service positions open at various schools throughout the district. Substitutes are also needed in many school cafeterias to assist with preparing food, and serving breakfast & lunch to students. Hours are perfect for parents: part-time and flexible. Fill out an application at the ASD Building at 5530 East Northern Lights Blvd at the Boniface Mall or go to www.asdk12.org. For more information call Susan at 348-5185.

Attendance Matters

We have started a new attendance incentive! For each day that a class has perfect attendance (all students in class by 9am), they get to color in one letter on their "BEARS" sign. When each letter is filled in, the class will be recognized, and the classes with the best attendance will receive a prize!

Lunch Balances

Our school's total negative lunch balance as of 1/16/2020 is -\$2,542.01, with 72 accounts having a negative balance. We encourage small payments over time and applying for the free and reduced lunch program. The financial requirements for the program changes yearly, so it is a good idea to re-apply yearly, as well as any time you have a financial change. Please see page 5 for instructions on how to pay your student's balance.



Lunch Schedule

Preschool

11:30-pick up their lunch and take to room

Kindergarten (Moses, Kehr)

11:50-12:20

5th & 6th grade (Brown, Scott, Harrison)

12:05-12:25

1st grade (Currier, McComas)

12:20-12:40

2nd grade and 2/3 combo (Bautista, Smith, Larson)

12:35-12:55

3rd & 4th grade (Shea, Price, Hodges, Uson)

12:50-1:10

Recess starts 25 min before lunch

Parents are welcome to join their children for recess and lunch.

Please be sure to sign in at the office before heading to the lunch room!

For a menu, head to asdk12.org

School Board

Starr Marsett, President; Alisha Hilde, Vice President; Elisa Vakalis, Treasurer; Margo Bellamy, Clerk; Deena Mitchell, Seat F; Dave Donley, Seat C; Andy Holleman, Seat D.

Let's Stay Connected

-Facebook (Ursa Minor Elementary School and Ursa Minor PTA)

-School Website (asdk12.org/ursaminor)

-Download the Anchorage School District app in the App Store or Google Play

For school closures you may also check the district page at asdk12.org

Keep up to date with your student by logging into Zangle. In this account, you will be able to check the lunch menu and their balance, assignments and grades entered, pay for lunch and field trips, and view a calendar of students days off.

This account is found on asdk12.org > I Want To... > Access Zangle/Q > Parent Connection. For your pin and password please call 907-428-1311 or stop by the front office!

SEL Star Weekly Winners

12/19

Marin P- Scott

Jailinn P- Harrison

Gabe H- Currier

Heather N- Moses

Charlee L- Price

Aubrey G- Hodges

12/13

David S- Scott

Kyler T- Smith

Braxton S- Kehr

Michael M- Hodges

Jackson S- Currier

Aedan K- Harrison

Samantha C- Price

SEL Standard of the Week: Students demonstrate ability to manage emotions constructively. "I can appropriately handle my emotions."

*SEL (social-emotional learning) Stars are awards that students earn when they display positive social or emotional skills (integrity, sportsmanship, kindness, etc.) We are so proud of our students!

Monday Assembly (9 am) class skits:

1/20- No School- MLK Day

1/27- Ms. Brown's Class

*** Parents are welcome to join us for assemblies!**



January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 HAPPY NEW YEAR!!!	2	3	4
5 Last day of Winter Break	6 First Day of 3rd Quarter!	7 No Good News Club today	8	9	10	11
12	13 JNYO (Junior Native Youth Olympics) 7:50am-8:50 3-6 Grade Wrestling 3:30-4:30	14 Good News Club 3:30-4:45 K-2 Grade Wrestling 3:30-4:30	15 JNYO 7:50am-8:50 3-6 Grade Wrestling 3:30-4:30 XC Skiing 3:30-5	16 Choir 8am-9 Bricks for Kids 3:30- 4:30	17 XC Skiing 3:30-5	18
19	20 Dr. Martin Luther King Jr. Day No School!	21 Good News Club 3:30-4:45 K-2 Grade Wrestling 3:30-4:30	22 JNYO 7:50am-8:50 3-6 Grade Wrestling 3:30-4:30 XC Skiing 3:30-5	23 Choir 8am-9 Bricks for Kids 3:30- 4:30	24 XC Skiing 3:30-5	25
26	27 JNYO 7:50am-8:50 3-6 Grade Wrestling 3:30-4:30	28 Good News Club 3:30-4:45 K-2 Grade Wrestling 3:30-4:30	29 JNYO 7:50am-8:50 3-6 Grade Wrestling 3:30-4:30 XC Skiing 3:30-5	30 Choir 8am-9 Bricks for Kids 3:30- 4:30	31 XC Skiing 3:30-5	

Nurse Kathi's Corner: Thoughts on Gut Health

Your gut microbiome is constantly at work to maintain good digestive health- Good bacteria in our gut lower inflammation, make us happy, lean, and give us longevity. A flourishing digestive microbiome has been associated with better mental health (possibly because the bacteria in the gut appear to communicate with certain receptors and gene regulators in the brain), among other important health outcomes.



But an abundance of “bad” bacteria in the gut can lead to inflammation, digestive upset, acne, and other health issues. And sugar- particularly highly refined, added sugars- feeds the bad stuff. That's an issue for most of us, since the standard American diet is

loaded with sugar. The American Heart Association's daily recommendation for added sugars is no more than 6 teaspoons a day for an adult, yet the U.S. Dept of Health says that the average American takes in 17 teaspoons of added sugar per day! Yikes!

A 2017 study from Frontiers in Behavioral Neuroscience found that consuming a standard Western diet high in processed sugar and saturated fats alters gut flora, which is associated with an impaired hippocampus, the part of your brain that's associated with memory and emotions.

Find out next time how we can better understand the differences between sugar sources and how they affect us!

<https://www.wellandgood.com/good-food/sugar-and-gut-health/>

Carob Peanut Butter Rice Krispy Treats

Serves: 12-16, Prep time: 45 min, Allergens: Peanuts, Dietary: Vegan, Vegetarian

Ingredients

1/2 cup natural smooth peanut butter
1 cup vegan sugar-sweetened carob chips
2 tablespoons confectioner's sugar (optional)
3 cups rice krispies
1 pinch salt

*Carob is a caffeine-free, naturally sweeter, higher calcium alternative to coco (chocolate). Unsweetened carob chips are good sugar-free substitute for chocolate chips.

Directions

In a microwave- safe bowl, combine peanut butter and carob chips. (Making sure the carob chips are coated in peanut butter helps keep them from scorching in the microwave.) Microwave on high for 1 minute, stir, then microwave again for 30 seconds. Stir. Carob chips should be pretty much completely melted. If you still see a lot of chunks, microwave again for another 10-20 seconds.

Combine confectioner's sugar and a pinch of salt with your carob/PB mixture.

Add rice krispies and stir until they are completely coated.

Press mixture into a square 9x9 baking dish (no need to oil the pan, as your PB and carob chips contain enough oil on their own), and place in the refrigerator for 30-60 minutes, until treats are slightly chilled, and solid.

Cut into squares and serve slightly chilled or at room temperature.

Lunch Balance Payment Instructions

Online Payments *(Visa, MasterCard, Discover Credit or Debit Card)*

1. Log into [Q ParentConnection](#)
2. Go to Online Payments
3. Then Student Balance Notifications

Cash and Checks Payments

Cash or check payments can be made in person at your student's cafeteria or sent in to Student Nutrition Finance at the address below.

- Make checks payable to the "Anchorage School District."
- Write your student's full name, and student ID or Date of Birth in the memo line or on a separate paper attached to the check.

Student Nutrition Finance
1307 Labar Street
Anchorage, AK 99515

Free and Reduced Lunches

For payment instructions, links to the Free and Reduced application, and Contact Information please read the information below. On the [ASD Student Nutrition's website](#) you can find menus and other information, such as our meal payment and charging policy. If you believe your student qualifies for free or reduced-price meal benefits, complete an application and list all ASD students in the household.

You can [Apply Online](#) *(English and Spanish applications)* or complete a paper application *(English, Hmong, Korean, Samoan, Spanish, and Tagalog applications)*. All completed paper applications need to be mailed to the Free and Reduced Application address listed below.

Continued from Pg. 1

We are working hard to ensure that your child receives a great education at Ursa Minor. Teachers met in grade level teams to review student progress, instructional strategies, and interventions to meet students' needs. We also continue to use staff meetings as professional development opportunities. This year we are doing a book study on **The Writing Revolution** by Judith C. Hochman and Natalie Wexler. Your child's teachers are working diligently to ensure that your child receives a great education. As your child's first and foremost teacher, please know that we value parent input and continued communication.

Winter in Alaska can offer new opportunities for learning outdoor sports or activities. I encourage families to get out and play, or at least encourage your child to go outside to play. Going outside has many benefits such as becoming more acclimated to the climate, healthier (fresh air), exercise helps with weight control, sleep better, children have opportunities to practice socialization skills, and can build confidence when engaged in physical activities. Remember, cold air does not cause colds - viruses and germs do. Dress appropriately and enjoy our great outdoors! Mr. Linderman and Mr. Uson have several after school activities planned and appreciates parent volunteers. Please talk with our front office staff for more information on volunteering.

We will be administering the "Climate and Connectedness Survey" to our 3rd - 6th grade students January 17th - January 31st. This will be done in the classroom for students and we strongly encourage our parents to complete the survey online at asdk12.org. The Family Survey window is open between January 17 - March 20. This is an anonymous survey that we use to get useful information on our community's perception of our school climate. We also use this information to create school goals. Please complete one survey per household per school.

I had the honor of looking through all of our student's report cards. One thing I noticed is that teachers commended many students for their efforts and I also noticed how many students had great attendance (0 - 2 absences for the quarter). We understand that when children are sick they are not sent to school and we appreciate that. While it is great to share, we do not appreciate the sharing of germs that can cause others to be out of school (fever, flu symptoms, etc.). Attendance is very important. Our goal is that 90% of our students will attend school 90% of the year. That requires that when students are not sick, they come to school. Attendance can have a big effect on learning. Students who are not at school miss core instruction, which can create gaps that will have an impact on future learning. And besides, we miss them when they are not here! Please see the front page of this newsletter on our new attendance recognition strategy.

Looking forward to a great second semester and 2020! My wish for you is that you and your family are healthy, stay safe, and have many blessing your way allowing you to build many joyful memories.

Warm Regards,

Wendy Brons, Principal