



A NOTE FROM THE ADMINISTRATORS

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ASD Superintendent

Deena Bishop

2018-2019 School Board

- President** Starr Marsett
- V. President** Deena Mitchell
- Treasurer** Elisa Snelling
- Clerk** Alisha Hilde
- Member** Bettye Davis
- Member** Dave Donley
- Member** Andy Holleman

Welcome back to a new and exciting 2018-2019 school year for Whaley Students and Staff. As in every year, we strive to create an environment where students feel welcomed and wanted within our walls. This year, our focus surrounds self-care; both for students and staff. All too often we get caught up in this little thing we like to call life and forget to take care of ourselves. This is an important component in strong, positive mental health.

WHAT IS SELF-CARE

Self-care is something that one does deliberately so that they can take care of their mental, emotional and physical health. It seems simple, yes, but very often, we overlook this simple task to help keep us balanced.

SELF-CARE BENEFITS

- **Better Productivity**-When you are able to say no to things that overwhelm you and start making room for things that matter, it brings goals into focus.
- **Improved Resistance to Disease**-Self-care activities activate PNS, your Parasympathetic Nervous System,

creating a restful rejuvenating mode and fortifying your immune system.

- **Enhanced Self-Esteem**-In general, if you carve out time specific for self-care, you send a positive message to your subconscious. This helps to discourage negative self-talk.
- **Increased Self-Knowledge**-Practicing self-care drives you to really think about what you love. In turn, this moves you toward inspiration and passion in your life.
- **More to Give**-Some think that when you are good to yourself you are selfish. Truthfully though, self-care gives you the resources you need to be compassionate to others.

Its' like the old adage— if your bucket is empty, you cannot fill others buckets up; **so get to filling your own bucket!**

Robyn Harris

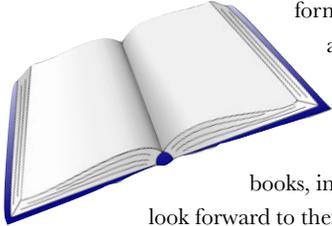
Korinne Engstrom

“The best way to predict the future is to create it!”
 Abraham Lincoln

WHALEY WOLVES-HIGH SCHOOL

ENGLISH

In Ms. Jackson's class so far this semester, we are off to a great start! Our day's activities often include a range of activities or topics. Most recently, we have started discovering short stories, both modern and classic. After the read-aloud, we engage in discussions and complete assignments related to what we have learned. In regard to writing, we have spent a good deal of time journaling on a variety of topics and we are currently working on perfecting sentence and paragraph structures through a variety of methods and formulas before we begin constructing essays on literary analysis. Lastly, perhaps one of the students' favorite activities, we engage in Genius Hour each week. Our class is currently researching and creating posters, essays, presentations, or other mediums to demonstrate understanding of a topic of their choice. They complete all of the research, collecting, editing, etc., while using staff and technology as resources to create their final product. We cannot wait to see what everyone comes up with! Our Book Club group is reading a variety of books, including *Lord of the Flies*, *Holes*, *Into the Wild*, *Ender's Game*, *This is Where it Ends*, and others. We look forward to their projects and discussions on these novels. Next month we will begin, as a whole language arts team, to read *The Hate U Give*, by Angie Thomas. We're looking forward to learning more about current societal topics and possibly even attending a field trip to see the film when it is released later this year! So far, we're off to a great start and excited for what comes next!



SOCIAL STUDIES

In High School History courses, we're working on the history and geography of Alaska, the United States, and the World. We are also studying about the development of our US Government.



SCIENCE

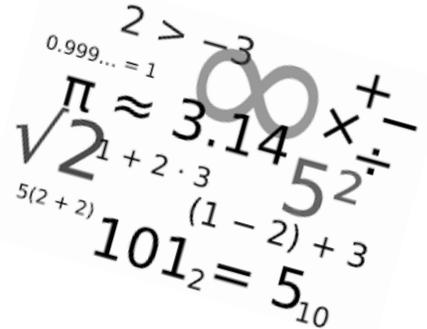
My students are learning how to "Think Like A Scientist"! Here's what we've learned so far—lab safety, how to use equipment, how to make observations, the scientific method, and measurement. These are key to building a good foundation for upcoming activities in our classroom. My goal this year is to do more hands-on activities to engage students in learning science!



MATH

All classes began the year with the construction of tubes and bridges designed to support the largest number of books. Bridge builder champions and tube tower champions were given out!

We have finished all of our math baseline and placement tests and now are proceeding with regular classroom work. For genius hour in our math classes we are learning how to "play" the stock market. Students are using mathematical algorithms to analyze and chose stocks of interest to them. Students are using AutoCADD in Geometry to create their own home designs and eventually to model them in 3D.



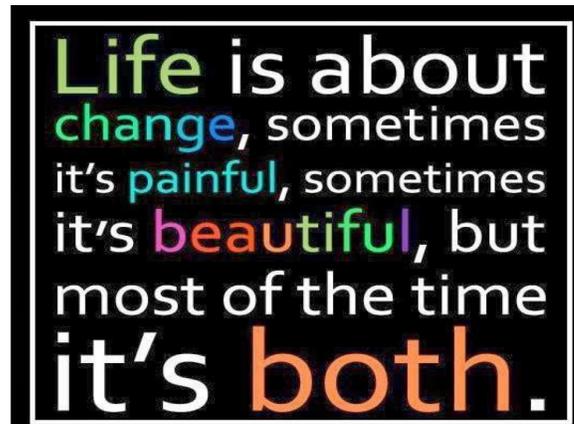
Applied Tech is in full swing with personal projects being built while the nice weather is still available. One student is moving right along with building a table. The pieces have been cut and are now being sanded. We also have a nightstand being built; look for pictures in the next newsletter!

Affective Education

- Mr. Leal-Science
- Mr. Barnett-Math
- Ms. Jackson-English
- Mr. Hickey-Social Studies
- Ms. Sharp-Affective Education
- Ms. Asplund-High School Counselor



Middle School is a change for many of our students. They are coming from either an elementary setting where they are in one room for all of their academics, or from a neighborhood school where there is additional support needed at this time to help them be successful. Either way, middle school is a change for our young people as they are maneuvering how to become more independent, getting into their lockers, changing classes, and learning where they fit in. In the Middle School wing of Whaley, we are off to a great start of this year. Our goal as a team is to ensure every student receives a top-quality education. Our team works collaboratively to create the most effective learning environment for all students, encouraging them to be positive leaders and role models.



Academics are very important to us, however, as middle schoolers learn to navigate class rotation and being exposed to at least 6 different teachers a day, we as a team have incorporated Community Friday. Community Friday is being used to build our middle school community through team-building activities, following and participating in our social contract as a middle school community, utilizing community adventures through nature walks, and outside community programs such as attending The Dance Contempo at East High school in November. We rotate classes each week so that morning classes and afternoon classes will have an even amount of academic time. Some of the great activities that have already happened on Fridays have been baking muffins to be sold on our coffee cart to promote volunteerism and giving back, making our social contract that was a contract built by our students on how they would like to be treated and how they feel they should treat others. This social contract was done as a group and signed by every member of the middle school team including adults and students. When a new student arrives into the mix, the social contract is presented to them by another student, staff, or both and asked if there is anything that they feel is important to add. The group then has an opportunity to discuss and sign. This contract allows the full team both students and staff to remain on the same page and allows for teachable moments when students do struggle in this area that can be done by a staff member or the school counselor when working on goals with students. Finally, we engaged in a fun game of human foosball in which teams of mixed staff and students played together to teach respect, sportsmanship, communication, and teamwork.

The Middle School Team is excited to have the opportunity to work with your student. We look forward to lots of growth academically, socially, and emotionally in our students. If you have any concerns or questions, please don't hesitate to contact your son/daughter's case manager or the middle school counselor.

- Mrs. Jones-Science**
- Mrs. Steinel-Math**
- Mrs. Moseley-Language Arts**
- Mr. White-Social Studies**
- Mrs. McGee-Middle School Counselor**

"A Journey of a thousand miles begins with a single step."

-LAO TZU

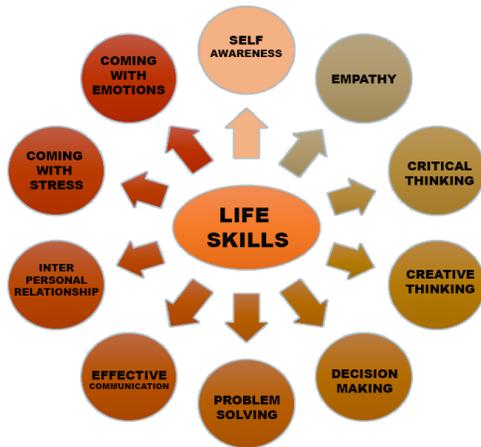
WHALEY WOLVES-LIFE SKILLS/ELEMENTARY

Ms. Orfitelli's Class

Life Skills 2 in Mrs. Orfitelli's class has been working on Affective Education. We made our class rules together. They are: (1) Hands & feet to self; (2) Leave other people's stuff alone; (3) Hugs only with permission; (4) Indoor voices; and, (5) Take turns and share. We're working on understanding when someone does something on purpose and when it's an accident and taking a moment to stop and think about it.

Mr. Bickert's Class

Life skills students and staff of room 79 have narrowed down each of our individual #1 life skills goals down to two words, i.e. "Check Attitude," "Use Words," "Keep Calm." (There are quite a few "Keep Calm" goals.) Anyway, right now we are designing our GOALS wall. We each get a white rectangle to express our goal creatively. We are starting with clip art. Next we get to design, online, our goal and print it in color. The goal will be stated in the rectangle along with our names. Then, we will support each other (positively, of course!) as we trudge along our individual roads of happy destiny!



Ms. Price-LS High School
Ms. Orfitelli-LS Middle School
Mr. Bickert-LS High School +
Mr. Hennessey-LS 6-12+
Ms. Fox-Elementary
Ms. Svendsen-Life Skills/Elementary Counselor

Ms. Price's Class

Room 76 Life Skills students have been on a couple of field trips, one to Goose Lake and one to Costco. All Life Skills classes will be going to Great Harvest Bread Co. in October. We are starting our 5th year of partnering with the Beans Café Children's Lunchbox program in providing almost 800 bags of weekend food for Williwaw and Wonder Park elementary schools. The field trips give students community experiences and Children's Lunchbox gives students vocational skills.



Mr. Hennessey's Class

I approached this year with great trepidation. I charted unknown waters. I still seem overwhelmed, but I am blessed with 9 of the most wonderful students. I am a student of alternative communication; my 9 teachers have blessed me with warm caring hearts. I hope to continue learning from them through gestures, pictures, and basic needs. Thank you for the renewed bond and my head will above be water in no time.

Mr. Fox's Class-Elementary

Elementary school students have been focusing on Growth Mindset during the beginning of the school year. We have been training our brain! Part of our day includes using the Calm app to focus and still our mind through meditation and guided listening. It has been a great reset for the students. We have also been reading a chapter book called "Way of the Warrior Kid". In this book, Marc is ending fifth grade and possibly his worst year ever. He stunk at gym class, math was too hard for him, the school lunch was horrible, his field trip was ruined because he can't swim, and to top it all he was bullied by Kenny Williamson. His Uncle Jake is a for-real, super-cool Navy SEAL and he is coming to visit Marc for the summer. He is going to turn Marc into a warrior. He quickly turns out that becoming a warrior isn't easy. It involves a lot of hard work.



NOTES FROM THE COUNSELOR'S DESK



WELCOME BACK to a fabulous year here at Whaley School
from your counseling/social work team.

Stephanie Asplund, M.Ed

Whaley High School Counselor
Asplund_Stephanie@asdk12.org
Direct Line: 742-2374

Welcome back!! I have been with the district for 24 years this fall. I absolutely love my job here at Whaley and working with your high school students. As counselors here at Whaley School we meet with our students weekly, at least. We use that time to work on their IEP goals and help them progress through school and life. Please contact me if you have any questions or concerns about your high schooler. I would love to help!

Elizabeth McGee, M.Ed

Whaley Middle School Counselor
McGee_Elizabeth@asdk12.org
Direct Line: 742-2368

I have been with the district for 18 years as a teacher and school counselor. All my time with the district has been at Whaley including two additional years as an agency person at Whaley. I spend 80% of my time with students. I spend time in the classrooms and hallways for support, small groups, and with students individually to promote social emotional learning, soft employability skills, and work on IEP social skill goals. Please feel free to call or e-mail me if you have any concerns or questions regarding your middle school student. I love working with the students here at Whaley each and every day.

Crysta Svendsen, MSCP

Life Skills & Elementary School Counselor
Svendsen_Crysta@asdk12.org
Direct Line 742-2409

I've been working in the Anchorage School District for 18 years as a teacher and counselor. I am new to Whaley this year and very excited to be here. I work with my students weekly teaching Social Emotional Lessons, check-in/out daily, and work with them on their behavior goals. I'll mainly be working with Life Skills classes and the Elementary classroom! I'm looking forward to a great year!

Kent Williams

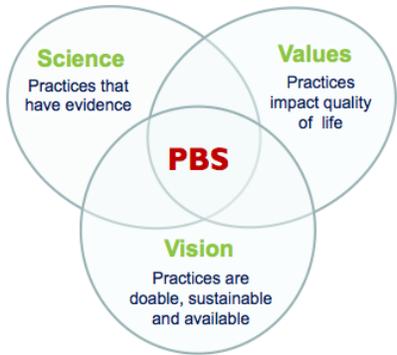
School Social Worker
Williams_Kent@asdk12.org
Direct Line: 742-2382

I work with the school counselors at Whaley to provide support from a community and social workers aspect. I have worked at Whaley for many years. I will be on consult for at least a semester. Please feel free to contact me if you have questions regarding agencies, guardianship, or anything else that I can assist you with.



Positive Behavior Interventions & Support

PBIS is a Process



What is PBIS, anyway? It's not a program, it's a **process** that relies on science, values, and vision. There is no "ONE intervention;" it's how school personnel approach student behavior and citizenship.

ASK YOUR STUDENT WHAT THEY'VE PURCHASED WITH THEIR WHALEY BUCKS THEY'VE EARNED THROUGH OUR PBIS!!

School Store:

Our school store is held every Friday. Students earn P.A.C.K Cash each day for being **P**REPARED, **A**CCOUNTABLE, **C**OMMUNITY/CARING, **K**EEPING A POSITIVE ATTITUDE. Our school is supplied solely through fundraising and community donations. Students use their P.A.C.K Cash for various items such as chips, gatorade, clothing, electronics, gifts for family, etc. Students learn valuable skills in the store such as customer services skills, money skills, and responsibility skills, and more.

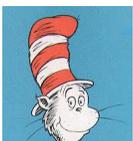


Promoting Positive Behavior at Whaley School

- Prepared
- Accountable
- Caring Community
- Keep a Positive Attitude



QUOTE OF THE MONTH



"You're off to Great Places! Today is your day! Your mountain is waiting, So... get on your way!"

— *Dr. Seuss, Oh the places you'll go!*

From the Desk of Karen Andrews, Whaley SpEd DC

Hello!

Parents are now able to access their child's most recent IEP paperwork in the ASD Parent Portal. We will still provide paper copies of paperwork after meetings upon request. Please let us know if you need assistance.

Please keep your child's contact information updated. In order for us to best support your child, it is important to make sure we have current contact information on record including your address, phone number and email address. If your child has agency supports, please provide the name of their case manager and a good contact phone number to ensure we are able to invite them to participate in meetings upon your request.

If you have any questions concerning your child's Special Education paperwork, please feel free to contact me at andrews_karen@asdk12.org or 742-2456.



IT'S GETTING DARKER OUT. DRESS TO BE SEEN!

Why wearing white is not enough...

Distance needed to stop at 60mph. **260 feet**

THE PERSON WEARING REFLECTORS IS SAFELY SEEN FROM 500 FEET AWAY.

Clothing color > Blue Red Yellow White

500ft.



DRESS WARM AND BE SEEN FOR THE BUS RIDE!

Remember that you need to dress warm for the bus ride, it's getting cold out there. If a bus is stopped in traffic, there is no telling how long the wait will be. Making sure to dress appropriately for school will assure warmth on the bus, as well as walking to and from the bus. TRANSPORTATION # 278-4287



CALENDAR:

SEPTEMBER

Open House: 9/5

OCTOBER

NO SCHOOL 10/19 End of the Quarter

Parent/Teacher Conferences 10/24-25

Parent University-10/24 from 5-7
NO SCHOOL 10/26

NOVEMBER

NO SCHOOL 11/12

NO SCHOOL 11/22 and 11/23

DECEMBER

Parent University-12/5 5-7 PM

End of 1st Semester 12/20

Grading Day 12/21

Winter Break-12/24-1/4

JANUARY

Beginning of Quarter 1/7

NO SCHOOL - 1/21

GALA-1/24 6-9 PM

Our Bell Schedule

HS	1st	2nd	3rd	Lunch	4th	5th	6th	7th
	7:50-8:40	8:43-9:30	9:33-10:20	10:23-10:53	10:56-11:43	11:46-12:33	12:36-1:23	1:26-2:20
MS	1st	2nd	3rd	4th	Lunch	5th	6th	7th
	7:50-8:40	8:43-9:30	9:33-10:20	10:23-11:10	11:13-11:43	11:46-12:33	12:36-1:23	1:26-2:20
ELE				Lunch				
	7:50-10:43			10:45-11:15		11:18-2:20		

Reminders from the Secretary

Just a reminder to all students; All electronics must be checked in at the front office. This includes cellphones, video games, iPods, MP3 Players, etc. This procedure is to assure that you will not lose your personal property. If at any time you need to reach your student, or your student needs to reach you, phones are available at the front office (that number is 742-2353).

PARENTS: PLEASE USE THIS NUMBER FOR ATTENDANCE INFORMATION! ALL ATTENDANCE SHOULD BE REPORTED BY 9:00 AM.

Additionally, hats and coats are not to be worn within the halls of Whaley School; except on Friday.

September is Attendance Awareness Month

It is important that every student attend school daily. If for some reason the student can't make it to school please call 742-2350 and press #2. This number works 24/7. An automated "robocall" attendance phone message goes out to all students with an unexcused absence. The records are pulled at the end of the school day.

The school board updated policv 443 in June 2013 to define what constitutes an excused absence from school. Conditions include:

- Illness
- Death or serious illness in the immediate family
- Participation in a school function
- Attendance at a religious service
- Extenuating circumstances approved by the Principal

If you have any questions regarding a "robocall" you might have received please call the Front desk @ 742-2353.

Letters will be sent out when a student has missed 10 or more days (excused or unexcused), this is for your information. At 10 days in a row a student will be dropped for non-attendance. If there is an issue please contact the Principal.

Reminders from the Registrar

Hello Whaley Families!

As many of you know, ASD has a mobile App that makes checking on your student's grades, attendance and paperwork easier.

You can check to make sure that your address and phone numbers are correct, and if you notice anything incorrect or missing, please call me at 742-2395.

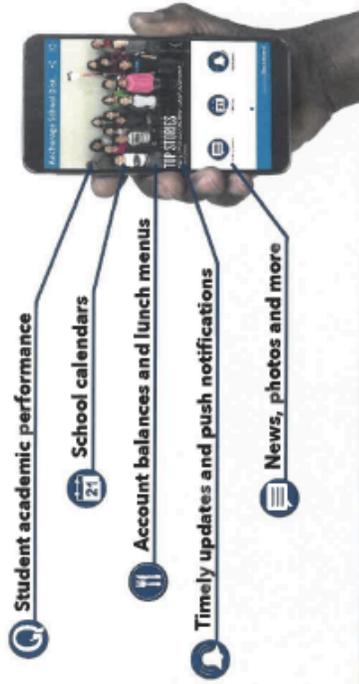
If you need to logon and have forgotten your PIN or password to check grades, please call me and I will help you with that as well.

New

Anchorage School District Mobile App

Connect with your child's school through our mobile app.

The ASD mobile app allows parents and families to stay connected in real time.



Pick your schools and stay connected!

Step 1:

Download the app from the App Store or Google Play



Step 2:

For parents/guardians

Click "Student Info" and login using the email associated with your Q ParentConnection account. Your app password was sent to that email, if you lost it or haven't received it, click "Forgot Password" in the app.

Learn more at www.asdk12.org/mobileapp



Whaley School
2220 Nichols Street
Anchorage, AK 99508

Parent of Whaley Student