Principal’s Corner

Dear Lake Hood Families,

Did you know that ongoing research shows that family engagement in schools improves student achievement and reduces absenteeism? We have many opportunities this month for you to join us in the month of February. We have our Multicultural Night Potluck on February 7th at 5:30 pm, Parent Teacher Conferences on February 12-13th, and it’s Visit Our School Month for the entire month of February on every Tuesday at 9:30 am. Be sure to sign up for your parent teacher conference using the online scheduler. We are excited to spend more time with you! We appreciate your continued support of Lake Hood.

Principal
Aimee M. Kahler

Aimee M. Kahler
Hello! My name is Matthew Brotherton and I am your school psychologist here at Lake Hood Elementary. Just a little about me. I am a nerd! So I enjoy reading books, playing video games/board games and stuff like that. I also preach on the weekends so I spend some time preparing for that. But my favorite way to spend time is with my fiancé. She is from the Philippines and we are just now finishing up all the documents for the k1 fiancé visa. Over the summer we got to spend a lot of time together over in the Philippines. And currently we are developing our wedding plans and are planning on being married in Texas on March 6th!

If you have time, feel free to stop by my office, I would love to talk!

Matthew Brotherton, Ed.S, NCSP
School Psychologist
William Tyson Elementary (Monday & Tuesday)
907-742-8022
Lake Hood Elementary (Wednesday & Thursday)
907-742-8429
Education Center (Friday)
A Note from PTA,

Lake Hood now has a water bottle filling station drinking fountain, a big Thank You to Replacement Glass for funding the water station.

PTA is selling water bottles for $5.00 at the school store Tuesdays & Thursday 8:50 am – 9:00 am

We are in need of popcorn poppers! We have popcorn the 1st and 3rd Friday of every month! It takes 2.5-3 hours and it just needs to be done by 3:00. We will train you and there are directions available. If we can't find any poppers, we will have to cancel our popcorn Fridays! Contact McMullen_Trudy@asdk12.org or stop by the library if you are able to help with any of the days!

We will be having our next PTA meeting Monday, February 3rd at 4pm in the library. Kids are welcome to join! We will be talking about the spring dance, raffle, budget and anything else you bring to the table. The PTA is a great way to meet new parents and be connected with the school! The board will be looking for new members to help organize events starting in the spring.

Trudy McMullen
Lake Hood Elementary (LH)
Media Specialist
M.Ed Teaching & Learning
B.Ed in Education
Library Science Endorsement\ ESL Endorsement
742-8420
Lake Hood

Multicultural Evening

When: Friday, February 7th
Where: Lake Hood Multi-Purpose Room
Time: 5:30-7:30 p.m.

Evening events:

- **Potluck!** Bring a cultural dish to share! Please list ingredients.
- **Performances** by Pacific Bloom, Tomodachi Daiko, Alaska Irish Dance and Alaska Native stories and songs!
- Culturally Diverse Living Museum
- Check out the items from around the world in our atrium display case.
- Be the “I” in K*ND in our interactive bulletin board.
- Meet new people and make new friends.

The world is full of different varieties of traditional dress, please feel free to wear clothing that represents your cultural background. We are interested in seeing jewelry, hair styles, make-up, currency or other artifacts you may want to share.

Let’s celebrate our rich cultural diversity here at Lake Hood! **Quyana!**
Friendshipgrams will be for sale
February 3rd – February 7th at lunch and after school and at Multicultural Night for $1 each.
Send a note to a friend to show you care!

February Meetings: Thursday’s
February 6th and February 20th Room D109
Australia Wildfires are threatening the habit of the Koalas
All money collected will go to helping the injured koalas and other animals.

The challenge will run from January 13th - February 7th

The winning class will get a foodie party

Collection coin jars are in the library
Dear Lake Hood Parents, Staff and Students,

My class and I would appreciate it if you could participate in our community outreach program. Our community outreach program was developed to bring further awareness to the homeless situation here in Anchorage and things we can do to help. We started this because we want to pick people up and put them back on their feet, as we care deeply about the welfare of the people in our community and we want other people to demonstrate their caring too.

Each week we have been working together and making sunflower butter and jelly sandwiches. We have made up to 20 sandwiches at a time. Then our teacher drives around and passes them out on different corners. We are looking to expand our program and we need your support.

We are including here a working list of supplies that we are looking to have donated. This donation drive will continue throughout the school year and our SBBS class will have donation boxes outside our classroom door.

Sincerely,

Casen, Janus, Nicholas, Joseph, Jasiah, Ryan, Aidan, Ms. B, Ms. Gabby,

Mr. Taylor, and Coach Kevin SBBS-Intermediate

If you could please support us with the following:

**SBBS-Community Outreach Proposal Supplies List**

1. Non-perishable food, ie; canned food, granola bars, trail mix, raisins, etc.
2. Water
3. Socks
4. Coats
5. Boots
6. Hand/foot warmers
7. Hats
8. Gloves
9. Bags
10. First aid kit
11. Toothbrush
12. Toothpaste
13. Tissues
14. Snow Gea
Families are Foundation

Please join other parents on Wednesday, February 19th, 5:30-7:30pm in a supportive and relaxing atmosphere with fresh flowers where coffee and beverages are served.

Quality childcare is provided for children of all ages while parents/guardians talk.

After one hour of conversation children and parents share a family meal together.

Attendees follow these agreements:

1. speak from own experiences
2. listen attentively
3. no judgements good or bad
4. don’t give advice
5. maintain confidentiality
6. put away phones

Please RSVP with the number of adults and children to Ms. Angie, School Counselor at 742-8450 so enough beverages and food are prepared.

Hope you join us in building a strong foundation for our school.

Angie

Angie Jensen
School Counselor
Anchorage School District
Lake Hood Elementary School
(907) 742-8450

A peaceful home, school, city, state, country and world begins inside each of us.
Collect for change

Many small donations can add up to BIG change!

Mojo’s Hope is a rescue and rehabilitation organization for animals with special needs

Please support Mojo’s Hope with your pennies, nickels, dimes and quarters

Donation Jar is outside the door of A127 and A129

THANK YOU
Health Minute

Nurse Laurel Andrews,

Take one for your health! Being healthy and safe takes commitment, but it doesn’t have to be time-consuming. Taking just a few of the 1440 minutes in a day is worth having a safer and healthier life for you and your family.

This Valentine’s Day, show your love the safe and healthy way.

- Consider that your valentine may have allergies, asthma, diabetes, or other health conditions when making plans.
- If you smoke, quit smoking. It’s a perfect gift for yourself and others.
- Include heart-healthy foods and physical activity in your plans.

Handwashing is like a “do-it-yourself” vaccine—

- Before eating food
- After using the bathroom
- After blowing your nose, coughing, or sneezing
- After touching garbage
- Before and after treating a cut or wound

Healthy kids are more likely to become healthy adults. Be a role model and help make safe and healthy choices every day.

- Buckle up every age, every seat, and every trip.
- Put on a helmet during outdoor activities, including riding bikes and skating.
- Put on sunscreen
- Brush and floss teeth with fluoride to help prevent tooth decay.
- Wash hands with clear running water and apply soap. Rub hands for at least 20 seconds, then rinse.
- Get a flu vaccine. Everyone needs a flu vaccine – every flu season.
- Be active, children and adolescents need a total of 60 minutes of physical activity every day.
Our wonderful Lake Hood PTA bought an ice rink this year. We are able to skate most days so please encourage your child to start bringing skates. In addition, Mr. Saltzman is looking for any and all skate donations this year. If you have sizes too small or large we have lots of kids interested in skating and we’ll put them to good use. If you have questions or would like to volunteer don’t hesitate to call or email Mr. Saltzman (saltzman_lucas@asdk12.org).

Lake Hood is participating in the Kids Heart Challenge this year. We'll be kicking off our fund raising Monday, February 3rd, with an assembly. Your child will bring home a registration form after the assembly on the 3rd. All during the month of February our kids are encouraged to help raise money for the American Heart Association and to focus on heart health. In PE kids will be learning about life long heart healthy habits….and of course jumping for the cause. Please feel free to call or email Mr. Saltzman or Ms. Hunt, our PE teachers, if you have questions.

Thanks,
Lucas Saltzman
Health class memo:

Lake Hood Elementary School will be teaching the 3rd Quarter Personal Safety lessons during the weeks of February 24-March 5, 2020 during the Health classes. The age-appropriate lessons will be presented in a non-threatening way, along with the skills needed for self-protection. The lesson content is part of the Anchorage School District’s plan to enact the Alaska Safe Children’s Act and will be handled in a sensitive, respectful manner.

If you have any questions about the content of the program or if you wish to inquire about opting out, please contact our Elementary Health Specialist, Catherine Boutin, boutin_catherine@asdk12.org.

Thank you for partnering with us as we continue to provide learning opportunities to improve the safety and well-being of our students.

Catherine Boutin
Health Specialist
Spring Hill Elementary School
Lake Hood Elementary School

This month in Elementary Health, your child will study drug awareness.

Monthly Theme: Drug Awareness

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<td>No Drugs, No Way</td>
<td>All About Medicine</td>
<td>Drugs Are Dangerous</td>
<td>Saying No to Smoking, Drinking, and Drugs</td>
<td>Stay Drug Free! Build Your Assets!</td>
<td>Danger Ahead: The Truth About Drugs</td>
<td>Addictions</td>
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Links to Parent Bulletins

https://drive.google.com/open?id=0B1NaDvxwnkBmQXM5cU03Y3FmUHM
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Please save Box Tops for Education!

There is a New App for you to use. It is so much easier than cutting the Box Tops off the packages. You can still send in the Box Tops, too! The money we raise this year will be for Contra Bass Bars. Come to the Music Room to play to them.
Business Partners

Students and Schools Linking Family and Community

- Spenard Fire Department
- Frontier Safety & Supply
- Replacement Glass
- Lifetouch
- Red Robin
- Glaska Resource
Business Partners

Welcome Texas Road House

Lake Hoods Newest Business Partner
Tuesday Night Ski Race

A fun family friendly Nordic ski event

January 28th: Kincaid Park  February 4th: Russian Jack
March 17th: Service High

Check in at 6PM / Start 6:30PM

Sign up open December 1st at: www.crosscountryalaska.org

More info and registration on e-Anchorage Tuesday Night Ski Races
ASD Employment Opportunity

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.