

# TIGER TRACKS

## Northern Lights ABC School Newsletter

### Building Character

Friendship

Work

Respect

Perseverance

Patriotism

Generosity

Compassion

Tolerance

Courage

Honesty

Loyalty

Humility

Self Confidence

Self Discipline

Independence

Helpfulness



[Email](#) [Facebook](#) [School Website](#) [SignUp](#)

Dear Parents~

We send alot of information from the school and our PTA through email. If you do not get emails from NLABC please check with the office at 742-7500 to make sure we have the correct email address for you on file.

If you do get our emails please make sure you read them, we do not want you and your student to miss information regarding upcoming events and important communications from NLABC.

We know sometimes it may seem like alot but we like our parents to be well informed and up to date.

Thank you all!

**No School Friday, October 18th  
No School Friday, October 25th**

**Pg 2 Book Fair!**  
**See Inside: Pg 5 Quick Reminders**  
**Pg 8 Winter Wear for students**



The Scholastic Fall Book Fair is coming to Northern Lights Oct. 22<sup>nd</sup> – 24<sup>th</sup>. You can reach our Book Fair Homepage @ <https://tinyurl.com/NLBF-Fall19>.

From the homepage, you can preview the fair selections or shop at the online store and have books delivered to your home.

The book fair is a great way to help our library raise money for wonderful new books, or to let your extended family add to their libraries (or to yours) from miles away.

We invite you and your family to visit the Book Fair in person during conference week. On Monday or Tuesday of the Book Fair week, our students will have time to create a “wish list” of titles. During this week we will talk about many of the titles that have already been or will be added to our circulating collection at the NLABC library thanks to your families’ purchases at the fair. Family Shopping Hours are:

- Tuesday 10/22 2:00pm - 4:00pm, and
- Wednesday 10/23 & Thursday 10/24 from 11:30am – 4:00pm

We look forward to seeing you there!

Volunteers are needed to run our fair. Do you have time to help?

You can find a 2 hour spot just right for you by visiting

SignUp @ [vols.pt/Tiger/Team](https://vols.pt/Tiger/Team).

# Student Council Results

**President** - Preston Kaniut  
**Vice President**- Adria Wuerth  
**Secretary**- Cannon Kaniut

## **HUGHES**

Jace Griffith  
Andrew Hippler (Alternate)

## **MADARANG**

Kayden Hewes  
Reese Bautista (alternate)

## **COTTEN**

Kegan Lennox  
Ammon Jeppson (Alternate)

## **WALSH**

Giuliano (G) Maddamma

## **VOELKER**

Catalina Whited  
Rylen Achenbach (Alternate)

## **FRACKMAN**

Claire Jong  
Andy Zhang (Alternative)

## **CULLINGS**

Jase Vesely  
Payton Hahn (Alternate)

## **DICKSON**

Alal'e Alexander  
Briley Loncar (Alternate)

## **COFFMAN**

Rylan Forth  
Penelope Gaspard (Alternate)

## **SHASBY**

EllaRose McDermott  
Gramelie Cabanilla (Alternate)

## Get to know the NLABC staff

### Jillaine Heinrich with 3rd Grade

After graduating from the University of Alaska Southeast I taught as an Intervention Teacher and Third Grade. All nine years have been enjoyable. I teaching because I love sharing the joy of learning with my students. During my free time I enjoy reading and spending time with family and friends.



### Physical Education with Mrs. Ireland

I am excited for another year at NLABC! Physical Education is an integral part of your child's education and contributes to their growth and development.

It is my goal to give your child a positive PE experience and to help students gain an appreciation of the importance of staying active.

Your child will have experiences in individual, team, and group activities that place an emphasis on participation, cooperation, and success through personal goals.

My classes have covered football, soccer, and now are starting volleyball. I hope to introduce new sports that could become a lifelong activity!

### Greetings, my name is Heather Coffman,

I am very excited to be the new Language Arts teacher at NLABC. I have spent most of my life in North Carolina and Alaska. I have a deep love for books, and could never just pick one favorite. I enjoy running for fun when I can and I aim to participate in a half marathon every year.

I have two daughters, they are identical twins who are nine years old. We love to hike, swim, and ride our bikes. I love Alaska and look forward to getting to know all the staff, students, and families at NLABC!



## Quick Reminders

### **Lottery**

This is a friendly reminder that all children (including those with siblings already in the school) that enter Northern Lights ABC come in through the online lottery process.

You may access the online lottery through your current ASD student's Zangle Parent Connect account. If they do not have a current ASD account you may apply by making an online lottery account on the ASD website.

Children are eligible to go through the lottery if they will be 5 years of age on or before September 1 of the year that they will start kindergarten.

The online lottery will open January 1, 2021 and you may submit an application at that time. The link to the ASD web site with more information is: <https://www.asdk12.org/site/Default.aspx?PageID=3302>



**Parent Teacher Conferences will be on October 23rd and 24th**

## Important Notice - Middle School

October 1, 2019

Dear NLABC Families,

Your ASD middle school student will have a STAR Prevention Specialist visit their classroom during the week of October 28- November 1<sup>st</sup> to talk about the components of Sexual Assault & Consent and what healthy relationships look like. A teacher will also be in the classroom during all lessons.

STAR's Sexual Assault & Consent curricula is approved by ASD and intended to serve as a supplement to the lessons being taught in the ASD on healthy relationships.

During this presentation student learned important information such as:

- STAR Services
- The Alaska Statute definition of Sexual Assault
- The components of consent
- The ability to recognize that it is never the fault of the person who was harmed
- Identify inaccurate beliefs surrounding sexual assault
- Empower students to take steps in their own community to prevent sexual violence
- Student confidence in the ability to respond to unhealthy situations

These lessons provide students with a better understanding of safe vs. unsafe behaviors and to promote healthy conversations with adults in their lives surrounding boundaries and values. Additionally, STAR seeks to provide a common language for students and identify who to ask for help when it is needed. If you have questions or would like to learn more about what STAR does in the community, please contact us.

STAR services STAR identifies to students that all STAR staff, like their teachers, are mandated reporters and that it is part of our job to help keep young adults safe. We discuss the purpose of our crisis line and how we help others in the community through advocacy and support.

Any sexual contact STAR identifies that sexual contact is a range of behaviors that can fall anywhere from hand holding to intercourse, and encourage students to identify what behaviors they feel safe and comfortable with.

Sexual Assault any sexual contact gained through force, threats, trickery, manipulation or coercion. We do not talk about what is prosecutable.

## Important Notice - Middle School

Consent for there to be consent each component must be present: voluntary, active, aware, and age. STAR makes it very clear that we are not encouraging sexual activity, and that we are not talking about our own or the school districts values, as those are specific to individuals and STAR supports youth in the discussion with their families surrounding the topic of values and setting boundaries.

How to help a friend what you can do if a friend tells you they are experiencing or exhibiting any of the components of sexual assault.

### STAR Services

STAR is a local nonprofit that has been serving Anchorage community members for over 35 years. The heart of STAR's client services is our statewide crisis line, which is staffed 24 hours a day, including holidays and weekends. Callers can obtain information on our educational presentations, advocacy services and most importantly speak confidentially with a supportive individual about violence they or someone they love has experienced recently or in the past.

Our Prevention and Education department gives age appropriate and Anchorage School District approved presentations to students K-6 about how to keep their bodies safe. Prevention and Education also speaks to professionals, military, local businesses and other community organizations.

All of our services are free and confidential. Please visit our website at [staralaska.com](http://staralaska.com) or call our office Monday-Friday between 8am-5pm at (907)-276-7279 to learn more.

1057 West Fireweed Lane Suite 230 Anchorage, AK 99503  
Office line: (907) 276-7279 Email: [educator@staralaska.org](mailto:educator@staralaska.org)  
Website: [www.staralaska.com](http://www.staralaska.com) or [www.facebook.com/star.alaska/](https://www.facebook.com/star.alaska/)

If you have questions regarding the content of the lessons, please call or email at the information above.

Thank you,  
Tammy Duff  
NLABC Principal



# Winter Wear Policy

For Health Reasons...  
Students are **not allowed**  
to borrow gear from the  
Lost & Found that does  
not belong to them.

## Recess Dress Code:

### ***Grades 1-4***

PER ASD POLICY  
Students are expected to  
attend recess until -10  
degrees below zero. This  
will include wind chill.

#### Temperature- Below Freezing (32 degrees)

Required to attend Recess:

\*Warm Coat  
\*Hat or Hood  
\*Gloves

#### Snow on the Ground

Required to attend Recess:

\*Warm Coat  
\*Hat or Hood  
\*Gloves  
\*Snow Pants  
\*Boots

### ***Grades 5-6***

#### Temperature- Below Freezing (32 degrees)

Required to attend Recess:

\*Warm Coat  
\*Hat or Hood  
\*Gloves

#### Snow on the Ground

Required to attend Recess:

\*Warm Coat  
\*Hat or Hood  
\*Gloves  
\*Boots

Snowpants are required  
for soccer, football and  
the sledding hill.

Encouraged:

\*Snow Pants

### ***Grades 7-8***

Required:

\*Coat

Encoraged:

\*Warm Coat, Hat or Hood, Gloves,  
Boots, Snow Pants

Students who do not have proper outdoor gear will go to study hall.



## Important Notice - Grades K to 6

October 1, 2019

Dear NLABC Families,

Your ASD student will have a STAR Community Educator visit their classroom on the week of October 28-November 1st to talk about personal body safety. STAR's Personal Safety curricula is approved by ASD and intended to serve as a supplement to health lessons on personal body safety and harm prevention and is a must teach topic. A teacher will also be in the classroom during all lessons.

During this presentation for K-6 students learned important information such as:

- "It's MY body, and I like it!"
- The three kinds of touches: Safe, Ouch, Secret
- The difference between a Secret Touch and a Clean and Healthy Touch
- The Personal Safety Rule NO-GO-TELL and who to tell
- How to identify Trusted Adults at home, school and in the community The difference between tattling and telling. Tattling is about getting someone else in trouble. Telling or reporting is about keeping someone safe.

These lessons provide students with a better understanding of safe vs. unsafe behaviors and touches. Additionally, STAR seeks to provide a common language for students and identify who to ask for help when it is needed. A Safe Touch can make us feel happy, loved, proud or silly.

Everyone can see and know about safe touches. A safe touch might be a high five, a hug, or a pat on the back. Everyone has the right to say no to any kind of touch. An Ouch Touch is a touch that hurts our bodies and they can make us feel sad, mad, and might even make us cry. An ouch touch is pulling hair, a hit, a push, a bite, or a kick. No one is allowed to give you ouch touches (and you are not allowed to give them to anyone else either!) A Secret Touch is when someone wants a child to look at or touch their body or wants to look at or touch a child's body (especially the parts of the body covered by a bathing suit) and tells a child never to tell anyone and to keep the touch a secret. A Clean and Healthy Touch is the only time anyone can look at or touch a child's private parts. A clean and healthy touch might look like help with the bathroom, bathing, or getting a check-up at the doctors. Everyone can know about a clean and healthy touch, they are not secret.

## Important Notice - Grades K to 6

The Personal Safety Rule is a rule we can use if someone is touching our bodies in a way that we don't like or doing anything that makes us feel unsafe or uncomfortable. If someone is touching our bodies in a way that we don't like or doing anything that makes us feel unsafe or uncomfortable we can ... Say NO in a firm voice, GO to a safe place as soon as possible, and most importantly TELL a trusted adult. We identified Trusted Adults. Students usually tell us that their family members, school staff and members of our community, such as a STAR Community Educator, Doctors or Police Officers, are people they can tell if they need help.

During the lessons there not be any body parts (anatomy) be labeled or discussed. The samples will show students in swimwear and will use general terms called private areas. The acronym for STAR will not be used as well.

### STAR Services

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Website: [www.staralaska.com](http://www.staralaska.com) or [www.facebook.com/star.alaska/](https://www.facebook.com/star.alaska/)

If you have questions regarding the content of the lessons, please call or email at the information above.

Thank you,  
Tammy Duff  
NLABC Principal

# Attention Parents!



Our school is participating in a creative fundraiser with Art to Remember that allows you to purchase keepsake products customized with your child's art. Right now, children are busy creating colorful, fun artwork, and soon you will receive a personalized order form. Here's what you can expect:



- Over 40 keepsake products featuring your child's artwork
- Many of the products are less than \$15
- A percentage of every order goes right back to our school
- Safe, secure online ordering—You can even share your order code with other family members and invite them to place an order!
- Satisfaction guaranteed



**Art to Remember keepsakes are the perfect gifts for any occasion!**

Please notify your child's teacher if you do not want your child to participate in this program.





## **7TH GRADE**

### **WINTER GEAR DRIVE**

**OCT 7-NOV 1**



**BRING IN GENTLY USED WINTER  
COATS, SNOW PANTS, AND  
WINTER BOOTS!!**

**Class with most items wins a prize!!**



**-End of Newsletter-**