

TIGER TRACKS

Northern Lights ABC School Newsletter

CHARACTER BUILDING BLOCKS

Friendship

Respect Perseverance

Patriotism Generosity

Compassion Tolerance

Courage Honesty

Self-Discipline Humility

Self-Confidence Work

Independence Helpfulness

Sportsmanship Loyalty

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Dear NLABC Families,

I hope this edition of Tiger Tracks finds you and your family in good health. We are in uncharted territory and are diligently working hard to ensure the safety of all students and staff. Teachers have been in contact with you to best see how to move forward with education.

I ask that during this time, you please continue reading your emails that will be sent to you either from your child's teacher, myself, and from ASD. Our goal is to keep you informed as to what is occurring within our school and district.

In the meantime, for primary students, they can practice their phonograms on our website, practice telling time, counting money, and doing a daily writing journal. Older students can practice their math skills, writing a short story or poem, or practice their instruments. Everyone can read for Tiger Reading! I have a strong suspicion that our Tiger Reading goal will be met easily. We have some great resources on our school's website. Our school's Facebook page also has information and links as well.

Please practice social distancing and good hand washing. I wish you and your family well as we journey down this unknown path. Together we will rally through this storm. We, as Alaskans, are resilient.

If you have any questions, please feel free to contact me at duff_tammy@asdk12.org

Warmest Wishes for Good Health,
Tammy Duff
Principal
Northern Lights ABC

HEALTH ALERT

COVID-19

Nurse's Reminder to Parents

Talking to Children about COVID-19

Please read the 4-page handout for helpful information at:
[Parent Resource information](#)

Trusted Official Websites to stay informed about COVID-19:

CDC [Center for Disease Control and Prevention](#)

WHO [World Health Organization](#)

DHSS [State Department of Health and Social Services](#)

ASD Communication:

Note: Always check your email and text messages

Anchorage School District: [ASD Homepage](#)

Northern Lights ABC School: [NLABC Homepage](#)

Northern Lights ABC Facebook Page: [NLABC Official Facebook](#)

Health - General Reminders

Sleep Matters

Sleep, School, and Social Skills

Approximately 60 percent of children have sleep problems. Poor or inadequate sleep often leads to mood swings, behavioral problems such as hyperactivity or oppositional behavior, and cognitive problems that impact the ability to learn in school.

Sleep Needs

- Toddlers (1-3 years) = 12-14 hours of sleep
- Preschoolers (3-5 years) = 11-13 hours of sleep
- School-age (5-12 years) = 10-11 hours of sleep
- Teenagers = 8.5-9.5 hours of sleep
- Adults = most need AT LEAST 8 hours, varies through life



Sleep Robbers

Stress & Anxiety



Wrong Schedule



Caffeine



Environment



Sleep Strategies

Predictable routine, reduce exposure to “adult” conversations and topics

Learn the body’s natural rhythm, set a regular routine for bedtime

Avoid caffeinated drinks and foods (hot cocoa, chocolate, sodas, etc.)

Keep screens out of the bedroom, turn screens off at least 30 minutes before bedtime, keep the room dark, cool, and quiet

DID YOU KNOW?

Meals during closure for students is available:

[ASD Student Nutrition](#)

Congratulations!

To this year's Science Fair Winners! All students did an amazing job! Special thanks for the judges who donated their time and efforts in judging. Below is a list of winners:

Primary:

Physical Science-

- 1st- Emma Anderson
- 2nd- Tristan Malapit
- 3rd- Eva Pokidov

Life Science-

- 1st-Daniel Muldoon
- 2nd- Wisdom Marquez
- 3rd- Olivia Maglaqui

Technology and Engineering-

- 1st-Asher Swanson
- 2nd-Cayla Homerding
- 3rd-Robert Romanovski

Social/Health Science-

- 1st- Ryan Deykes

Physical Science-

- 1st Michael Njoku
- 2nd- Gramelie Cabanilla
- 3rd- Beatrice Anunciacion & Carson Hultquist

Intermediate cont'd

Life Science-

- 1st-Jace Griffith
- 2nd- Jaelyn Jordin Lorenzo, Sawyer Nickerson, Gianna Garcia
- 3rd- Micah Lane

Technology and Engineering-

- 1st-Gabrielle Gaspard 2nd-Camden Nickerson, Kyle Sobolesky
- 3rd-Tyson Bishop, Maddie Nickerson

Social/Health Science-

- 1st- Caleb Jay Curtis
- 2nd- Dallas Sulley
- 3rd-Ava Jones



Congratulations!

Congratulations to Andrew Hippler in Mrs. Hughes' 5th grade class for winning 1st place in the NAWIC State competition. In December, Mrs. Hughes' class participated in a program called Block Kids, sponsored by the NAWIC (National Association of Women In Construction).

Students were challenged to build a workable Lego construction apparatus with time and material constraints, all while keeping in mind a cost-effective budget. His project was an oil pump that extracts oil out of the ground and is put into a crate. Not only did Andrew win 1st place in his class, but he also won 1st place for the State of Alaska. His building design will now go on to compete against other states in May. Good luck Andrew! We are so proud of you!

We are also proud of Jace Griffith and Jaegar Huelskoetter who came in 2nd and 3rd place in our classroom competition.



Congratulations!



Congratulations to the 5th/6th Grade Battle of the Books Team of Rayana Carpenter, Claire Jong, and Catalina Whited for their **FIRST PLACE** win at the State **Battle of the Books** Competition.

These ladies competed with 30 other teams around the state, winning first place during a sudden-death tie-breaking round.

Their Coach, Mrs. Cotten, is extremely proud of the hard work, dedication, and good sportsmanship these ladies displayed.

The NLABC family applauds all of the Battle of the Book champions!



Congratulations to our 3rd and 4th grade champions winning **FIRST PLACE** at the State Battle of the Books Competition.

Miles Berg, Karis you, and Kevin Zhang along with coaches Heather Kaas and Jillaine Heinrich had been working hard together for months.

PRIMARY ACADEMIC AWARDS - Assembly Recognition

3.0. GPA

Ava Taylor
Brigham Jeppson
Olen Johnson
Sarah Benton
Aaron Thomas
Anna Evanson
Blake Kullberg
Sophie Torgerson
Junia Son
Luis Pedraza
Blaira Agustin
Daniel Miles
Jaxon Justinian
Kaitlyn O'Toole
Ryker Jones
Yuksel Aygun

3.25 GPA

Hadley Haase
Malaya Davis
Amelia Ellison
Gwendalynn Severance
Kalianna Hunt
Kyle Pascual
Zoey Schlabaugh
Cohen Beeson-Masog
David Pak
Emi Uyeno
Wes Verley
Caily Sampaga
Chloe Glover
Joshua Park
Pearl Thayer
Benjamin Sobolesky
Caleb Arduser
Samantha Moe
Evan Gogain
Marcus Mayo
Tristin Yi
Alvin Severance
Mackenzie Salvanera

3.5 GPA

Liam Doggett
Madalynn Poulsen
Max McDade

3.5 GPA Continue

Shaan Sujith
Audrey Lomboy
Caleb Quintanilla
Arias Zelaya
Rilee Raymundo
Arjay Bugarin
Carly Card
Isabelle Bautistia
Kaiya Clancey
Landon Dwyer
Phoebe Branson
Bella Nguyen
Esther Quan
Eli Kullberg
Hudson Gaspard
Danica Valinske
Jacob Sangalang

3.75 GPA

Hannah Harrington
Shelby Haag
Trevor Pendley
Erin Kopiasz
Sophia McDaniel
Ethan Hunt
Isabella Velicaria
Maxwell Mirka
Reagan Taylor
Wyatt Hultquist
Allie Wuert
Gemma Mitchell
Leo Sillers
Oscar Scordino
Allyn Aldeza
Weston Patkotak
Xalia Adams
Zhoh Belmont
Brianna Michel
Brynn Taylor
Charlotte Mitchell
Elizabeth Han
Isaiah Crawford
Jacob Martinez

3.75 GPA Continue

Madiline Bacod
Robert Romanovski
4.0 GPA
Abby Shen
Addison Hart
Audrey Radford
Cayla Homerding
Hailey Hansen
Jolar Castillo
Landon Johnston
Noah Lapierre
Glory Afieroho
Oluwasemi Akindipe
Adelise Warrior
Conner Ulep
Criseya DeOcampo
Eliana Alford
Elias Poe
Matthew Millanes
Mia Watkins
Senna Hickey
Nelly Osara
Advaith Warriar
Audra Butler
Devyn Gould
Gunnar Hultquist
Hailey Henderson
Joanna Crowe
Naelani Peters
Reuben Kaniut
Sydney Castillo
Brynlee Jeppson
Christian Ramirez
Finnley Johnson
Grayson Sulley
Mark Shportko
Rowan Pendley
Savannah Graham
Suin Kim
Traeson Tolentino
Aliza Malpaya
Avianna Allen
Gerald Loges
Kaylee Radford

4.0 GPA Continue

Koen Castronuevo
Ramah Chambers
Valori Stephens
Blake Kaiser
Ethan Flores
Khloe Tresnak
Mykayla True
Department
Abby Shen
Addison Hart
Cayla Homerding
Demetrius Perry
Hailey Hansen
Hannah Harrington
Jolar Castillo
Landon Johnston
Liam Doggett
Madalynn Poulsen
Malaya Davis
Noah Lapierre
Trevor Pendley
Amelia Ellison
Eva Pokidov
Gwendalynn Severance
Kalianna Hunt
Khushi Bharti
Zoey Schlabaugh
Aaron Thomas
Caleb Quintanilla
Erin Kopiasz
Glory Afieroho
Mykenzi Fischer
Savannah Contreras
Sophia McDaniel
Thomas Clancey
Adelise Warrior
Conner Ulep
Eliana Alford
Elias Poe
Ethan Hunt
Isabella Velicaria
Matthew Millanes
Mia Watkins
Wes Verley

PRIMARY ACADEMIC AWARDS - Assembly Recognition

Deportment Continue

Wyatt Hultquist
 Arjay Bugarin
 Avery Bennett
 Cassidy Soneoulay
 Chibuikem Anene
 Junia Son
 Kaiya Clancey
 Karlee Farler
 Leevi Fesolai
 Oscar Scordino
 Sebastian Medina Zamora
 Advait Warrier
 Allyn Aldeza
 Bella Nguyen
 Devyn Gould
 Esther Quan
 Gunnar Hultquist
 Hailey Henderson
 Joanna Crowe
 Joshua Park
 Laila Myal
 Naelani Peters
 Reuben Kaniut
 Weston Patkotak
 Brynlee Jeppson
 Charlotte Mitchell
 Elizabeth Han
 Finnley Johnson
 Samantha Moe
 Savannah Graham
 Suin Kim
 Traeson Tolentino
 Ahoska Young
 Aliza Malpaya
 Avianna Allen
 Evan Gogain
 Jaselle Marquez
 Kaylee Radford
 Koen Castronuevo
 Robert Romanovski
 Blaire Agustin
 Blake Kaiser
 Ethan Flores
 Mykayla True

Deportment Continue

Ryker Jones
 Karsten Horwath
 Trinity Reed
 Hope Hultquist
 Isaac Evanson
 Jackson Gary
 Kate Swanson
PE Stars
 Liam Doggett
 Madalynn Poulsen
 Sye Allen
 William Matthew
 Thomas Clancey
 Ethan Hunt
 Irene Kwon
 Jeremiah Franco
 Kaiya Clancey
 Advait Warrier
 Joanna Crowe
 Luis Pedraza
 Savannah Graham
 Emma Anderson
 Zackary Freeman
 Brayden Xayabanha
 Yuksel Aygun
 Julius Soneoylay
 Lelaini Fesoli
 Amiya Golden
 Scarlett Graham
 Harper Logue
 Zachary Verley
Art Stars
 Emma Benton
 Konstantine Horton
 Isaac Evanson
 Sadie Vandiver
 Reid Homerding
 Shiloh Tollefson
 Brianna Michel
 Mark Shportko
 Avianna Allen
 Evan Gogain
 Kaitlyn O'Toole
 Mykayla True

Art Stars Continue

Sydney Castillo
 Gunnar Hultquist
 Arjay Bugarin
 Cailly Sampaga
 Ethan Hunt
 Alexander Zelaya Arias
 Cayla Homerding
 Trevor Pendley
 Sophia McDaniel
 Glory Afieroho
 Amelia Ellison
 Zoey Schlabaugh
Health Stars
 Gaige Warren
 Hannah Harrington
 Amelia Ellison
 Tristan Malapit
 Konrad Kafar
 Madison Russell
 Elias Poe
 Reagan Taylor
 Allie Wuerth
 Oscar Scordino
 Allyn Aldeza
 Weston Patkotak
 Finnley Johnson
 Rowan Pendley
 Ahoska Young
 Hudson Gaspard
 Khloe Tresnak
 Ryker Jones
 Jamilla Cooper
 Paxson Henry
 Hope Hultquist
 Rafael Dimaano
 Artemio Rivera
 Shiloh Tollefson
Music Stars
 Cayla Homerding
 Gaige Warren
 Khushi Bharti
 Michael Baello
 Audrey Lomboy
 David Pak

Music Stars Continue

Reagan Taylor
 Wyatt Hultquist
 Arjay Bugarin
 Avery Bennett
 Devyn Gould
 Reuben Kaniut
 Brynlee Jeppson
 Christian Ramirez
 Emma Anderson
 Gerald Loges
 Blake Kaiser
 Mackenzie Salvanera
 Emma Benton
 Jayden Selga
 Raegan Cadavos
 Soren Lommell
 Chase Clancey
 Lillyenne Peters
Library Stars
 Gaige Warren
 Madalynn Poulsen
 Amelia Ellison
 Brigham Jeppson
 Anna Evanson
 Caleb Quintanilla
 Arias Zelaya
 Elias Poe
 Allie Wuerth
 Marcelo Whited
 Joanna Crowe
 Reuben Kaniut
 Brynlee Jeppson
 Rowan Pendley
 Hudson Gaspard
 Kaylee Radford
 Danica Valinske
 Daniel Miles
 Kato Ramos
 Trinity Reed
 Hope Hultquist
 Yuan Ravana
 Lillyenne Peters
 Zachary Verley

INTERMEDIATE ACADEMIC AWARDS - Assembly Recognition

3.0 GPA

Myla Fischer
Lena So
Molly Sillers
Nyoko Ramos
Aubrey Forth
Brodie Pont
Cynthia Pedraza
Logan Hultquist
Marcus Daniel
Mareena Roemer
Jace Griffith

Jaelyn Lorenzo
Joseph Keum
Peyton Marcum
Crystal Chau
Elliot Smith
Prince Ice Natividad
Emmi Baez
Ellen Whitson

3.17 GPA

Hunter Bernas
Giavannia Schmidt
Giuliano Maddamma
Owen Schlabaugh
Thaddeus Franklin-Lounsbury
Kegan Lennox
Madelyn Nickerson
Jaezelle Quintanilla
Christine Han
Andre Santiago
Miles Berg
Karis You
Kevin Zhang
Khloe Hill
Mykailla Fischer
Adrianna Flores

3.33 GPA

Ethan Luedde
Grace Mihalka
Demyan Baumgartner
Jenna Pendley
Leila Henderson

3.33 GPA Continue

Maria Dumaguing
Sofia Holck
Jaegar Huelskoetter
Lucas Catapia
Amelia Agron
Jonathan Sargento
Safira Akhmadeeva
Sarah Han
Curtis Taylor
Sean O'Toole

3.5 GPA

Caralina Whited
Daniel Dixon
Julian Berg
Nicholas Kiefer
Autumn Stone
Phoebe Salvanera
Avery Sundberg
Olivia Maglaqui
Bella Valinske
Ryder Patkotak
Brayden Ulep
Julius Villaflores

3.67 GPA

Bianca Gonzales
Zed De Lara
Adrielle Malpaya
Evelyn Whitson
Daniel You
Raegan West
Kyle Sobolesky
Trace Verley
Graceila Nunes

3.83 GPA

Charlize Malapit
Troy Neilson
Yedidia Diboue
Madison Darvell
Todd Debenham
Yuna Chung

3.83 GPA Continue

Johannah Butler
Lincoln Kaniut
Aizhou Wei
Marquin Dizon

4.0 GPA

Beatrice Anunciacion
Claire Jong
Joselyn Vesely
Andy Zhang
Naomi Njoku
Leigh Rivera
Ammon Jeppson
Lora Rivera
Ariana Bond
Dain Kim
Davina Blanks
Endo Ramos
Isabelle Maddamma
Isaiah Kim
Isaiah Reynoso
Xayden Luedde

Deportment

Beatrice Anunciacion
Bianca Gonzales
Charlize Malapit
Claire Jong
Grace Mihalka
Joselyn Vesely
Myla Fischer
Troy Neilson
Caiden Kiana
Dallas Sulley
Jenna Pendley
Justin Nebrida
Zed De Lara
Adrielle Malpaya
Evelyn Whitson
Julian Berg
Leigh Rivera
Maria Dumaguing
Ammon Jeppson

INTERMEDIATE ACADEMIC AWARDS - Assembly Recognition

Deportment Continue

Daniel You
 Jaylyn Devera
 Braydon-Louis Branson
 Lora Rivera
 Romney Taylor
 Vincent Verley
 Jace Griffith
 Jaelyn Lorenzo
 Jaezelle Quintanilla
 Michael Hermansen
 Peyton Marcum
 Raegan West
 Summer Stonke
 Todd Debenham
 Vera Halim
 Yuna Chung
 Jayden Castillo
 Kean Castronuevo
 Kyle Sobolesky
 Andre Santiago
 Annabelle Graham
 Avery Sundberg
 Elizabeth Kelly
 Johannah Butler
 Mabelle Hill
 Naiyah Tolentino
 Olivia Maglaqui
 Prince Ice Natividad
 Trace Verley
 Andrea Cuengco
 Chloe Hunt
 Emmi Baez
 Kristen Castillo
 Mykailla Fischer
 Sarah Han
 Aizhou Wei
 Dain Kim
 Davina Blanks
 Isabelle Maddamma
 Marquin Dizon
 Ramel Barbaza
 Xayden Luedde

PE Stars

Hunter Bernas
 Myla Fischer
 Jenna Pendley
 Justin Nebrida
 Caleb Curtis
 Evelyn Whitson
 Daniel You
 Hayden Owens
 Jaelianna Cadiente
 Todd Debenham
 Autumn Stone
 Kyle Sobolesky
 Naiyah Tolentino
 Zedric Bascug
 Juno Summerlin
 William Sillers
 Graceila Nunes
 Ramel Barbaza

Art Stars

Ellen Whitson
 Sean O'Toole
 Trace Verley
 Mabelle Hill
 Mykailla Fischer
 Karis You
 Meleena Sok
 Vincent Verley
 Madison Darvell
 Levi Middleton
 Phoebe Salvanera
 Jayden Castillo
 Joselyn Vesely
 Myla Fischer
 Justin Nebrida
 Gabriella Paraoan
 Julian Berg
 Aubrey Forth

Health Stars

Dalton Donley
 Sage Cha

Health Stars Continue

Katelyn Matthew
 Luke Roberts
 Julian Berg
 Sofia Holck
 Paxson Courtney
 Romney Taylor
 Gabrielle Gaspard
 Jace Griffith
 Jaylynn Burnett
 Kyle Sobolesky
 Asher Swanson
 Ryder Patkotak
 Wisdom Marquez
 Curtis Taylor
 Ellen Whitson

Music Stars

Carson Hultquist
 Lora Rivera
 Jace Griffith
 Vera Halim
 Crystal Chau
 Kyle Sobolesky
 Andre Santiago
 Johannah Butler
 Juno Summerlin
 William Sillers
 Davina Blanks
 Isaiah Kim

Band Stars

Elliot Varela
 Leigh Rivera
 Choir Stars
 Mharcus Melgar
 Zed De Lara

INTERMEDIATE ACADEMIC AWARDS - Assembly Recognition

Library Stars

Grace Mihalka

Gabriella Paraoan

Zed De Lara

Logan Hultquist

Adrielle Malpaya

Madelyn Nickerson

Vincent Verley

Todd Debenham

Vera Halim

Eleanor Suralta

Jayden Castillo

Ja'Mya Siah

Miles Berg

Dylan Poe

Mykailla Fischer

Isabelle Maddamma

Xayden Luedde

Join us !

Are you a parent who is passionate about NLABC's philosophy?

**If so, you should consider running for a seat on
NLABC's Parent Advisory Board.**

**The term of service is two years. Information will be posed on the
school website.**

**If you have questions, please contact Brittani at (907) 202-1982, or
any current Board Member.**

MIDDLE SCHOOL ACADEMIC AWARDS - Assembly Recognition

3.0 GPA

Si Hyun Chung
Kylie Nicole Clundrina
Faigh Hughes
Rosabella Leon
Sophya Ramos
Martin Hermansen
Jorryn Thiel
Jayden Poulsen

3.17 GPA

Sophia Hidalgo
Ma'Hayla Swann
Keona Taylor
Alal'e Alexander
Jonathan Anunciacion

3.34 GPA

Brynn Shasby
Emmerie Stone
Jaeden Buenaflor
Luis Castillo
Rachel Foster
Jayden Harrington
Ethan Holland
Briley Loncar
Alexander Michel
Aubrey Price

3.5 GPA

Izara Adams
David Cabrera
Sebastian Maglaqui
Joseph Mahoric
Preston Lee

3.67 GPA

Travis Fredenhagen
Sebastian Lopez
Oksana Martynyuk
Randonn Wray
Destiny Delara
Grace Kim
Blake McDade
Shane McDonald
Jayelle Padron
Faith Villaflores

3.84 GPA

Naomi Fernandez
Delaney Johns-Kahler
Alice Kim
Keasiya Luedde
EllaRose McDermott
Konnie Towner
John Cervana
Payton Hahn
Francis Santiago
Emma Sundberg
Caden West
Yohan Wang

4.0 GPA

Nicole Agustin
Gramelie Cabanilla
Angelyn Calderon
Rylan Forth
Joshua Gaspard
Penelope Gaspard
Cannon Kaniut
Yunseo Keum
Hayoung Kim
Eli LaFevers
LC Munar
Michael Njoku
Dean Pagalilauan
Dihan Pagalilauan
Liam Sherburne
Elizabeth Bingham
Makayla Hartman Trumblee
Rebecca Henderson
Jisela Ieremia
Preston Kaniut
Aspen Lennox
Michael Melgar
Gabriel Novero
Kaia Reeg
Angela Shen
Caleb Song
Jace Vesely
Adria Wuerth

Deportment

Izara Adams
Nicole Agustin
Jonathan Anunciacion

Deportment Continue

Jillian Baker
Elizabeth Bingham
Adrian Bowman
Jaeden Buenaflor
Gramelie Cabanilla
David Cabrera
Angelyn Calderon
Luis Castillo
John Cervana
Si Hyun Chung
Destiny Delara
Naomi Fernandez
Rylan Forth
Rachael Foster
Travis Fredenhagen
Penelope Gaspard
Jayden Harrington
Makayla Hartman Trumblee
Rebekah Henderson
Martin Hermansen
Jisela Ieremia
Delany Johns-Kahler
Cannon Kaniut
Preston Kaniut
Alice Kim
Grace Kim
Hayoung Kim
Eli LaFevers
Preston Lee
Aspen Lennox
Rosabella Leon
Briley Loncar
Sebastian Lopez
Keasiya Luedde
Sebastian Maglaqui
Joseph Mahoric
Oksana Martynyuk
EllaRose McDermott
Shane McDonald
Michael Melgar
Alexander Michel
Maylina Middleton-Sihabout
LC Munar
Michael Njoku
Gabriel Novero
Jayelle Padron
Dean Pagalilauan

MIDDLE SCHOOL ACADEMIC AWARDS - Assembly Recognition

Deportment Continue

Dihan Pagalilauan
 Kaia Reeg
 Francis Santiago
 Brynn Shasby
 Angela Shen
 Liam Sherburne
 Caleb Song
 Emmerie Stone
 Emma Sundberg
 Ma'Hayla Swann
 Konnie Towner
 Cyrus Varela
 Deanna Vendiola
 Jace Vesely
 Faith Villaflores
 Caden West
 Randonn Wray
 Adrian Wuerth

Band Stars

Michael Njoku
 Alal'e Alexander

Orchestra Stars

Adria Wuerth
 Yohan Whang

Choir Stars

Sumiko Ramos
 Shane McDonald

PE Stars

Nicole Agustin
 Kylienicole Clundrina
 Penelope Gaspard
 Delaney Johns-Kahler
 Ma'Hayla Swann
 Michael Njoku

PE Stars Continue

Izara Adams
 Aspen Lennox
 Jaeden Buenaflor

Art Stars

Cyrus Varela
 Konnie Towner
 Oksana Martynyuk
 Alice Kim
 Rachael Foster
 Rebekah Henderson
 Alex Michel
 Zackary Sigafos
 Preston Kaniut

T.I.G.E.R. Reading Club

January and February Assembly Recognition



Intermediate

5,000 PAGES - Level 1

Sarah Han, Hazel Hayes, Kingston Scherrer

10,000 PAGES – Level 2

Lauchlin Johnston, Brooklynn Ridgeway,
Meleena Sok, Juno Summerlin, Luna Summerlin

15,000 PAGES – Level 3

Ike Anene, Meylynn Nothstine, Cynthia Pedraza,
Jonathan Sargento, Esther Vargas

20,000 PAGES – Level 4

Jaylynn Burnett, Bianca Gonzales

25,000 PAGES – Level 5

Rylen Achenbach, Yedidia Diboue

30,000 PAGES – Level 6

Aubrey Forth, Nicholas Kiefer

35,000 PAGES – Level 7

Johanna Butler, Andrea Cuengco,
Ayla Dickey, Xayden Luedde, Evelyn Whitson

40,000 PAGES – Level 8

Johanna Butler, S.H.

45,000 PAGES – Level 9

Johanna Butler, Kaitlyn Joseph, Elizabeth Lee

50,000 PAGES – Level 10

Johanna Butler, Mharcus Melgar, Karis You

55,000 PAGES – Level 11

Kristen Castillo, Haizel Ezell, Sophia Gutierrez-
Valencia, Patryk Kafar Ammon Jeppson, Gabriella
Paroan, Giavannia Schmidt

60,000 PAGES – Level 12

Annabelle Graham, Sophia Gutierrez-Valencia,
Khloe Hill, Avery Sundberg, Raffy Villarin

65,000 PAGES – Level 13

Todd Debenham, Isabella Maddamma,
Wisdom Marquez

70,000 PAGES – Level 14

Caleb Curtis, Logan Hultquist, Jaezelle Quintanilla,
Camden Nickerson

75,000 PAGES – Level 15

Michael Conway, Jaezelle Quintanilla, Elliot Varela

80,000 PAGES – Level 16

Michael Conway, Madelyn Nickerson, Sawyer
Nickerson

85,000 PAGES – Level 17

Michael Conway, Adrielle Malpaya

90,000 PAGES – Level 18

Kyle Sobolesky

100,000 Page TROPHY – Level 20

Dain Kim, Kaiden Warren

100,000+ PAGES – Level 21

Zed De Lara, Leila Henderson, Lora Rivera

T.I.G.E.R. Reading Club

January and February Assembly Recognition



Primary

3,000 PAGES - Level BR3

Blaire Agustin, Zeke Arts, Denyelbert Bascug, Raegan Cadavos, Chase Clancey, Isaiah Crawford, Kaylee Gallagher, Stella Kavar, Gerald Loges, Harper Logue, Trinity Reed, Zachary Verley

5,000 PAGES - Level 1

Alek Abes-Guzman, Lanre Akindipe, Isaac Evanson, Chase Clancey, Konnor Kiddle, Koen Castronuevo, Marcus Mayo, Gabriela Meleghemi, Laila Myal, Bella Nguyen, Nason Northcutt, David Pak, Weston Patkotak, Josephina Reid, Melareena Sok, Pearl Thayer, Shiloh Tollefson, Matthew Watkins

8,500 PAGES - Level BR3

Blake Cabasag, Jaxon Justiniano, Zachary Kemp, Robert Romanovski, Mark Shportko, Josephia Reid, Artemio Rivera, Kayden Waddell

10,000 PAGES - Level 2

Avianna Allen, Michael Baello, Audra Butler, Zachary Kemp, Aliza Malpaya, Daniel Muldoon, Deniz Onur, Madalyn Poulsen, Esther Quan, Yuan Ravana, Josephina Reid, Artemio Rivera, Madison Russell, Mark Shportko, Tristian Suralta, Mykayla True

15,000 PAGES - Level 3

Semi Akindipe, Zhoh Belmont, Michael Baello, Sydney Castillo, Anna Evanson, Karlee Farler, Senna Hickey, Mai Ling Johnson, Daniel Muldoon, Gwendalynn Severance, Lucas Son, Kaiden Mead, Conner Ulep, Advait Warrier, Mia Watkins

20,000 PAGES - Level 4

Allyn Rose Aldeza, Landon Johnston, Suin Kim, Noah Lapierre, Caleb Quintanilla, Samantha Moe, Aubriana Paraoan, Advait Warrier

25,000 PAGES - Level 5

Gunnar Hultquist, Ethan Hunt, Nathan Xavier

30,000 PAGES - Level 6

Caiden Del Rosario, Ethan Flores, Eva Pokidov

35,000 PAGES - Level 7

Rowan Pendley, Elias Poe, Amuthan Srinivasan, Gaige Warren

40,000 PAGES - Level 8

Cayla Homerding, Mykenzi Fischer, Max McDade, Dylan Pechacek, Rowan Pendley, Ava Taylor,

45,000 PAGES - Level 9

Caleb Arduser

50,000 PAGES - Level 10

Glory Afieroho, Aidan Hippler, Sye Allen, Jolar Castillo, Audrey Radford

55,000 PAGES - Level 11

Zoe Schlabaugh

60,000 PAGES - Level 12

Shelby Haag, Blake Kullberg

65,000 PAGES - Level 13

Erin Kopiasz

75,000 PAGES - Level 15

Brigham Jeppson

80,000 PAGES - Level 16

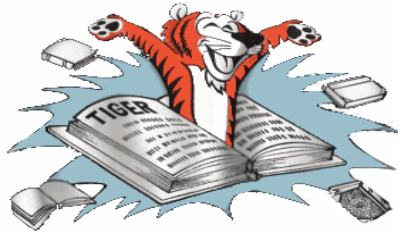
Naelani Peters, Shaan Sujith

85,000 PAGES - Level 17

Shaan Sujith

100,000+ PAGES - Level 21

Hailey Henderson



T.I.G.E.R. READING CLUB UPDATE

February Reading, 2020

- **251** student readers met the January goal!
- Students read **433,639** pages and the staff read **21,098** pages in February.
- **1,103,364** pages remain to reach the student goal!

-PRIMARY CLASS TROPHY K-3 WINNER:

Mrs. Pugh's & Mrs. Navio's classes had the most primary students read to goal!

-INTERMEDIATE CLASS TROPHY 4-6 WINNER:

Mr. Walsh's class had the highest number of intermediate students read to goal!

-CLASSROOM GRADE LEVEL TROPHY WINNERS

Kindergarten – Mrs. Montes

4th Grade – Ms. Basinger

1st Grade – Mrs. King

5th Grade – Mrs. Cotten

2nd Grade – Mrs. Pugh

6th Grade – Mr. Walsh

3rd Grade - Mrs. Navio

Ms. Kelly in the library is our top staff reader with **5,223** pages read in January.



Access Digital Books/Resources

- Visit the [ASD Digital Library](#) and read in your browser :) So Easy!
- Download the SORA APP and read or listen @ [A.S.D. Digital Library with SORA](#)
- Usernames & Passwords
 1. USERNAME: **lastname.firstname@asdk12.org**
 2. PIN/PASSWORD: Varies by student - **what students use in the computer lab or on Chromebooks**

- **Password problems? Email Ms. Collins for help with usernames, passwords, or resetting passwords :)**
- **Simple Directions for ASD SORA**

[Login to Clever Portal](#) (access ASD Apps like Lexia & Math Whiz)

[NLABC Weblocs](#)

[ASD Educational Resources](#)



More Library Resources available with ASD Library Codes ([email for yours!](#))

- [Anchorage Municipal Library Downloadables](#) (Available with parent permission given during the registration process using the ASD [student library codes](#) - find Tumblebooks e-books, read-along, and animated books, Hoopla, Lynda, and MORE!!)
- [Alaska Digital Library](#) If asked for home library, pull down to Anchorage Public Library
- [Alaska State Library Resources](#) - BrainPop and MORE! Alaska residents, call 1-800-440-2919 for a username & password if needed (try it first, your ISP may automatically identify you as an Alaska Resident).
- [Anchorage Public Library's COVID-19 Family Resource List](#)

Gym

Hello NLABC Families! Let's get moving!!

Being physically active is an important part of a healthy lifestyle! Because students are not participating in recess or P.E. class, there are ways to stay active at home. Students receive 90min of PE a week while in school which is equal to only 15min. a day. Healthy recommendations are for 60min. a day of physical activity. Remember, the more physical activity you do, the greater the health benefits, and the better you will feel! Getting your body moving can help you:

- * Feel better about yourself
- * Sleep better at night.
- * Increase your chances of living longer
- * Strengthen your muscles and bones
- * Maintain or achieve a healthy weight
- * Have more fun

So what can you do while school is closed?

***GO OUTSIDE!** It is spring, days are long and the sun has been out-free play, sledding, walking, running, biking, skiing, snowshoeing, snow cave building, jumping rope, hula hooping.....

*Here is a fun March activity calendar and a kids activity pyramid you can use as a guide. Start with today's date or pick and choose any of the daily recommended activities.

Ms James & Mrs. Ireland



Get Healthy March Challenge 2019



CATERPILLAR KABOBS

Ingredients:
Variety of fresh fruits and vegetables (choose vegetables that can be eaten raw, such as carrots, cucumbers, peppers, broccoli, and tomatoes). Wash and cut into bite size pieces.

These easy kabobs are a great snack. They are fun, delicious, and a great way to illustrate how to eat a rainbow of colors.

Fruit kabobs: Assemble chunks of fruit, such as melon, apple, oranges, grapes or pears on skewers in any order. Use low-fat yogurt as a dip for dipping.

Vegetable kabobs: Use raw veggies, such as cucumbers, carrots, sweet peppers, tomatoes or squash. Pair with a ranch or hummus dip for dipping.

Stretch-It SUNDAY	My Garden MONDAY	Taste-It TUESDAY	Wholesome WEDNESDAY	Thrifty THURSDAY	Fix-It FRIDAY	Super SATURDAY
<p>March is National Nutrition Month and Colon Cancer Awareness Month. Diets high in fruit and vegetable intake, along with increased physical activity, can reduce the risk for many diseases, including colon cancer. Whether you're trying to lose weight, get stronger, or just be healthier and make better food choices, we have a challenge for you. Complete each day at your own pace!</p>						
<p>3 Aim for 6-8 cups of lean protein daily.</p> <p></p> <p>15 min. Yoga/stretch 20 sec. plank</p>	<p>4 Think about growing your own produce.</p> <p></p> <p>8 Burpees 10 Mountain Climbers 10 Pushups 20 min. walk</p>	<p>5 Replace white pasta/rice with whole wheat pasta and brown rice.</p> <p></p> <p>8 Burpees 10 Mountain Climbers 10 Pushups 20 min. walk</p>	<p>6 Do not "feed" the nutrition off of fruits/vegetables except when necessary.</p> <p></p> <p>8 Burpees 10 Mountain Climbers 10 Pushups 30 sec. plank</p>	<p>7 Shop the sales for your produce this week.</p> <p></p> <p>10 Burpees 15 Mountain Climbers 15 Pushups 30 min. walk</p>	<p>8 Go grocery shopping for the next week and stick to your list.</p> <p></p> <p>10 Burpees 15 Mountain Climbers 15 Pushups 30 min. walk</p>	<p>9 Limit juice to 100% real fruit juice with no added sugar.</p> <p></p> <p>10 Burpees 15 Mountain Climbers 15 Pushups 15 min. Yoga/stretch</p>
<p>10 Aim for 2 servings of fruit daily.</p> <p></p> <p>1 mile walk/run 40 sec. plank</p>	<p>11 Grow your own herbs indoors to add a punch of flavor to your meals.</p> <p></p> <p>12 Burpees 15 Mountain Climbers 15 Pushups 30 min. walk</p>	<p>12 Try pork or lamb steaks as an excellent high-fiber source of protein.</p> <p></p> <p>10 Burpees 15 Mountain Climbers 15 Pushups 20 min. walk</p>	<p>13 Steam veggies instead of boiling to prevent vitamin/mineral loss.</p> <p></p> <p>10 Burpees 15 Mountain Climbers 15 Pushups 40 sec. plank</p>	<p>14 Buy frozen fruits/veggies in bulk to save money.</p> <p></p> <p>15 Burpees 20 Mountain Climbers 20 Pushups 40 min. walk</p>	<p>15 Take advantage of daylight savings time and fit in those exercises.</p> <p></p> <p>15 Burpees 20 Mountain Climbers 20 Pushups 1 mile walk/run</p>	<p>16 Aim for 20-35 grams of fiber and 64 ounces of water daily.</p> <p></p> <p>15 Burpees 20 Mountain Climbers 20 Pushups 40 min. walk</p>
<p>17 Aim for 3+ servings of vegetables daily.</p> <p></p> <p>15 min. Yoga/stretch 50 sec. plank</p>	<p>18 Think about buying produce from a local farmers market.</p> <p></p> <p>15 Burpees 20 Mountain Climbers 20 Pushups 40 min. walk</p>	<p>19 Choose cheeses made from 2% fat and pasteurized.</p> <p></p> <p>15 Burpees 20 Mountain Climbers 20 Pushups 40 min. walk</p>	<p>20 Replace sugary cereal with whole grain cereal.</p> <p></p> <p>15 Burpees 20 Mountain Climbers 20 Pushups 50 min. walk</p>	<p>21 Pack a healthy lunch daily to save time and money.</p> <p></p> <p>20 Burpees 25 Mountain Climbers 25 Pushups 50 min. walk</p>	<p>22 Replace whole and 2% milk with 1% or skim.</p> <p></p> <p>20 Burpees 25 Mountain Climbers 25 Pushups 50 min. walk</p>	<p>23 Get 7-11 cups of water daily. Avoid frying.</p> <p></p> <p>20 Burpees 25 Mountain Climbers 25 Pushups 15 min. Yoga/stretch</p>
<p>24 Add 3-6 servings of whole grains daily.</p> <p></p> <p>1 mile walk/run 40 sec. plank</p>	<p>25 Try growing potted plants to save space.</p> <p></p> <p>20 Burpees 25 Mountain Climbers 25 Pushups 15 min. walk</p>	<p>26 Try a new healthy recipe from myplate.gov today.</p> <p></p> <p>20 Burpees 25 Mountain Climbers 25 Pushups 15 min. walk</p>	<p>27 Skip the sweet dessert and have fresh fruit instead.</p> <p></p> <p>20 Burpees 25 Mountain Climbers 25 Pushups 40 sec. plank</p>	<p>28 Keep fruits and veggies eye level in the refrigerator to reduce waste.</p> <p></p> <p>25 Burpees 30 Mountain Climbers 30 Pushups 40 min. walk</p>	<p>29 Limit pork intake to 6 ounces and lean ham.</p> <p></p> <p>25 Burpees 30 Mountain Climbers 30 Pushups 40 min. walk</p>	<p>30 Ensure all bread, chips, and crackers are whole grain.</p> <p></p> <p>25 Burpees 30 Mountain Climbers 30 Pushups 1 mile walk/run</p>
<p>31 Consume 3 servings of low or fat-free dairy each day of the week.</p> <p></p> <p>15 min. Yoga/stretch 70 sec. plank</p>	<p>Eating a variety of fresh fruits and veggies will help ensure you are getting the vitamins, minerals, folic acid and fiber your body needs for growth and development. Most fruit and vegetables are naturally low in calories.</p>					<p>30</p>

Aim to eat a **rainbow** of colors every day. Each color offers our bodies something unique.

Health

To all our healthy NLABC Families,

We have been studying My Plate, Nutrition, and digestion in my health classes and will be heading into dental health. Attached are some fun, informative videos, games and songs that any child at NLABC can interact with to reinforce what we have been learning and get them ready for our next units.

From Colgate comes The Tooth Defenders! <https://www.youtube.com/watch?v=qCJxXsJkpW0>

My Plate: <https://www.choosemyplate.gov/>

Blast Off nutrition game: https://www.fns.usda.gov/apps/BlastOff/BlastOff_Game.html

Berenstain Bears visit the dentist: <https://www.youtube.com/watch?v=bBCyQZCtELY>

Nutrition and 5 food groups songs: probably need itunes.



And, always remember-Play Everyday!!

Ms. James



Farewell to Mr. Sims



A heartfelt farewell to our retired BPO last month!

MIDDLE SCHOOL

SPIRIT DAY !!! SUPER HEROS

It was good to see a lot of Super Heroes at NLABC school today! What a day to end the 3rd Quarter!

Congratulations to Mr. Cullings' class. What an (The) Incredibles job!!!

Thank you for all that you do. You are all our Super Heroes every day at NLABC! We hope that you all have a safe and fun spring break!

See below for photos.



Yearbook



ORDER ONLINE BY 4/1
[Yearbook Order Form](#)



ART NOTES

Hi Northern Lights Students and Families,

I am still working on the Northern Lights Yearbook. The last day to order online is April 1st. (NO JOKE)

I am getting some great 8th grade baby pictures. I still need more. If anyone has other pictures they would like to submit to the yearbook please e-mail them to me at Easton_Miriam@asdk12.org

I don't know about you but my children are going a little stir crazy. During this time of change, it has given me and my family opportunities to be creative. Well, I have been staring at a computer screen working on my technology skills and yearbook. My children have been exploring ideas and creating their own art work. These are just a few examples of their work. I hope this time gives you an opportunity find a "how to draw" video, book, or app that you can explore and pick and choose things you like.

The above artwork is created by Anna on heavy watercolor paper using sharpies.

The lower art is a page in Eva's 9x12 sketchbook. She used Sharpies and Chameleon Marker. She also used a thin piece of cardboard under the page as she was working so her work wouldn't bleed onto other pages. I find them both fun and inspiring.

As we move forward, I will continue to share artistic ideas in different ways. I miss you all. During this time, enjoy your family and stay creative. I know I am.

Until we meet again,
Mrs. Easton

