



APRIL ~ 2021/2022 PTARMIGAN ELEMENTARY

Hello Ptarmigan Families,

Spring is here! The days are a getting longer and the snow is melting. Our playground is getting wet and sloppy, so please consider having your student(s) bring outside shoes/boots and a change of pants and socks, just in case they get wet while at recess.

We started the 4th quarter with a school wide assembly recognizing all of the hard work from the last quarter. It was great seeing all the parents/guardians who were able to log in and cheer on their student(s). It is my hope that we can do an in-person assembly for 4th quarter.

Spring also brings state testing. Students in grades 3rd-5th have started the state standardized test. Although we have just started, I am very proud of the hard work and effort our students have been putting forth. Students in grades K-2nd will also be taking a test at the end of April which will show how well they are progressing on their reading and math skills. Parents, please watch for information from teachers on which days your student will be testing. We need your help getting students to school on time especially on testing days so we can get back to teaching our students verses scheduling make-up testing sessions.

Our last Family Night of the school year will be on April 21st from 5:45pm-7pm and will be in-person. It will be an Earth Day/Science themed event. It would be great to see even more participation than our last family evening.

Attendance is still a big focus for our school. Help your student(s) be a H.E.R.O. (Here, Every day, Ready, and On time) so they have access to the academics that our staff has planned.

Let's close out this school year with continued hard work and increased academic progress.

Sincerely,

Mrs. Kelly Ramey

MARK YOUR CALENDAR:

APRIL

- **STUDENT COUNCIL FOOD DRIVE:** 4/11/2022-4/15/2022
- **FAMILY NIGHT (5:45pm-7pm):** 4/21/2022
- **Final Day 21st Century Afterschool Program:** 4/28/2022

BOOKSHELF BULLETIN



Hi Ptarmigan Students & Families,

Please welcome Mrs. Rachel Rosenberger to our Ptarmigan Library. She will be our guest librarian for the months of April and May while I am out on maternity leave. With only a few weeks left of the 2021/2022 school year, the priority will be returning all library materials. Mrs. Rosenberger will be sending home overdue notices letting families know if your child has any books currently out that need to be returned to the library.

The last day to check out books for this school year will be May 6th, with the goal to have all library resources returned by May 13th.

I hope you all have a wonderful remainder of the school year and a fun filled summer!

Mrs. Alyson Giammalva
Teacher-Librarian

Ptarmigan FOOD DRIVE By: Student Council

WHEN: April 11th – 15th

WHAT: Canned or Boxed food that is not expired

WHERE: Each class will collect into a box inside their classroom

WHY: To donate food to New Hope Food Pantry

WHO: Popcorn Party given to each class that meets class goal (number of students on roster)

*** The class that collects the most food items total will win a Pizza and Popsicle Party for their class! ***



Big Brothers Big Sisters
of Alaska

WE WOULD LIKE TO INTRODUCE YOU TO MRS. KATHIE EVINGSON, ONE OF OUR SPECIAL EDUCATION RESOURCE TA's



A summer job at Glacier Bay National Park in southeast Alaska was my introduction to the pristine beauty of remote Alaska. I frequently saw humpback whales breaching in the bay and learned to ocean fish - catching halibut and salmon so much bigger than the small panfish I caught growing up in Wisconsin.

I kayaked among glaciers and camped on ridges close enough to hear their calving throughout the night. I saw the northern lights dance across the night sky. My summer job after college had become a life changing experience and I wanted to make Alaska my home. Fast forward a few years and I married a man I'd met that summer. We moved to Anchorage and our love for the outdoors continued: we raced mountain bikes throughout the state, hiked, and kayaked.

We started a family and raised two children, Brook and Croix. Our adventures became family outings and we skied, winter biked, and ice skated. I became a hockey mom and still am one today. We added a Husky/German Shephard-mix rescue dog named Jojo to our family. Jojo eats everything and anything, but especially loves carrots.

I've been employed in the tourism industry, a library, a bike/raft rental business and as a substitute teacher. Presently I'm working as a Special Education Resources TA teaching Reading Mastery and Math. This is my second year at Ptarmigan Elementary and I am grateful our classes are back to a more traditional schedule.

I'm proud of the progress our students are making in reading fluency and comprehension. My goal is for students to love reading as much as I do and enjoy reading for pleasure. My favorite part of teaching math: when a student "gets" a concept and their eyes light up - that is success.

I'm looking forward to our long summer days gardening, cycling and hiking with my family.

~NEWS FROM NURSE JESSIKA~



Spring is here! With that, here are a few thoughts!

1). With allergy season upon us, please remember to have your student's pediatrician send a note to the nurse if your student experiences seasonal allergies (and we do not already have this information on file). Seasonal allergies can look very similar to COVID symptoms. The policy at school remains the same as it has all year regarding COVID: if your child has any symptoms that might be COVID19 they will require a doctor's note or negative PCR COVID test to return to school. With seasonal allergies listed as a chronic condition on your student's record, we can avoid sending your kiddos home with "COVID-like symptoms" every time they have a runny/stuffy nose. Please reach out to me with any questions about this!

2). We are still having chilly days! Don't forget to send your kiddos with jackets, hats, gloves, snow pants, boots, etc. I am more than happy to have kids borrow our supply here at school on forgetful days, but I have limited supplies/sizes. I appreciate your help keeping these kids warm!

3). Spring is always an exciting time of year. The sun is back, it is just starting to warm up again, and students oftentimes like to get out and enjoy this change. This is a great thing, however our students still need their sleep. Sleep is especially important right now because our bodies need good sleep to fight off illness. Here is a link that works as a great visual reminder about sleep I found from the CDC website. <https://www.cdc.gov/chronicdisease/resources/infographic/children-sleep.htm>

Jessika Hartman, RN Ptarmigan School Nurse PH: 742-0417

Funding may be changing regarding free COVID Vaccines. So, April is a great time to get any lingering COVID shots taken care of before costs for vaccines increase.

The best place for your child to receive vaccinations is at their pediatrician's office or medical home. If you do not have a medical home or are unable to schedule an appointment with your pediatrician, the locations listed below offer childhood vaccines. **ALWAYS BRING YOUR CHILD'S SHOT RECORD WITH YOU.** Your school nurse can print a copy of your child's current shot record. **CHILDREN MUST BE ACCOMPANIED BY A PARENT/GUARDIAN.**

Please call the clinics for the most current information

LOCATION	PHONE	HOURS	AVAILABILITY	COST
Anchorage Native Primary Care 4320 Diplomacy Drive	729-1000 Opt. 1	M-F: 830AM - 5PM Sat: 8AM - 4PM	Appointments Only <small>(Alaska Native/American Indian patients ONLY)</small>	Free
ANMC Walk In Clinic 3900 Ambassador Drive, 3rd Floor	729-1500	M-F: 9AM - 9PM Sat: 10AM - 6PM	Walk-In <small>(Alaska Native/American Indian patients ONLY)</small>	Free
Allergy Immunization Clinic JBER EAFB Hospital Zeamer Ave	580-2001	M-F: 830AM - 5PM Sat: 8AM - 4PM	Walk-In or Appointment <small>(Tricare Beneficiaries ONLY)</small>	Free
Municipality of Anchorage 825 L St. Public Health Clinic	343-4799 Opt. 2	M, Tu, Thu, F: 8AM - 5PM W: 1PM - 5PM	Appointments Only	Free <small>(insurance may be billed)</small>
Providence Pediatric Immunization Clinic 3340 Providence Dr. Tower A, #351	212-4824	First Sat. of the month 10AM - 1PM	Walk-In	Free
Anchorage Neighborhood Health Center 4951 Business Blvd (C & Int'l)	743-7200	M-F: 8AM - 5PM	Appointments Only <small>(For current patients ONLY)</small>	Sliding scale
First Care Medical Center 1301 Huffman Blvd Suite 100	345-1199	Sat-Sun: 7AM - 11PM	Walk-In or Appointment <small>(Does not accept Medicare)</small>	Cost
Medical Park Family Care 2211 E. Northern Lts Blvd	279-8486	M-F: 730AM - 6PM Sat: 9AM - 2PM	Walk-In or Appointment <small>(For current patients ONLY)</small>	Cost
Mountain View Urgent Care 3521 Mt. View Dr	868-1105	M-F: 10AM - 6PM Sat: 10AM - 4 PM	Walk-In	Cost <small>(Bills insurance, discount programs)</small>
Patients First Medical Clinic 6307 DeBarr Rd., Suite C	333-7425	M-F: 8AM - 8PM Sat: 10AM - 6PM Sun: 12PM - 6PM	Walk-In or Appointment	Cost <small>(Free for Medicaid)</small>

*This list is provided as a resource to you. The Anchorage School District neither recommends nor requires that you use this list or any of the services provided by individuals or entities on the list. It is for you to decide what services, if any, to use and from whom you wish to obtain them.

In addition to the places listed above, many retail pharmacies such as Fred Meyer, Carrs/Safeway, Walgreens, Costco, etc., have vaccines available. Call ahead before taking your child to one of these locations to be sure they have the right vaccine available.

After your child receives their vaccination(s), please get the paperwork to the school nurse. Updated records or proof of immunization can be hand delivered, emailed, or faxed to the school.

~ Health / Social Emotional Learning ~

Happy April from Health

Drugs, Physical Fitness, and The Safe Children's Act lessons.

Kindergarten will be exploring the meaning of the word drugs. They will learn reasons to say no. They will be discovering the meaning of medicine and be shown how they can follow medicine rules. Kindergarten will also be discussing play. They will be identifying what is and is not play and the importance of play.

First grade will be learning about medicine; what it is and is not. They will be practicing differentiating between medicines and non-medicines and how medicine can help. Demonstrate caring for someone who is ill. First grade will also be discussing exercise and how it is needed at all ages. They will be defining physically fit and the activities that help them get there.

Second grade will be discussing what drugs are. They will be identifying various types of drugs and why it is important to make a habit of making healthy choices. They will practice routines to keep them safe when they are sick. Second grade is also discovering physical fitness. Describe how muscles help us move. Discover what exercise can do for your body and how muscles work together.

Third grade will be discussing saying no to smoking, drinking, and drugs. They will learn how to say "no" in threatening or at-risk situations. They will be defining the word addiction and explaining what it means to be addicted to drugs and how it can happen. Third grade will also be discussing the skeleton, the functions, and how joints help us to move. They will also learn the benefits of exercise.

Fourth grade will be talking about being drug free and asset strong. They will be identifying assets and sources of pressure which lead to drug experimentation. They will also identify various drugs and will be classifying drugs into categories while explaining the effects of each. They will learn resources that they can trust in the community that can help with drug problems in the family. Fourth grade will also be learning about exercise. They will learn the meaning of physical fitness and will identify benefits of exercise for each part of the body and how a proper exercise program is valuable.

Fifth grade will be discussing use, misuse, and abuse of drugs. They will define these terms and the short and long term effects. They will also be identifying the ways in which some advertising promotes drug use and why drugs won't solve problems. Fifth grade will also be learning about the skeleton system. They will learn the importance of making choices that require physical activity and will be describing four things which can help to make a body great; positive attitude, daily exercise, nutritious diet, and good decision making skills.

Jamie Wolfe
Health Specialist Teacher
Ptarmigan/Baxter Elementary



"Notes" From the Ptarmigan Music Room



Spring is in the air and recorders and playing in the music room. Fourth and fifth graders are beginning to play their first songs on recorder. It is exciting to see them putting their musical knowledge together to play a melodic instrument.

Third graders are strumming the ukulele and starting to accompany themselves as we play simple songs. Their fingers get a little sore on the strings, so we are mixing it up with other musical elements during class.

Yes, we do talk about Bruno in second grade music. We have been exploring the music of "Encanto" and discovering the rich heritage represented in that music. It is a great opportunity to work some more challenging rhythms and play along with these great songs

Our youngest musicians at Ptarmigan have been drumming away on our African and Latin drums. Working with simple rhymes and poems to practice keeping the beat. They might be able to say some of them to you at home.

Mark your calendar for May 7th and the performance of "Island In The Sun," More information will be coming out on times for this wonderful musical. The choir has been dancing, memorizing lines, and songs. This charming story of Anansi the Spider and the brave Caribbean children who rescue a friend from his sticky web. These songs will get you ready for warmer weather and lighten your heart. Goodbye gloomy winter and hello to warmer weather and the joy of children's voices.

Hope to see you at Ptarmigan soon!

In Harmony, Mrs. Benton Classroom Music Specialist



Anchorage School Board:

Margo Bellamy (President), Andy Holleman (Vice President), Carl Jabobs (Clerk), Kelly Lessens (Treasurer), and Members Dave Donley, Pat Higgins, and Dora Wilson.
ASD Superintendent, Dr. Deena Bishop.

