



DECEMBER ~ 2020/2021

PTARMIGAN ELEMENTARY

Hello Ptarmigan Families,

Well, we continue to make the best of the unfortunate news that we do not have a specific return date for in-person learning. I know that online learning can be difficult and I appreciate those families that are working extremely hard helping their student login to their zoom lessons, monitoring their Canvas page to ensure they are completing assignments, and also ensuring that they are completing their 15 minutes of i-ready each day in Math and Reading. All these components are important to assisting your students learning while we are not able to be physically at school. It was so wonderful to see almost 20 students in attendance for Mrs. McRoberts class to receive their reading lesson last Monday.

I am so happy to announce that we will continue the annual **Ptarmigan All School Sing-Along on December 16th at 2pm via zoom.** I hope you and your family can join us in singing some holiday songs!

The All School Sing-Along Zoom link is below:
[https://asdk12.zoom.us/j/93391590934?](https://asdk12.zoom.us/j/93391590934?pwd=Tx4Qkcvd1FQTNlQa2tZKYtOTVRjUT09)
[pwd=Tx4Qkcvd1FQTNlQa2tZKYtOTVRjUT09](https://asdk12.zoom.us/j/93391590934?pwd=Tx4Qkcvd1FQTNlQa2tZKYtOTVRjUT09)
Meeting ID: 933 9159 0934
Passcode: Sing

We are also excited to bring back our Quarterly Awards Assemblies. On **January 5th, starting at 3:30pm**, we will recognize students in PreK-5th on their 2nd Quarter achievements.

The 2nd Quarter Awards Assembly link is below:
[https://asdk12.zoom.us/j/93835635249?](https://asdk12.zoom.us/j/93835635249?pwd=SGtKMnZBTkhMMUhfYlZzK09SUmQ5QT09)
[pwd=SGtKMnZBTkhMMUhfYlZzK09SUmQ5QT09](https://asdk12.zoom.us/j/93835635249?pwd=SGtKMnZBTkhMMUhfYlZzK09SUmQ5QT09)
Meeting ID: 938 3563 5249
Passcode: Ptarmigan

Other important dates to remember are:
2nd Quarter ends on Thursday, December 17th.
No school for students on Friday, December 18th.
3rd Quarter begins on Monday, January 4th.

Please continue to go to the ASD website and the Ptarmigan Facebook and website for updated information on when we will be back to in-person learning.

Have a wonderful Winter Holiday break and please stay safe!

Sincerely,

Kelly Ramey
Principal Ptarmigan Elementary

MARK YOUR CALENDAR:

DECEMBER

- **Materials/Packet Distribution:**
@ 4:30pm-5:30pm- 12/3/2020 & 12/10/2020
- **December Attendance Incentives Tracking:**
11/30/2020-12/16/2020
- **ALL SCHOOL Zoom Sing-Along:**
@ 2pm- 12/16/2020
- **December Attendance Incentives Notification:**
12/17/2020-12/18/2020
- **GRADE REPORTING IN-Service/**
NO SCHOOL: 12/18/2020
- **WINTER BREAK-**
NO SCHOOL: 12/21/2020 - 1/3/2021

(There is no 21st Century Afterschool Program from 12/14/2020 - 1/8/2021)

JANUARY

- **QUARTER 3 BEGINS:** 1/4/2021
- **QUARTER 2 Zoom Awards Assembly:**
@ 3:30pm- 1/5/2021
- **QUARTER 2 Grades Viewable in Q:** 1/6/2021
- **Materials/Packet Distribution:**
@ 4:30pm-5:30pm- 1/7/2021 & 1/14/2021
- **Martin Luther King Jr. B-Day**
NO SCHOOL: 1/18/2021



Ptarmigan Winter Sing-along

Wednesday
12/16
2pm

Via Zoom:

<https://asdk12.zoom.us/j/93391590934?pwd=Tx4Qkcvd1FQTNlQa2tZKYtOTVRjUT09>

Meeting ID: 933 9159 0934

Passcode: Sing

Log in to sing some
holiday songs, hear
some special music and
a visit from a very
Special Guest!
Ho, Ho, Ho!





"Notes" From the Ptarmigan Music Room.



"And visions of sugar plums danced in their heads..." The Dance of the Sugar Plum Fairy along with The Chinese Dance, The Russian Dance, Nutcracker March, and Waltz of the Flowers have been a focus in music this week. The entertaining music of Tchaikovsky's Nutcracker is being enjoyed in Ptarmigan music classes. This huge work creates many opportunities for students to explore the musical elements of form, pitch, rhythm, expression, and texture. Make sure to send your child's drawings from music this week into your classroom teacher.

Mark your calendar for the Ptarmigan All School Holiday Sing-along on December 16th at 2pm. Log into Zoom with your family and enjoy some holiday classics and a visit from the "Great Bearded One". This event is sure to put joy in your heart as we sing the music of the season.

I so enjoy sharing my passion for music with our students. My hope is that you continue to encourage your children to participate and log into the music sessions. As I quoted in the Anchorage Daily News this week...."The arts allows us to experience a three-dimensional life".

I hope to see you on the 16th!

In Harmony,
Mrs. Benton, Classroom Music Specialist



~NEWS From Nurse Brittany~

Hello Ptarmigan Families,

Here are just a couple of things that come to mind when I think about health during the winter:

1. The Holidays can be a time where we eat lots of treats. Although it's okay to have a few sweet treats now and then, try to limit your intake of sweets. And don't forget your fruits, veggies, and to drink plenty of water.
2. Get outside and play! Playing outside is not only a great way to get much needed exercise, but being outside is also good for our mental health, especially if you can get out during the daylight. Be sure to wear warm winter clothing!
3. Do you need some Vitamin D? Vitamin D supports immunity, bone health and can help with sleep. A lot of Alaskans are at risk for Vitamin D deficiency because Vitamin D comes from sunlight. Talk with your doctor to get their recommendation on supplements.
4. Have you got the Blues? The Holidays can be stressful. This whole year has been stressful. A little sadness is normal. However, if you have ongoing sadness or weariness, that could be depression. Signs and symptoms include: feeling sad or anxious all the time, not wanting to do activities that used to be fun, having trouble sleeping, changes in eating habits, experiencing aches and pains. If you experience these symptoms, please talk with your doctor. Info taken directly from <https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html>
5. Remember to reach out to loved ones. Talking with and spending time with our loves ones is great for our emotional wellbeing. Remember to do so safely!
6. Create some holiday traditions with your family. Some of my favorite free traditions are attending a Christmas church service, walking around my neighborhood to look at Christmas lights, and sledding. I'd love to hear about your family's traditions!

If you have questions about what you have read feel free to reach out to me! I am available by phone at # 742-0417 (please leave me a message and I will return your call) or by email at bretz_brittany@asdk12.org.

Have a Merry Christmas and Happy New Year!

Nurse Brittany Bretz BSN, RN, NCSN
Ptarmigan Elementary School Nurse



Are you in need of gym shoes for your student? A non-profit organization, Basics, has reached out to our school nurse wanting to provide shoes for Ptarmigan families. Please contact our school nurse and she can order shoes for your students. Her email is bretz_brittany@asdk12.org. You can also leave a message on her work phone at 907-742-0417.

This holiday season do what's best for you and your loved ones

Being away from family and friends during the holidays can be hard.



Hard choices to be apart this year may mean that you can spend many more years with your loved ones.



Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.



When you talk with your friends and family about plans, it's ok if you decide to stay home and remain apart from others.



Doing what's best for you includes eating healthy foods and getting enough sleep.



Make time to take care of your body and stay active to lessen fatigue, anxiety, and sadness.



Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

cdc.gov/coronavirus

COVID-19 Pop-up Test Sites

Sites open from 8 a.m. to 7 p.m.

Pre-register at www.visitheath.covidsecureapp.com

Dec. 4	Williwaw Elementary School 1200 San Antonio Street
Dec. 5	Alaska Native Cultural Charter School 550 Bragaw Street
Dec. 7	Clark Middle School 150 Bragaw Street
Dec. 11	North Star Elementary School 605 West Fireweed Lane
Dec. 12	Dimond Mall-Near Dimond Center Hotel 700 East Dimond Boulevard
Dec. 14	Lake Hood Elementary School 3601 West 40th Avenue
Dec. 18	Russian Jack Elementary School 4300 East 20th Avenue
Dec. 19	Tikahtnu Commons-Next to Regal Theater, 1102 North Muldoon Road
Dec. 21	Taku Elementary 701 East 72nd Avenue
Dec. 26	Old Midtown Denny's (across from REI) 2900 Denali Street
Dec. 28	Anchorage School District Ed Center 5530 East Northern Lights Boulevard



Hosted by: Anchorage School District, Title I
Led by Love and Logic
Trained Facilitator
Meg'n Gall

Dates: Tuesday evenings 12/1, 12/8, 12/15,
1/12, 1/19, 1/26

Time: 5:15-7:00 pm

Location: Zoom link will be provided weekly.

Questions: Meg'n Gall
gall_megn@asdk12.org

Cost: Free

******Limited seats available**

You will find answers to:

- How do I get them out of bed in time for school?
- How can I stop my children to help with chores without arguing?
- Is there a way to discipline my toddler in public without creating a scene?
- How can I get my teenager daughter to come home at the agreed time?
- How do I get him to eat his dinner without complaining?
- And many more day to day parenting challenges?

Let's Welcome To The Team One Of Our New Special Education Structured Learning Teachers



Hello everyone! My name is Diane Hawley. I came to Anchorage in 1979 and graduated from West Anchorage High School. I learned to be a hair dresser through King Career center and ended up contracting Barber shops on Elmendorf from 1990-2001. I have 4 beautiful children whom all went to school at Ptarmigan Elementary school and 7 beautiful grandchildren.

I was inspired by my family to pursue my higher learning as the kids and I would all would sit and do homework together at the table after dinner. It took me 4 years to receive my B.S.O.E. in Human Services and Psychology in 2007. In 2011, I decided to get my graduate degree in Special Education. This is the most rewarding career I have had. I have worked for the past years as a substitute teacher in the Matsu School District and a Resource Teacher for the past 3 years. I was given the Sylvian Teacher of the week in 2017 when I worked in MSBSD. Last year I worked on the south side of Anchorage. I am so excited to now be a 2nd through 5th grade SLC teacher here at Ptarmigan Elementary.

I love Alaska and all of the beauty that surrounds us here in this state. I love walking through the woods, fishing, and being an explorer. I hope that with every life I have contact with I will inspire others to keep dreaming, inspire others to feed their imagination, and to teach students they are very important individuals.



**WE ALL NEED
TEACHERS**
lets give them a hand



Big Brothers Big Sisters
of Alaska

Anchorage School Board:

Elisa Vakalis (President), Margo Bellamy (Vice President), Andy Holleman (Clerk), Starr Marsett (Treasurer), and Members Deena Mitchell, Dave Donley, and Alisha Hilde. ASD Superintendent, Dr. Deena Bishop.