

GIRDWOOD NEWS

Note from the Principal

Dear Girdwood PK-8 Families,

As we begin a new semester I would like to wish a very Happy New Year to our Girdwood PK-8 Family! I trust you had a wonderful winter break with family and friends. As we celebrate this new year, 2020, it is always a great time for looking back to the past, but more importantly, looking forward to the coming year. It is a time to reflect on the changes we want or need to make, and resolve to follow through on those changes. So as we begin 2020, I want to assure everyone that the high expectations in academics and social and emotional learning set from the beginning of the year will continue as we begin second semester.

We will be showing the movie *Screenagers the Next Chapter: Uncovering Skills for Stress Resilience* on Tuesday, January 28th, starting at 6:00 pm with a panelist discussion after the movie screening. High stress, anxiety, and depression are experienced by millions of young people as a result of increased technology use. The movie *Screenagers* follows physician and filmmaker, Delaney Ruston, as she discovers solutions for improved adolescent well-being in the digital age. We have a variety of excellent panelists who will be here that evening that include: Anne Paley (Anchorage School District Board Certified Behavior Analyst), Whitney Whitman (Girdwood School parent and Licensed Professional Counselor), and Jennifer Hines of the Alaska Sleep Clinic. These panelists will be participating and facilitating a discussion on solutions for improved adolescent well-being after the movie screening. Our own junior high teacher, Mr. Hickox, will be emceeding the event. The movie is directed towards parents and students in grades 3-8, but would also be a great view for parents of students in K-2 who are coming into the digital age. The fee to show the movie was covered by a very generous donation from Four Valley Community School. I hope to see you all January 28th at 6:00 pm; you won't be disappointed that you came.

The Anchorage School District is partnering with the Association of Alaska School Boards to conduct the School Climate and Connectedness Survey ©, a statewide survey for students, staff, and families. This survey measures perceptions of each school's climate, including the engagement of students, staff, and families. The student survey will be given to students in grades 3-8 at Girdwood School between January 17th - January 31st. Students will complete the survey online at school. The student survey will ask questions such as how students feel about school rules, their perceptions of how students treat each other, their relationships with staff, social and emotional skills, and observed risk behaviors of other students at school and school events. There are different surveys for younger students (grades 3-5) and older students (grades 6-12). School staff use the results to inform their efforts to ensure schools are safe, supportive, and caring places for all students. The survey is anonymous, confidential, and does not ask questions about students' families. The survey and information describing its purpose and benefits to the district are available at the Assessment Department (ASD Education Center) and on the ASD website if you wish to review them. If you do not want your child to take the survey, please notify the school office in writing. Information on a family (parent) survey will be coming your way soon.

As you are making plans for the spring semester, please remember that our 3rd-8th grade students are scheduled to take our state-wide PEAKS testing in reading and math, March 30th through April 10th. As we know, student attendance is always important. Absences during this time will impact the student as well as the school schedule. Please try to schedule appointments and any absences outside of this time frame.

There is no school on Monday, January 20th in observance of Martin Luther King, Jr's birthday. I draw your attention to one of Dr. King's most famous quotes: "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." It's often easy to point to those that disagree with us and say they are wrong, it's much more difficult to dialogue with them and come to some sort of understanding of one another. Dr. King invites us to look to the light and to look to love, when dealing with those with whom we disagree. What a great reminder on this National Holiday in his honor!

Finally, on behalf of Girdwood PK-8's staff, thank you for your continued support of our students and the work we do for them. It is truly the community, parents, and staff partnering and working together that allows us to maintain the successes we have so long enjoyed here in Girdwood! As always, if you have questions or concerns, please don't hesitate to contact a teacher or me directly. We are here to work together to provide the best possible education for your student! Have a great January and continue to demonstrate being respectful, responsible and ready to do our best!

Take care,

Kari Anderson

Acting Principal, Girdwood PK-8

Upcoming Events

- 1/14 PTA Meeting 3:15 pm
- 1/17 Climate and Connectedness Survey Begins
- 1/20 Martin Luther King, Jr Day No School
- 1/22 Grizzly Bucks for K-2 During Lunch
- 1/24 1st School Ski Day
- 1/24 Middle School Cross Country Ski Meet @ Kincaid
5:30 pm
- 1/27-30 Artist in Residency: Jimmy Riordan
- 1/28 Screenagers Movie and Panel Discussion 6pm in
the Multi Purpose Room
- 1/29 Middle School Cross Country Ski Meet @ Mirror
Lake 2:30 pm
- 1/30 Middle School Boys Basketball Game
- 1/31 School Ski Day
- 2/3-2/6 Artist in Residency: Jimmy Riordan
- 2/4 Middle School Boys Basketball Game
- 2/5 Middle School Cross Country Ski Meet 5:30 pm
- 2/6 Middle School Boys Basketball Game
- 2/7 School Ski Day
- 2/10 Spelling Bee
- 2/11 Middle School Boys Basketball Game
- 2/11 Middle School Cross Country Ski Meet @Service
- 2/12 Parent/Teacher Conferences 1/2 Day for Students
- 2/13 Parent/Teacher Conferences 1/2 Day for Students
- 2/14 No School for Students
State Released Professional Development Day

Anchorage School Board

Starr Marsett, president

Alisha Hilde, vice president

Elisa Vakalis, treasurer

Margo Bellamy, clerk

Dave Donley

Andy Holleman

Deena Mitchell

ASD Superintendent

Dr. Deena Bishop



Girdwood K-8 and the
Girdwood PTA are on Facebook.
Please check our pages out and
“**LIKE**” us! We will be posting
frequently and our pages will have
the latest school information.



TEXT MESSAGES

Sign up and receive text messages from
ASD regarding school closures and late
buses. You must opt in. They are not
automatic. Visit ASD's website to learn
more about receiving text messages.



Box Tops for Education

We are continuing to collect **General Mills Box Tops For Education**. Mrs. Bethanie, in the office, will be collecting the Box Tops and keeping track of which class collects the most. The class that brings in the most Box Tops by the end of April will win a root beer float party. For each Box Top a student brings in, Girdwood K-8 School receives ten cents. We use the money for Grizzly Buck supplies, and other miscellaneous items, so please continue to cut out those Box Tops and send them in. There is also a new APP out that you can download onto your smartphone. You can scan your grocery store receipt from your phone and the number of Box Tops will be automatically calculated for you!



ATTENDANCE POLICY

Below are the basic guidelines for reporting a student's absence:

If your child will not be at school, please call the school office at 742-5300, **before** 10:30 am, to excuse their absence. Please make sure you call the office, even if you have told their teacher.

If you know in advance of a scheduled absence, please call the office and send a note to the classroom teacher ASAP. This will help the teacher to gather schoolwork, if needed. If your child will be gone for more than a couple of days, please fill out the extended absence form. You can get one in the office.

Tardy students must stop in the office, sign in, and get a late pass, before going to class.

If parents want their child to ride a different bus home or get off at a different bus stop, they must send a note for the bus driver and have it signed by the office.

Parents picking up students before the end of the school day must come to the office to sign them out. We will call them down from their classroom when the parent gets here.

Please refer to the ASD Student Handbook for complete District policy.

Outdoor Gear...Be Prepared!

Brrrr, it's cold! Please make sure your child has winter gear: boots, gloves, and any other outdoor clothing to keep them warm and dry during recess. Students in grades K-3 are required to have gloves, a hat, snow pants, a snow coat, and snow boots. Older kids should be dressed for the weather, also. We do go out in temperatures down to 10 below with the wind chill and also if it's raining. Please send your child to school with appropriate gear, regardless of what is happening outside when they leave in the morning.



ARTIST

IN

RESIDENCY



An Artist in Residency is being planned for the last week of January and first week of February. Artist/Printmaker/Bookbinder Jimmy Riordan will be at the Girdwood School Monday through Thursday for these two weeks. He will be working with each class, K-6, on individual printmaking techniques, such as making stamps, monoprints, carving lino block cuts, etching, and screen printing.

In addition, Tommy O'Malley will be here for an after-school "Winter Arts Camp" for all ages, adults included! The idea he has is to use the printmaking concepts for carving printing blocks to make a Girdwood-themed Alphabet postcard that can be printed and shared with the community and beyond. More information will come soon, and registration will take place through FVCS.



Girdwood School Parents:

Glacier Valley Transit is providing an after school activities service at The Girdwood School. The GVT bus will stop at the Girdwood School Mondays through Fridays, at 4:40 pm heading toward Alyeska Resort and looping back toward the Seward Highway.

There is no charge for this service. For more information about Glacier Valley Transit and for current bus stops and schedules please visit www.glaciervalleytransit.com or contact Sam Marshall, Operations Manager, at 907-382-9908.



We would like to shout out a big THANK YOU to Subway and the Ice Cream Shop, Girdwood K-8's school business partners! If you know of anyone else who would like to be our partner, please let us know.



Big Brothers Big Sisters Drop-Off Bin

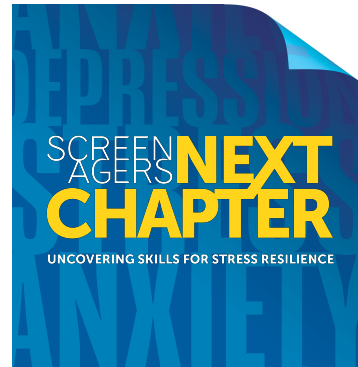
For those of you who don't know, Big Brothers Big Sisters of Alaska has provided Girdwood with an additional donation drop-off box. This bin is located in the over-flow parking lot on the right hand side of Hightower Road before you get to the school. Please donate gently used clothes, shoes, and cloth items only. To donate household items, please call Big Brothers Big Sisters at 563-1997 to set up a time for pick up. This service is provided for free by Big Brothers Big Sisters. These donated items are used to stock local Value Village locations and the proceeds of the items are given to Big Brothers Big Sisters of Alaska in order to help them reach their yearly goal of serving 2,000 children across Alaska.

Bus Note Expectations

Per the 19-20 ASD Student Handbook page 14, students must ride their assigned bus unless presenting a note to the driver from their parent/guardian that has been initialed by the principal or front office.

ASD's Mobile App

Downloading our ASD app is a great way to get the information you need in the palm of your hand. Our free app is available to anyone in our community who wants to stay connected. ASD families and students have access to additional features within the app found at <https://www.asdk12.org/mobileapp>



screenagersmovie.com

Please join us for a showing of the flim
Screenagers NEXT CHAPTER

High stress, anxiety, and depression are experienced by millions of young people as a result of increased technology use.

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BY: Girdwood School
WHEN: 01/28 6:00PM-8:00PM
WHERE: Girdwood School MPR
TICKETS: Free! Thank you to Fourvalley's Community School.

Pediatric Experts Available at Your School

PM Pediatrics, the nation's largest provider of specialized Pediatric Urgent Care, now offers Virtual Pediatric Care from your School Nurse's Office



Quality, convenient care for your child

With our new telemedicine service, a pediatric expert can care for your child — including checking their ears, throat, heart and lungs — with state of the art technology to diagnose most common pediatrics conditions directly from the school's nurse's office.

Available at select schools in Alaska:

- Eagle River High
- Goldenvue Middle School
- Gladyswood Elementary School
- College Gate Elementary School
- Girdwood Elementary School
- Turnagain Elementary School
- Willow Crest Elementary School

It's simple to request an exam.

- 1 Your child visits the school nurse.**
The nurse determines if a virtual exam is needed.
- 2 The school nurse calls you.**
The parent/guardian must provide verbal consent to the exam.
- 3 You request a PMP Anywhere exam.**
Visit pmpatschool.com or download the PMP Anywhere app to create or access your account.
- 4 A pediatric expert examines your child on video.**
State of the art telemedicine equipment securely records and transmits exam results to your PMP Anywhere account.
- 5 You receive the exam results.**
We'll give you a detailed explanation. A full summary will also be available via your PMP Anywhere account.
- 6 We contact your pharmacy.**
If a prescription is needed, we will send it electronically to your pharmacy for your convenience.

Get started now by downloading the app
or by visiting pmpatschool.com



**For more information on this program and the
PMP Anywhere app, please visit pmpatschool.com**

Winter Grizzly Gear Sale

SAVE 50%!

Monday 1/13 through Friday 1-17

Girls leggings are \$10

Sizes : small 6-8, medium 8-10, large 10-12,
x-large 12-14, and womens small.



Please fill out this form, return to your teacher with cash or a check made out to GPTA and leggings will be sent home with your child on Friday 1-17-2020. They are navy blue w/silver writing. Exchanges for incorrect sizes WILL be granted immediately upon return. Thank you for your support! All proceeds go back to the students for enrichment purposes.

Name of Student: _____

Size: _____ Teacher: _____

FVCS Nordic Ski Club Gr. 1-6 & Kinderski with Coach Ari



Practices: Mondays January 27-March 2

**FVCS Nordic Ski Club Gr. 1-6: 4-5:30p
Kinderski w/ Coach Ari 4-5pm* parent help required**

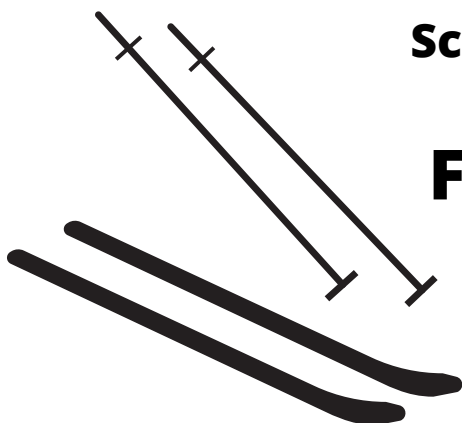
**Nordic Gear: We have a limited amount of loaner gear
available to check-out. Call 742-5317 to arrange.**

Costs:

FVCS Nordic Ski Club \$40

Kinderski: \$25

Scholarships Available



**Full program details and
online registration**

www.fourvalleys.org

Sign up for FVCS Classes!

Four Valleys Community Schools has classes going on now for community members of all ages and they are constantly rolling out new ones. Go to our website, fourvalleys.org, to see what's available. If you feel unable to take any of our classes due to class costs, please contact Catherine at cmcdermott@fourvalleys.org or by phone at 907.742.5317. We have financial aid, scholarships, and payment plans available.

ASD Statement of Nondiscrimination

Board policy 114 Nondiscrimination & Harassment

The Board is committed to an environment of nondiscrimination on the basis of race, color, religion, sex, age, national origin, economic status, union affiliation, disability and other human differences. No person shall be excluded from participation in, or denied the benefits of, any academic or extracurricular program or educational opportunity or service offered by the District. The District will comply with the applicable statutes, regulations, and executive orders adopted by Federal, State, and Municipal agencies.

All students and employees of the Anchorage School District have a right to pursue their education or occupation in compliance with applicable law and policy with dignity in a safe environment. Neither discrimination nor harassment of employees, students or volunteers is permitted in the District. This policy applies with regard to District facilities, premises, vehicles, computers, servers, and electronics located both on and off school property; and conduct on non-school property if the student or employee is at any school-sponsored, school-approved, or school-related activity or is otherwise subject to the authority of the District.

Board policy 114.1 Inappropriate Behavior

The Anchorage School District supports respectful learning and working environments and believes strongly this environment must be structured to reflect diverse cultural traditions and contributions. The District values diversity among students and staff and believes that all students and staff have the right to participate in school activities free from harassment. Behavior by Board members, administrators, employees, parents, volunteers, students, vendors, or others doing business with the District, that ridicules, harasses, intimidates, or threatens students, staff or community members, or otherwise undermines a respectful safe, and effective school environment, is prohibited. Individuals or groups are in violation of this policy if they engage in any of the above behaviors in a way that is disruptive to the work or education environment, such as:

- Making demeaning remarks directly or indirectly such as name-calling, racial slurs or “jokes”; or
- Physically threatening or harming an individual; or
- Displaying demeaning visual or written materials; or
- Defacing, damaging, or destroying property or materials; or
- Performing any other act that is clearly harassing in nature.

Any student, staff, or community member who believes that he or she has been the subject of harassment and/or discriminatory behavior should report the incident immediately to the principal or department supervisor. Complaints regarding harassment/discriminatory behavior will be investigated immediately.

Any student, staff, or community member who violates this policy will be subject to appropriate disciplinary action.

Inquiries or complaints regarding any rights protected by law or policy may be addressed to the School District Equal Employment Opportunity Director, who serves as the Title IX Coordinator, ASD Education Center, 5530 E. Northern Lights Blvd, Anchorage, AK 99504-3135, (907) 742-4132 or to any of the following external agencies: Alaska State Commission for Human Rights, Anchorage Equal Rights Commission, Director of the Office for Civil Rights, Department of Education, Department of Health and Human Services.

P.E. Footnotes from Mrs. Quinn
January, 2020

**Ski packets are due Monday, January 13,
2020
PLEASE GET THEM TURNED IN
ON TIME!!**

What's happening in P.E. ?

**School Ski Days are
approaching fast!**

**The ski program is part of
our P.E. program,
promoting a fun, healthy
winter sport.**

School Ski Days are:

January 24

January 31

February 7

February 21

February 28

March 5

Make up ski day:

March 20

HEALTHY FUTURES

**Resumes in February
and runs through April.**

Hello Girdwood Parents,

Students in K-6 will be participating in the the **"Kids Heart Challenge"** next week during their PE time. The Kids Heart Challenge is a fundraiser for the American Heart Association. It's basically Jump Rope for Heart, with a new name.

Jump Ropes + Healthy Hearts = Heart Pumping Fun! Students will be learning about cool and fun heart facts through healthy heart games. We will also be working on our jump roping skills while integrating writing and math. *Single rope: individual and partner skills *Long ropes: rope turning, rhymes and Double Dutch *Jump rope routines and tricks **Fun Heart Facts:**

■ A child's heart has to push blood through 60,000 miles of blood vessels. That would be long enough to circle the Earth 2 and a half times.

■ Shrimp's hearts are in their head.

■ A giraffe's heart weighs about 22 pounds and is around 2 feet long!

"Jump In" for a Great Cause - Kid Heart Challenge!

Why Kids Heart Challenge? It teaches kids:

1. The importance of developing heart- healthy habits. Heart disease is the nation's #1 killer.

2. That being physically active can be fun.

3. That raising funds to support cardiovascular research and education helps save lives in their community and across the country. We invite you and your child to join us in helping the American Heart Association in their fight to help prevent heart disease. This healthy, fun-filled event will take place in the gym during the school day the week of January 13- 17 during PE classes. Prizes and or "Thank You" gifts will be awarded to jumpers who choose to participate in this community service event! Collection envelopes will be sent home on Monday, January 13, 2020

Yours in fitness & Health,

Mrs. Quinn

quinn_cassie@asdk12.org