

# GIRDWOOD NEWS

GIRDWOOD K-8 SCHOOL

P.O. BOX 189 GIRDWOOD, AK 99587

(907)742-5300

Girdwood PK-8 School Families,

I am excited to welcome you to the 2023-2024 school year. This is my fifth year as principal of Girdwood PK-8 School and my 17<sup>th</sup> year working for Anchorage School District. We are off to a busy start to our school year with many activities having already taken place like Open House, middle school basketball games, cross country running meets, and our Harvest Potluck. I look forward to a year filled with fun, community building, and learning!

This year Anchorage School District introduced professional learning communities to our school schedule which has led to the one hour late start on Mondays. We appreciate your flexibility with our Monday schedule as it provides our staff with time to work in a professional learning community (PLC) where educators work collaboratively in inquiry and action research to achieve better results for students they serve. The three big ideas that drive work in a professional learning community are a focus on learning, a collaborative culture and collective responsibility, and focus on results driven to assess the effectiveness of helping children learn. In our first three PLCs at Girdwood School, we have been busy and reviewed what a PLC encompasses, created a plan for coming to a consensus with our school team when creating instructional strategies and plans, and refined our school mission and vision statement.

I encourage everyone to become a PTA member or make a donation to our PTA today! Your annual membership of \$10 helps fund enrichment throughout the school year! This year our PTA has already co-sponsored, with FVCS, the Hamilton cast members coming to school, as well as Bethany Barton, a visiting author. The PTA is currently helping create a student directory and planning for our annual Halloween Carnival. Please help support Girdwood School PTA by accessing the QR code within this newsletter.

One of the best things about Girdwood School is how active our families are within our classrooms and school. We greatly appreciate all your help and hope to continue this partnership. We strongly suggest ALL parents complete the ASD online volunteer application asap, as well as complete the parent driver paperwork in the front office. If you plan to do any of the following, you will need to complete the online volunteer application: assist teachers in prepping for a project, being a chaperone, classroom volunteer, field trip volunteer, PTA volunteer, reading tutor, science fair judge, special events or project volunteer, and library helper. Basically, if you plan on helping out at any function or volunteering in any format, you will need to complete the ASD online application at least 7 days prior to volunteering in the school or for a school event. Please go to the following link to complete the ASD volunteer online application process: <https://www.asdk12.org/Page/13771>. In regard to parent drivers, we will no longer be able to accept paper applications a few days prior to or the day of a field trip. The parent driver paperwork will need to be completed at school in the front office.

All parent driver paperwork will need to be completed at least 10 days in advance of all field trips. The front office staff will need a copy of your driver's license, proof of auto insurance, and registration.

We look forward to working with you and appreciate your kindness and help this school year!

Lastly, we are excited to welcome new faces to our staff and the Girdwood School community!

- Kate Hamre is our first-grade teacher.
- Adrienne Brennan is our second-grade teacher.
- Annika Meehleis is our third-grade teacher.
- Lauren Fritz is our junior high social studies/math teacher.
- Suzanne Kirk is one of our sped paraprofessionals.
- Daniel Kirk is our Building Plant Operator.
- Autumn Wissner is our new speech/ language pathologist.
- Kiplin Taber is our new school psychologist.
- Jennifer Blome is our Professional Learning Teaching Expert

I am excited to see the academic, social, and intrapersonal progress our students will make during the 23-24 school year. If you have any questions or concerns, please don't hesitate to give us a call. We appreciate our families immensely and we are so excited to welcome our students back! I am honored and privileged to work with and for each of you!

Go Grizzlies!

Kari Anderson, Principal  
Girdwood PK-8 School

## Upcoming Events

9/19 Middle School Boys Basketball Game vs. Begich @ 6:30 pm

9/19 PTA Meeting 6:30-8:30 @ GBC

9/21 Middle School Boys Basketball Game vs. NLABC @ Goldenview @ 5:30 pm

9/21 Middle School Cross Country Running Meet @ Girdwood 5:45 pm

9/26 Lifetouch Picture Day

9/26 Middle School Boys Basketball Game @ Mears 6:30 pm

9/27 Lions Club Photoscreening 9:00 am

9/27 Middle School Cross Country Running Meet @ Mirror Lake 5:45 pm

9/28 4th/5th Grade Field Trip @ Campbell Creek Science Center 8:30 am-2:00 pm

10/2 Middle School Cross Country Running Meet @ Kincaid 5:45 pm



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 busses. You must opt in. They are not automatic. Visit ASD's website to learn more about receiving text messages:

<http://www.asdk12.org/textupdates>.

### Anchorage School Board

**Margo Bellamy**, president

**Carl Jacobs**, vice president

**Kelly Lessens**, treasurer

**Dora Wilson**, clerk

**Dave Donley**

**Andy Holleman**

**Pat Higgins**

**ASD Superintendent**

**Dr. Jharrett Bryan**

### PTA Board Members

**Andrea Anderson**, president

**Emily Marengo**, vice president

**Melissa Randich**, secretary

**Anna Russell**, treasurer

**Julie Pierre Leclerc**, member  
at large

**Nico Honnegger**, member  
representative

**Jennifer Derks, Shannon  
Derks,**  
teacher representatives





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 4:35pm 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](http://www.glaciervalleytransit.com) or contact 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 a new donation drop-off box. This bin is located on the left hand side of the school parking lot. Please donate gently used clothes, shoes, and cloth items only. Please have items bagged up. To donate household items, 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.



## 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. If you feel unable to take any of our classes due to class costs, please contact FVCS at [www.fourvalleys.org](http://www.fourvalleys.org) or by phone at 907.742.5317. We have financial aid, scholarships, and payment plans available.

## ***Girdwood School Health Update***

Dear Grizzly Families,

This letter is to let you know that your child's class will be receiving age-appropriate lessons on child sexual abuse and assault prevention education as required under the state's [Alaska Safe Children's Act \(Erin's Law\)](#).

Erin's Law Education is comprised of two lessons (one lesson at the beginning of each semester) taught during the Health classes. Combined, these lessons meet the full requirements for students under the [Alaska Safe Children's Act \(Erin's Law\)](#) and are designed to help prevent childhood sexual abuse. These lessons will be presented in a non-threatening way, along with the skills needed for self-protection and will be handled in a sensitive, respectful manner.

Information about the lessons can be viewed [HERE](#).

<https://drive.google.com/drive/folders/1J4mCSGZi6GBUv14WBpiO-7gsrj7DbXtA?usp=sharing>

If you do **NOT** want your child to receive the instruction under the Alaska Safe Children's Act, you must write a letter to the school principal requesting that your child be excused from these specific lessons.

Thank you for partnering with us as we continue to provide learning opportunities to improve the safety and well being of our students.

Sincerely,  
Dawn Murphy  
Health/SEL/Behavior Specialist



# Introducing **THE GREAT BODY SHOP**

Dear Family Member:

We are delighted to introduce you to [THE GREAT BODY SHOP](#), the comprehensive health education program your child will be participating in this year. THE GREAT BODY SHOP will help your child learn more about the human body and the skills needed to stay safe and healthy. The success of the program requires a team effort, involving you, your child, the teacher, and trusted adults.

This is how it works:

[THE GREAT BODY SHOP topics](#), include nutrition, illness prevention, substance abuse prevention, and safety, among others. Each monthly unit contains information to help your child understand his or her own body, the way it works, and the best ways to keep it healthy and safe. The teacher will discuss each monthly unit of THE GREAT BODY SHOP with students and guide them in developmentally appropriate, skill-based activities to reinforce the lessons contained in each unit.

To support families in taking an active roles in their child's health education, we provide digital copies of the Student Issues, Family Bulletins, the Family Connections newsletters, and The Great Body Shop music in the [Family Portal](#).

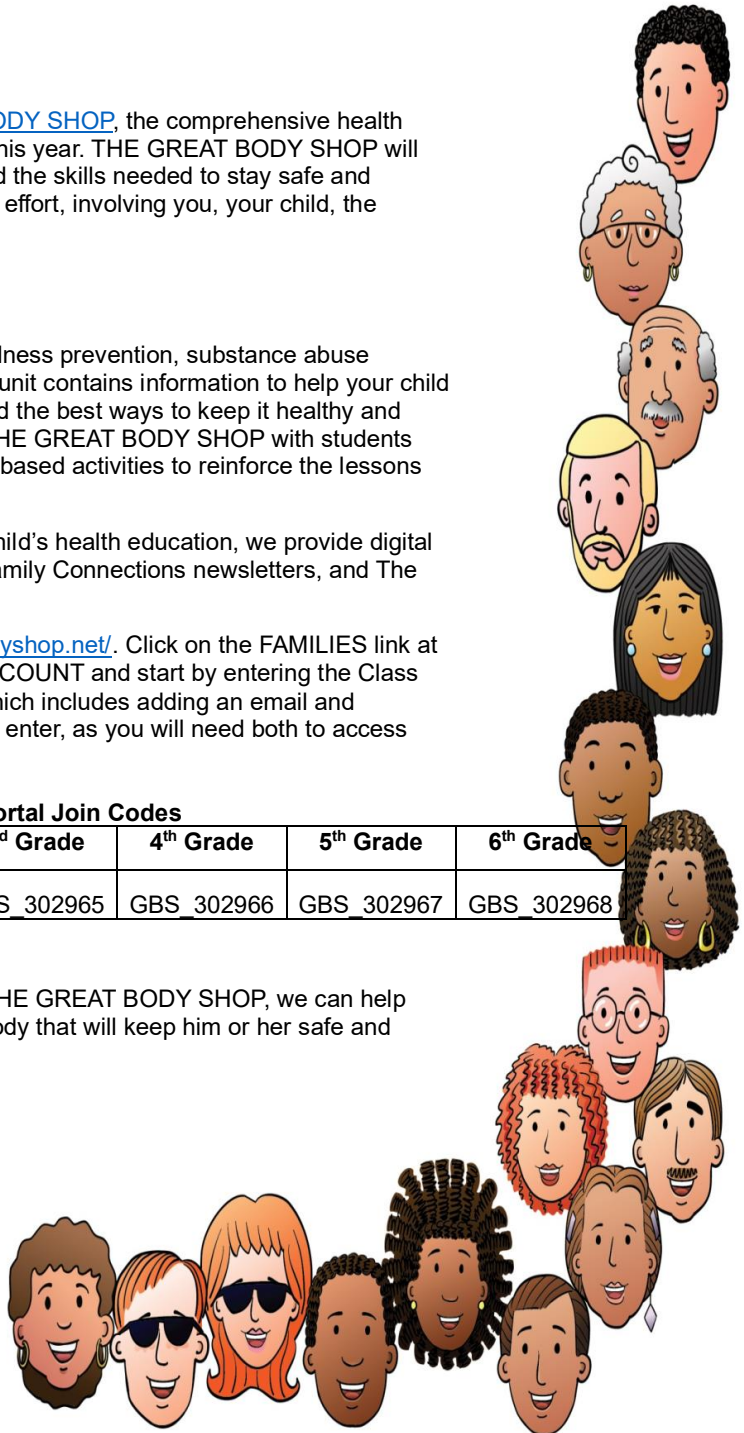
To create your account, visit <https://www.thegreatbodysshop.net/>. Click on the FAMILIES link at the top of the page. Next, click on CREATE NEW ACCOUNT and start by entering the Class Code provided below. Complete all required fields which includes adding an email and password. Make note of the email and password you enter, as you will need both to access THE GREAT BODY SHOP resources.

**ASD Parent Portal Join Codes**

Kindergarten	1 <sup>st</sup> Grade	2 <sup>nd</sup> Grade	3 <sup>rd</sup> Grade	4 <sup>th</sup> Grade	5 <sup>th</sup> Grade	6 <sup>th</sup> Grade
GBS_302969	GBS_302963	GBS_302964	GBS_302965	GBS_302966	GBS_302967	GBS_302968

By working together to reinforce the skills taught in THE GREAT BODY SHOP, we can help your child make healthy decisions about his or her body that will keep him or her safe and ready to meet the challenges of the future.

Sincerely,  
[Health Department](#)  
Anchorage School District



## Nurse Notes

Welcome back to school! We hope you are feeling fulfilled by your summer break, had lots of fun, and are feeling ready and excited for the school year ahead. We are loving seeing your children's faces every day! The nurse office in Girdwood has two nurses, nurse Raquel on Mondays and Nurse Summer on Tuesdays through Fridays.

We will be conducting health screenings for preschoolers, Kindergarteners, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup> graders and other students on an as needed basis. If you have any questions about screenings or believe your child is having a hard time hearing, seeing or have other concerns please reach out to us.

One of the unfortunate parts of all being together at school is the increase in communicable diseases that we all encounter. As usual, there's already various illnesses circulating, and we want to be sure parents understand the school districts expectations for when to keep students at home. ASD does not offer any COVID testing and testing is not a required. If you are ill and choose to test for COVID and are positive the guideline is to isolate for 5 days with return to school if symptoms are resolving on day 6 and mask wearing on days 6-10.

If your student needs any prescription or over the counter medication at school, cough drops are considered a medication, please complete the form and return to the nurse: <https://www.asdk12.org/Page/7810>

Generally your student should stay home if they have:

**Fever** – a child with a temperature greater than 100.4 should not be sent to school and should stay home until they are fever free without the use of fever-reducing medications like Tylenol.

**Colds** – these are more difficult to determine. A slightly runny nose and occasional cough is not enough to keep your child home. If your child's nose runs constantly and/or the cough is frequent and wet, your child is experiencing nausea or is too tired and uncomfortable to function at school it would be best to keep your child home for a day or two.

**Cough** – if your child has a severe cough, rapid and /or difficulty breathing, wheezing, or the cough is accompanied by a sore throat or not feeling well the child should stay home from school.

**Diarrhea** – is defined as an unusual amount of very liquid stools compared compared to the child's normal pattern. Children should stay home until able to participate normally at school.

**Ears** – if your child has pain, swelling, drainage, or difficulty hearing please see your healthcare provider. Untreated ear infections can cause temporary or permanent hearing loss.

**Eyes** – if your child has red, itchy eyes with clear, yellow, or green drainage from the eye, it may be contagious and a sign of bacterial conjunctivitis (pinkeye). A child with pinkeye can attend school as long as they are able to keep from touching their eyes and show that they can properly wash their hands after contact with the infected eye.

**Rash** – a rash might be the first sign of an illness. If your child has a rash with a fever or behavioral changes, or a rash that is oozing/open wound, or is tender with a rash worsening, your child should be evaluated by a healthcare provider.

**Sore Throat** – if your child has a sore throat, have them gargle with warm salt water. If they are behaving normally and ate breakfast, it's probably safe to send your child to school. If your child has difficulty swallowing, or you notice saliva building up in your child's mouth because your child can't swallow, please keep your child home. If you notice white spots in the back of the throat please contact your healthcare provider as this could be a sign of an infection.

**Vomiting/Nausea** – please keep your child home if your child has vomited more than 2 times in 24 hours, has a fever or if they look or act ill.

Please contact nurse Raquel or nurse Summer with any questions or concerns!

Nurse Raquel: [Marrs\\_Raquel@asdk12.org](mailto:Marrs_Raquel@asdk12.org)

Nurse Summer: [Stone\\_Olivia@asdk12.org](mailto:Stone_Olivia@asdk12.org)

Direct phone: 907-742-5301

Thank you!

# Girdwood School Library

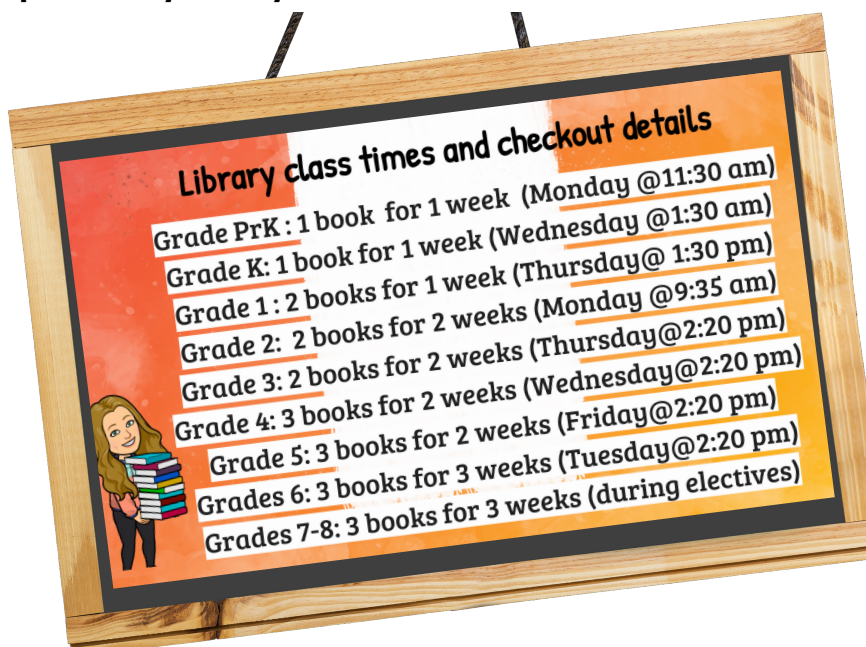
August, 2023

Welcome to the Girdwood School Library. For those of you who don't know me, my name is Meghan Nedwick and I am the Girdwood School Library Media Specialist.

The library belongs to all of us, and with your help we can make it a vibrant center of our school and community. I welcome parents, visitors, and readers of all ages in the library whenever it is open. If you are looking to volunteer please let me know. I always appreciate having parents and family members join us.

Please encourage your students to check out books frequently and read them, help them to take care of the books so we have fewer replacements or removals, and please assist your children with returning books on time. Below you will see a list of how many books students can check out and what day of the week they have library class. Books can be returned any day of the week, there is no need to wait until library day if they have already read the book. I am also happy to renew books if students need more time.

This year we will be focusing on the love of reading, the inquiry and research process, and safe and appropriate uses of technology. I look forward to visiting with everyone as the year proceeds. Please feel free to reach out to me with any questions you may have.



Thank you for supporting  
our library.  
-Mrs. Nedwick

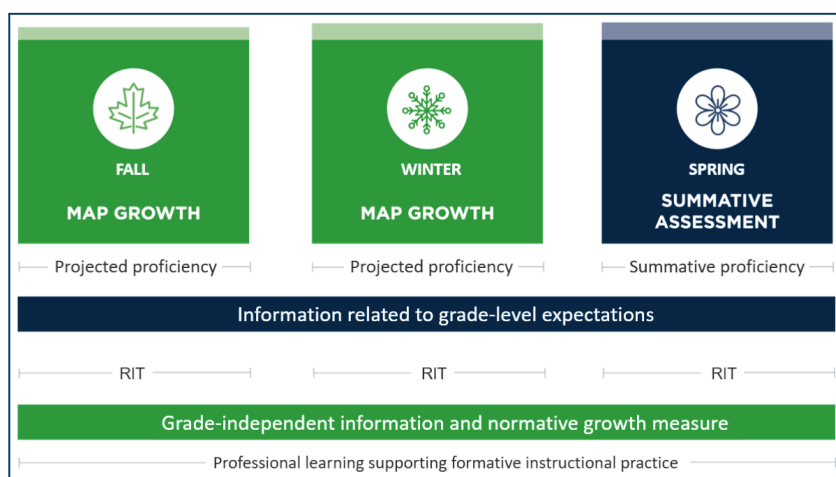
NEDWICK\_MEGHAN@ASDK  
12.ORG

## MAP Growth Newsletter Information

### 2023-2024

MAP Growth is the ASD and State of Alaska required benchmark/interim assessment for students in grades 3-9 in reading and mathematics. Grades 10-12 students identified as needing Tier II and Tier III reading and mathematics support also take MAP Growth as part of the Anchorage School District's MTSS framework.

Alaska's Department of Education and Early Development (DEED) has partnered with NWEA to implement a creative approach to a balanced statewide assessment that connects fall and winter MAP Growth benchmark/interim assessments and the Alaska spring AK STAR summative assessment. AK STAR eliminates the spring benchmark/interim assessment window for grades 3-9 by combining the summative and benchmark assessment into one test that produces a spring benchmark score, which includes a growth measure. More information is available at the State of Alaska AK STAR website, [education.alaska.gov/assessments/akstar](https://education.alaska.gov/assessments/akstar).



MAP Growth is an online, adaptive assessment that provides each student a personalized testing experience with data that speaks to their individual progress and growth in mathematics and reading.

The MAP Growth reading and mathematics benchmark will be administered in person during the 2023-2024 fall and winter benchmark windows. The spring benchmark will be embedded in the AK STAR summative assessment as outlined above.

- Fall Benchmark 1: September 5 - September 15 (make-ups through September 22)
- Winter Benchmark 2: December 4 - December 15 (make-ups through December 21)
- Spring Benchmark 3: embedded in AK STAR administered during the summative assessment window: March 25 - April 5 (make-ups through April 26)
  - *MAP Growth assessment only: Grades 10-12 identified as needing Tier II and III support*

MAP Growth practice tests and tutorials allow students and families the opportunity to become familiar with the types of questions and tools available on the actual MAP Growth assessments such as the highlighter and calculator. An overview of these resources with links to the practice tests are compiled on the [MAP Growth Practice Tests Quick Sheet](#).



# Girdwood School Garden



## A Special Thank you!

Thank you to PTA and the Davidson family for your generous financial support for our school garden!

Thank you to our garden team; Christi Davidson, Carole Shimscheimer, Maggie Donnelly, Summer Stone and Meghan Nedwick.

Thank you to all the students and staff who planted seeds, harvested food, and prepared delicious garden dishes for our 1st School Garden Potluck this year

Thank you to all of our families and community members who helped weed, water, and care for our garden over the summer!





## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

### DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

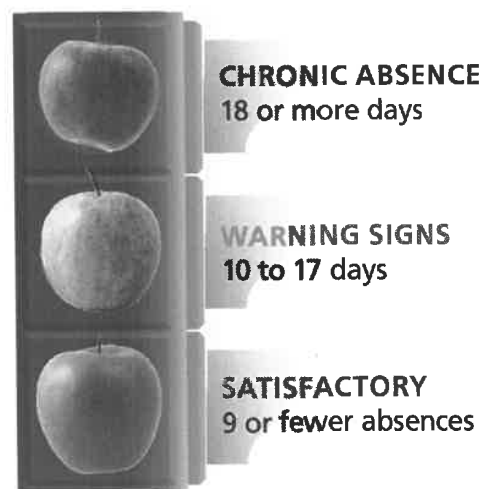
Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

### WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- Try to schedule non-Covid-19 related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have Covid-19, call your school for advice.
- If your child must stay home due to illness or quarantine, ask the teacher for resources and ideas to continue learning at home.

Revised October 2021

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!

# HEALTH/SEL

Welcome to Health/SEL class!

I am proud to have been Girdwood School's Health and Social Emotional Learning Specialist since the start of the program in 2007. We have seen many positive outcomes from the purposeful teaching of positive character traits and health and well-being.



Our K-6 Health curriculum will continue to be the Great Body Shop.

It is a nationally recognized comprehensive health and substance abuse program used in schools throughout the United States.

Each month covers a new topic and student issues will be sent home to inform you of what your child is learning about in class.

I encourage you to talk about the issues together with your family. Our first unit will be Safety, which will include the state mandated Safe Children's Act lessons.

## Monthly Units by Topic:

Safety, Body Systems, Nutrition, Healthy Habits, Say No to Drugs  
Human Growth & Development, Communicable Diseases,  
Physical Fitness and Personal Safety

## STUDENT GRADES for 1st-6th Graders = C.A.R.E.:

Student grades will be obtained through an examination of student **C**ontribution, **A**ttentiveness, **R**espect, and **E**ffort.

Grades can be found in Q and the quarterly average will be posted as O, S+, S, S-, or N under the Health section of student report cards.

## ABOUT MRS. MURPHY

This will be my 22nd year as an educator since receiving my Education & Kinesiology degree from The University of Texas at Austin. I began my career as a 4th grade classroom teacher in Texas before moving to Alaska to teach PE & Health and also coach at the middle school level. After starting a family in 2007, I took the part-time K-8 Health/SEL position here at Girdwood School. I just learned I am the longest standing Elementary Health teacher in the district!!

In addition to teaching Health classes, I coach XC Running & Track, advise Student Government, and am our school's Behavior Specialist. Fostering & supporting positive behaviors within our school is my mission.

I have lived in Bird Creek for over 19 years & I love being a part of our Four Valley's! I enjoy hiking, skiing, fishing, reading, traveling, & time spent with my family & friends.

As your child's Health/SEL Specialist, it is my sincere goal to introduce lessons that promote excitement of learning about our bodies and awareness of how we treat others. Thank you for the opportunity to work with your child and help guide them on their path to health & wellness. I look forward to a successful and fun year together! - Mrs. Murphy :)

[murphy\\_dawn@asdk12.org](mailto:murphy_dawn@asdk12.org)

## HEALTH:

Is the overall well-being of your BODY, MIND, and your RELATIONSHIPS with other people

## SOCIAL EMOTIONAL LEARNING:

Is the process through which we learn to recognize and manage emotions, care about others, make good decisions, behave ethically and responsibly, develop positive relationships, and avoid negative behaviors.



## Health Journals:

K-6 Students will create a year-long Health journal that will be sent home at the year's end.

## ASD Health & P.E. Department:

Additional resources may be found on the ASD website under the Health and Physical Education Department.

<http://www.asdk12.org/healtheducation>

**2023/2024**  
**Girdwood Elementary School**  
**Physical Education**



Dear Girdwood Parents,

I'm so excited about the new school year! This is the start of my 17<sup>th</sup> year teaching P.E.! Physical Education is where students learn to be active for a lifetime. In PE, students learn how to move their bodies fluently and develop the knowledge, fitness levels, physical skills and personal and social skills necessary for a lifetime of health and physical activity. Physical Education is an integral part of the education program for all students. Students in K-3<sup>rd</sup> grade come to P.E. for 30 minutes three times a week, and students in 4<sup>th</sup> -6<sup>th</sup> grade come to P.E. twice a week for 45minutes. There are 4 parts to each lesson: Introductory activity, Fitness activity, Instructional and Skills development activity, and a Closing activity.

**GYM SHOES & WATER BOTTLES:** Students are required to wear an athletic type of shoe during P.E. for their active participation and safety. Sandals, Crocs, hiking boots/rain boots and winter boots are not acceptable. If your child is unable to supply his /her own athletic shoes for the school year please contact me any time. Students are also greatly encouraged to bring a water bottle from home to P.E. class! Did you know that our body is made up of 92% water? Lack of drinking water can trigger fuzzy short-term memory, trouble with math, and difficulty focusing on the computer screen or even a printed page! Are you drinking 8-10 glasses of water a day? DRINK UP!



**Physical Education Grading Policy:**

Kindergarten students are assessed each quarter on skill proficiency. Our 1<sup>st</sup>-3<sup>rd</sup> graders will receive an effort grade, while our 4<sup>th</sup>-6<sup>th</sup> graders will be graded on both effort and achievement (skill proficiency). Below you will find the rubric I use to determine effort grade s.

**"O" (Level 5)**

Student exhibits all the characteristics of a Level 4 while also displaying outstanding effort, a consistently positive attitude and a genuine desire to excel.

**"S+" (Level 4)**

Student is a leader, helps others, encourages others, goes above and beyond in effort, shows an interest in learning, is caring and is self directed.

**"S" (Level 3)**

Student is responsible, participates without any reminders, gives best effort, knows and follows all gym rules, is on task and respectful of self, others, equipment.

**"S-" (Level 2)**

Student needs help, does just enough to get by, gives poor effort, is not prepared for class or needs frequent reminders to stay on task.

**"N" (Level 1)**

Student is irresponsible, is not on task, interferes with other students, is disrespectful, does not participate, is not paying attention, does not maintain body control, is unsafe or does not follow directions.

Sincerely,

Cassie Quinn  
Girdwood P.E. Teacher  
quinn\_cassie@asdk12.org

GIRDWOOD ROTARY'S

# Fall Festival

CHILI COOK OFF • LIVE MUSIC • FOOD TRUCKS  
HIGHTOWER BEER GARDEN • FALL PHOTOS • FALL GAMES • FACE PAINTING

**SATURDAY, SEPTEMBER 23RD**  
**12-6PM | FREE ENTRY**  
**GIRDWOOD TOWN SQUARE**

JOIN US FOR A FUN DAY FILLED WITH FALL THEMED GAMES  
SUPPORTING LOCAL VENDORS AND NON PROFITS



## AGENDA

### 12:00 PM

Jessie Meybin takes the stage  
Beer Garden at Hightowers Back Patio opens  
Fall photo minis begin

### 2:00 PM

Steve Norwood takes the stage

### 3:30 PM

Chili Cook Off Begins

### 4:00 PM

Jeremy Cerutti Takes the Stage





# Save the Date

Girdwood PTA Presents



# trunk or treat

**FRIDAY, October 27**

**6PM - 8PM**



Trunk host registration coming soon!



SAVE THE DATE!!!  
2023 GIRDWOOD  
HOLIDAY BAZAAR

PRESENTED BY GIRDWOOD PTA

SATURDAY, DECEMBER 9

12:00 - 4:00 PM

REGISTRATION COMING SOON

# Conscious Discipline

A class for parents & educators that provides evidence-based behavior management strategies to help turn everyday situations into learning opportunities.

8 sessions of video material,  
discussions, & workbook

Tuesdays September 5 to October 24  
6:30 pm to 8 pm  
@ Girdwood School Tech Room  
\$80 per individual or  
\$120 per couple

DETAILS & REGISTRATION AT  
[WWW.FOURVALLEYS.ORG](http://WWW.FOURVALLEYS.ORG)



# FINANCIAL AID AVAILABLE

For Four Valleys Community School Classes

FVCS Board allocations & Girdwood Forest Fair Committee donations can help cover tuition costs for FVCS classes

Payment plans are also available to spread out the cost of classes so they fit in your budget

For more information  
email Melissa  
mblack@fourvalleys.org



# TAI CHI / CHI GONG

GAIN PEACE & PHYSICAL  
STRENGTH WITH MEDITATION  
IN MOTION

For Adults  
\$70 for 7 sessions  
September 6 - October 18, 2023  
Wednesdays 6:30 - 8 pm  
@ Girdwood School

details & register at  
[www.fourvalleys.org](http://www.fourvalleys.org)



# LEGO LEAGUE RETURNS!

DISCOVER THE WILD WORLD OF CODING WITH COACH AMANDA!

Join our Girdwood team, and learn how to  
mix coding and Lego building in this neat  
after school program.

Tuesdays, 3:15 PM-5:30 PM  
Sep 5th - Dec 12th, 2023  
\$85 per participant, Ages 8-14  
Register @ [fourvalleys.org](http://fourvalleys.org)



# KUNG FU WITH SIFU SHAYLA

LEARN MARTIAL ART  
FORMS, PHYSICAL  
STRENGTH, MENTAL  
DISCIPLINE, SELF-  
ESTEEM, & RESPECT

WEDNESDAYS, SEPTEMBER 6 THROUGH  
DECEMBER 13. NO CLASS OCTOBER 25TH

At Girdwood School

\$140 (prorates to the date you sign up)

Beginners Age 5-8: 3:15 - 4:15 pm

Beginner/ Intermediate Age 6-10: 4:15 - 5:15 pm

Intermediate/ Advanced Age 8-14: 5:15 - 6:15 pm

Pre-K at Girdwood Community Room  
\$100

Ages 3-5: 2 pm to 2:45 pm  
Oct. 4 - Dec. 13 (No class Oct. 25th)

DETAILS & REGISTER AT  
[WWW.FOURVALLEYS.ORG](http://WWW.FOURVALLEYS.ORG)







Four Valleys Community School  
Girdwood, Alaska FourValleys.org

**Tuesdays September 19 & 26  
and October 10 & 24**  
**6:30-7:30 pm**  
**@ Girdwood Community Room**  
**\$5 drop-in**

**YOGA WITH NICO**

Building heat & strength through creative & fun vinyasa flow-style sequencing.

Leveled at intermediate with options to take it up or down to meet you where you are.

Bring a yoga mat, water, and any props like a folded blanket to assist in your practice.

**REGISTER @ WWW.FOURVALLEYS.ORG**

**CROSS COUNTRY RUNNING  
IS BACK FOR THE FALL!**

**TUES & THURS MEETINGS  
STARTING THURS AUG 31ST.  
RUN UNTIL TUES SEP 26TH**

**GRADES 1-6  
3:15-4:15PM**

.....

**KINDERGARTEN TBD**

**VOLUNTEER COACHES NEEDED!!!**

Register today @ [www.fourvalleys.org](http://www.fourvalleys.org)






Four Valleys Community School  
Girdwood, Alaska FourValleys.org

**Late Morning  
Workout with Mel**

A low-intensity strength workout for the entire body. This class has evolved and most likely changed since the last time you took it!

**Mondays & Wednesdays  
September 18 - October 30, 2023  
(No class October 9th)  
9 am to 10 am  
Girdwood Community Room**

**Register for the full session for a discount, or  
pay \$15 per drop-in**

Details & register @  
[www.fourvalleys.org](http://www.fourvalleys.org)





Four Valleys Community School  
Girdwood, Alaska FourValleys.org

**GLACIER VALLEY  
QUILTERS**

**WEDNESDAYS 10 AM TO 4 PM  
@ MEADOWS COMMUNITY CENTER**  
**SEPT. 20 & 27  
OCT. 4, 11, 18, & 25  
NOV. 15 & 29  
DEC. 13 & 20**

**JOIN A GROUP OF ADULT  
CRAFTERS FOR CAMARADERIE &  
CREATING! BRING YOUR OWN  
MACHINES & MATERIALS. COME  
FOR ONE HOUR OR ALL DAY.**

**DETAILS & REGISTER @  
[WWW.FOURVALLEYS.ORG](http://WWW.FOURVALLEYS.ORG)**

# STARS OVER GIRDWOOD

It's the 23rd year of this FREE class with  
retired science teacher John Gallup!

View the night sky, including planets Jupiter &  
Saturn, with friends on clear nights. Binoculars  
& telescopes are helpful but not necessary.



Gatherings held outside so dress warm.  
John will text meeting dates & times  
when the stars present themselves.

Details & Register at  
[www.fourvalleys.org](http://www.fourvalleys.org)

GIRDWOOD PUBLIC SAFETY ADVISORY COMMITTEE &  
GIRDWOOD BOARD OF SUPERVISORS PRESENT:

## PARENTING IN THE DIGITAL AGE

A CANDID CONVERSATION WITH LT. RYAN BROWNING  
OF THE HOMER POLICE DEPARTMENT

FRIDAY, OCTOBER 6  
6:00 - 8:00PM

GIRDWOOD  
COMMUNITY ROOM  
250 EGLOFF DRIVE

- LEARN WHAT YOUNG PEOPLE ARE EXPERIENCING ONLINE AND HOW TO HELP THEM NAVIGATE THE INTERNET SAFELY.
- THESE ARE MATURE TOPICS AND LANGUAGE WILL BE EXPLICIT.

TEENS & PARENTS OF  
KIDS OF ALL AGES ARE  
ENCOURAGED TO ATTEND.

THOSE AGE 11 - 14 MUST  
ATTEND WITH A PARENT  
OR GUARDIAN.

REFRESHMENTS PROVIDED  
COURTESY OF  
GIRDWOOD FIRE & RESCUE



ADULT BASKETBALL  
STARTS SEPTEMBER 6TH  
\$5 DROP-IN

Wednesdays  
6:30 - 8 pm  
@ Girdwood School gym

WEAR NON-MARKING SHOES





