September 1, 2022

VOLUME 17, ISSUE 1



GIRDWOOD K-8 SCHOOL

P.O. BOX 189 GIRDWOOD, AK 99587

(907)742-5300

Note from the Principal

Dear Girdwood PK-8 Families,

I am excited to welcome you to the 2022-2023 school year. This is my fourth year as principal of Girdwood PK-8 School and my 16th year working for Anchorage School District. I hope that your summer has been relaxing and filled with many Alaskan adventures despite our rainy August. I look forward to time for us to reconnect, be together, and appreciate all the things our school community offers throughout this school year. The past few years have been challenging for all of us. I am so grateful for the flexibility, caring nature, and patience of our families and staff who worked together to creatively support our students. Despite the challenges we faced, we saw a great deal of academic growth at Girdwood School last year and I could not be prouder of our students' and teachers' accomplishments.

Strong family engagement has always been a critical part of student success at Girdwood School. Parents are a child's first teachers and important role models. Every parent can help their child to be prepared and responsible in school. Opportunities to connect to school occur by attending school events as much as possible. Be on the lookout for school messages about events on our Girdwood School Facebook page and via email. Your child's teacher should also be reaching out to you on a regular basis to keep you updated on classroom happenings. Also, feel free to reach out to your child's teacher at any time with questions, concerns, or suggestions. It is also important support your children through encouraging good attendance. Students should be at school on time every day and avoid missing school as much as possible.

This month, our schoolwide theme is for our school to be seen as a welcoming place where every student feels like he or she belongs. In our morning announcements, we'll be reminding students to welcome others and act and speak in safe, respectful, and responsible ways. In addition, we'll be reminding our students of the school rules and expectations. You can support your child at home in welcoming others and acting and speaking in safe, respectful, and responsible ways. Check in with your child's teacher to see if there are specific ways you can help your child with these behaviors at home.

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

Nerissa Thorson is our new art teacher.

Dellene Watts-Hennessey is our new speech/ language pathologist.

Nancy Bain is our new physical therapist.

Todd Knutson is our new school psychologist this year but has been at Girdwood School in the past and we welcome him back.

I am excited to see the academic, social, and intrapersonal progress our students make during the 22-23 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



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Upcoming Events

9/1 K-6 Open House 6-7:30pm

9/5 Labor Day—No School

9/6-9/9 MAP Make Up Assessment

9/7 Middle School Cross Country Running Meet at Service High School 5:30pm

9/8 Junior High Open House 6-6:30pm in the Junior High Commons

9/9 K-3 Fastbridge Assessment

9/9 MAP Growth Fall Benchmark Assessment Ends

9/14 Middle School Cross Country Running Meet at Service 5:30pm

9/16 ALICE Full Evacuation Drill 2pm

9/22 Middle School Cross Country Meet at Girdwood Nordic Loop 6pm

9/26 Lifetouch Picture Day

9/26 Middle School Cross Country Running Meet at Mirror Lake 6pm



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 Bryantt

PTA Board Members

Andrea Anderson, president Emily Marenco, vice president Melissa Randich, secretary Anna Russell, treasurer Julie Pierre Leclerc, member at large Nico Honegger, member representative Jennifer Derks, Shannon

Dierks, teacher

representatives



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.

Bus Note Expectations

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



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.



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 <u>www.glaciervalleytransit.com</u> 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.



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, or email Bethanie **and** Robyn, **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.



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

2022/2023 Girdwood Elementary School Physical Education



Dear Girdwood Parents,

I'm so excited about the new school year! This is the start of my 17th year teaching PE! 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-2nd grade come to Physical Education for 30 minutes three times a week, and students in 3rd -6th 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, platform shoes, hiking 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 Physical Education 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 1st-3rd graders will receive an effort grade, while our 4th-6th graders will be graded on both effort and achievement (skill proficiency). Below you will find the rubric I use to determine effort grades.

"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

Dear Parents,

Welcome back to another exciting challenge! Once again, we are offering the opportunity to participate in the Healthy Futures program through an Activity Log Challenge. During the challenge, students and schools are rewarded for being active. This school year, our goal is to increase the number of students participating, as well as increase the average number of logs per student. The fall challenge is September, October, and November. The spring challenge is February, March, and April.

What is Healthy Futures? Founded by concerned parents, Healthy Futures is a statewide, grassroots movement to help youth build positive, lifelong physical fitness habits through two core programs: the Healthy Futures Activity Log Challenge and the promotion of youth attendance at local recreational events.

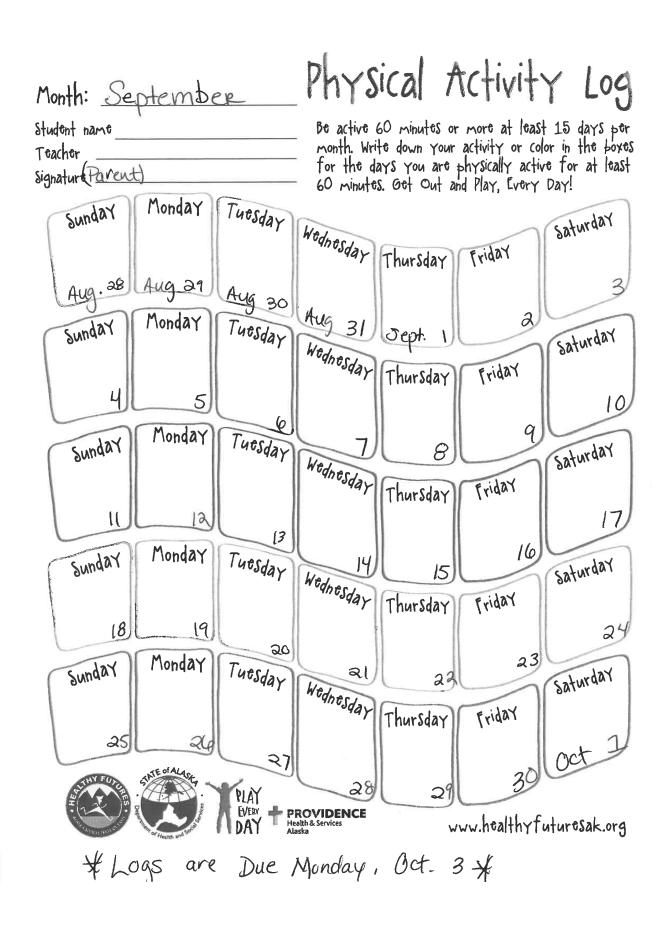
Why Healthy Futures? Kids are not as active as they should be. They need daily vigorous physical activity to build strength, endurance, healthy muscles, and bones or they may face tough problems like obesity, diabetes, and lower self-esteem. At **Girdwood School**, we are committed to helping students develop the skills, knowledge and desire they need in order to be physically active now and for the rest of their lives.

How does your child participate in Healthy Futures? With your assistance, your child records physical activity on the Healthy Futures Activity Log. Qualifying logs must show <u>at least 60 minutes</u> of physical activity during a day, for at least <u>15 days</u> of the month. Students can count their active time during PE class and recess. While it is healthiest for physical activity to be distributed throughout the month, the 15 days can occur in any pattern during the month and count toward a qualifying log.

The good news is that your students can spread out their 60 minutes of activity during the day. For example, it could be 20 minutes of active time during PE class, 20 minutes during recess, and 20 minutes of playing tag with their friends after school. On a weekend, it could be a 60-minute hike with their family.

This helps children get closer to the national recommendation of 60 minutes of physical activity every day for the best health. Students turn in completed logs to me, (Mrs. Quinn) in exchange for a colored wrist band. This is a wonderful program that is sure to benefit your child and our school. If you have any questions, please do not hesitate to contact me.

Yours in Fitness & Health, Mrs. Quinn





Girdwood School Families,

We are so excited to be back at school with your child! This year is off to a wonderful start and we love seeing so many smiling faces every day. Many of you have called to ask about sending your child to school with mild symptoms, what masking or testing policies are. ASD has returned to pre-Covid protocol for symptoms it is safe to send your student to school with. No Covid testing is required and masking is only required for the last 5 days of a 10 day isolation following a positive Covid test.

Generally this means if your child has a fever >100.4, constantly running nose, frequent wet cough, is vomiting, has diarrhea, or just feels so terrible they cannot participate normally at school then they should stay home. The full list including details on eye, ear and rash concerns are available on the ASD website: <u>https://www.asdk12.org/Page/6622</u>

Covid has not, however, disappeared and the CDC continues to recommend people with symptoms test and if test results are positive, isolate for 5 days followed by masking for 5 days. If your child tests positive for Covid please let nurse Raquel or Summer know so that we can help you identify the date your student is safe to return to school with masking. Every household is eligible to receive free at home tests through September 2nd. Tests are also available for purchase. If you would like to be shipped free at home tests, place your order today online at: https://www.covid.gov/tests

We have begun health screenings including height, weight, vision and hearing for preschoolers, Kindergarteners, 1st, 3rd, 5th and 7th graders. On Wednesday September 14th we will have the Lion's Club volunteers at school to screen our younger students vision with a Plus Optix vision screening tool. If you have any questions about health screening please reach out.

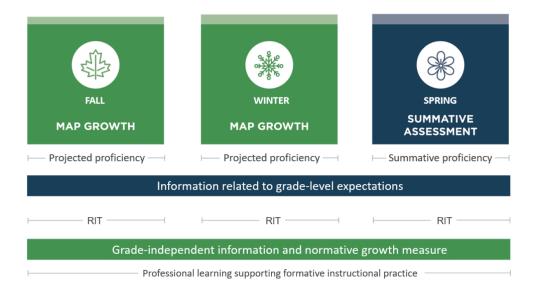
We look forward to a fabulous year with you!

Nurse Raquel and Nurse Summer

MAP Growth Benchmark Assessment

MAP Growth is the ASD and State of Alaska required benchmark assessment for students in grades 3-9 in reading and mathematics. Grades 10-12 also take MAP Growth in Tier II and Tier III reading and mathematics courses 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 summative assessment that will provide both a summative assessment and spring benchmark score that includes a growth measure. More information is available at the State of Alaska AK STAR website, 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 2022-2023 fall and winter benchmark windows. The spring benchmark will be embedded in the AK STAR summative assessment as outlined above.

- Fall Benchmark 1—August 29 September 9 (make-ups through September 16)
- Winter Benchmark 2—November 28 December 9 (make-ups through December 16)
- Spring Benchmark—embedded in AK STAR administered during the summative assessment window: April 3 -April 14 (make-ups through April 28)
- Selected Students Only: Spring MAP Growth Benchmark 3—April 3 April 14 (make-ups through April 21)
 - Grades 10-12 Tier II and III reading and mathematics courses
 - K-2 certain schools only

MAP Growth practice tests are available at <u>practice.mapnwea.org</u> and require login information **(USERNAME: grow PASSWORD: grow)** to access. The practice tests and tutorials allow students the opportunity to become familiar with the types of questions and tools available on the actual MAP Grow assessments such as the highlighter and calculator.

Benchmark Assessments

iReady Diagnostic Assessment

Students enrolled in a face-to-face ASD program will take an iReady diagnostic as part of the first three weeks of school. Students will take these diagnostic assessments throughout the school year during the following windows:

Fall: August 19 - August 31

Winter: January 9 - January 20

Spring: May 8 - May 23

Your child's K-8 classroom teacher will be providing information on the dates when your child will be taking the iReady math diagnostic assessment.

Diagnostic Purpose

These diagnostic assessments are designed to provide teachers and parents with information about where a student is ready to learn, including areas of strength and areas of concern. It is important to remember that students should take these diagnostic assessments independently. These assessments allow your child's teacher to meet your student exactly where they are and provide data to increase your student's learning gains.

SAEBRS

This year, our school will be using a screener to look at school-wide systems of support for social emotional learning and behavior. This screener, much like our academic Universal Screeners (FastBridge and MAP Growth), will be completed with all students in the Fall (September), Winter (December) and Spring (April). Teachers will rate students relative to various behavioral risk factors. The assessment is called the Social, Academic, and Emotional Behavior Risk Screener (SAEBRS). The tool will help teachers identify what additional structures they might need to have in place in their classrooms and as well as identifying students who may need additional support to increase their academic and social emotional success. This screening is completed by teachers and will not take away from instructional time nor require input/answers from students. Should you have any questions about the use of this universal screener, please don't hesitate to contact your principal.

FastBridge

FastBridge is the ASD benchmark assessment for students in grades K-2 in reading and mathematics. Grades 3-6 may also use FastBridge as a progress monitoring tool. FastBridge utilizes curriculum-based measures and is used by schools as part of the ASD Comprehensive Assessment System to support informed instructional decisions.

FastBridge will only be administered in-person during the benchmark windows listed below

Fall 2021: September 7 - September 17

Winter 2021: November 29 - December 10

Spring 2022: March 14 - April 1

Results for students that were assessed during a benchmark window, will be available in Parent Connect the week after each benchmark window closes.

6th Grade Newsletter

By Public Relations Correspondent Nava S.

In 6th grade, everyone has run for a Mini Society job already. Our new class president is Maria N., having been the only one in running, but we don't care. She is a great president. Our bank president Svea N., will be organizing the class money and Stock Market. She is also in charge of the four bank tellers. We will use the class money to rent seats in the class. We think she'll do great. Our Union president, again being the only one in running, is **Col** S. He will be organizing spirit days and special events. He will be doing weekly SEL, Growth Mindset or Habits of Mind activity leader. We thank Col, Svea, and Maria for being our 6th grade presidents, and thank *you* for reading this newsletter!

6th grade presidents:



Maria, class president

Svea, bank president

Col, union president



Here at Girdwood PK-8 School, we would like to acknowledge with gratitude the Dena'ina people, past and present, who have lived on these lands since long before Anchorage and Girdwood were here. May we all be good stewards of these lands. Chin'an. (/CHIN-nan/{Meaning - Thank you})



The Anchorage School District (ASD) is committed to ensuring the safety and security of our students, staff, and visitors. Take a moment to review this guide to ensure you are prepared in the event of an emergency situation at school. ASD follows the response protocols established by the ASD School Board. School and district staff train yearly on emergency protocols and situation management and students take part in drills throughout each school year.

Actions in an emergency



"Stay Put" is ordered when there is an issue INSIDE/OUTSIDE the building. Police activity in the area, a wild animal nearby, or a medical incident are all common causes. Everyone returns inside the building, exterior doors are locked and "business as usual" generally continues inside the school.



LOCKDOWN is ordered when there is an issue OUTSIDE the building, most often police activity in the area that could pose an imminent threat, such as a weapon or unstable individual. All interior/exterior doors will remain locked until the 'all clear' is given.



Ordered when there is a threat **INSIDE the building**. Students and staff will use ALICE Protocols. Do NOT call staff/ students during an active threat. Parents are not allowed on site during Stayput/Lockdown/Active threat (ALICE).

ACTIVE THREAT



Ordered when people must exit the building due to unsafe circumstances such as fire, gas leak, or building damages. If student pick-up or off-site reunification is required, instructions will be communicated by the district.



Ordered when personal protection is necessary from dangerous weather conditions such as a gas leak, blizzard, or hail. May also be ordered in the event of a hazmat situation in the area.

Please note: some situations may require a combination of actions above.

Examples of school actions

Severe weather - Schools may **Shelterin Place** until weather passes; could delay release of students at end of day until safe to exit building.

Fire or Hazmat Situation in the Area - Evacuation

or **Shelterin Place**, depending on location and severity of fire/ hazmat issue.

Threat of Violence or Weapon on a Person - ALICE (Alert, Lockdown, Inform, Counter, Evacuate), LOCKDOWN (exterior threat), or Evacuation, depending on the situation.

Intruder - Requires an immediate Lockdown or ALICE. Police Activity in the Area - Lockdown or Stay Put may be called for by any staff member at the school.

What do I need to know and do?

- If you're at a school and an emergency occurs, follow protocol with students and staff.
- We know families want information right away. Experience has taught us that initial information is almost always incorrect. Please know, our security and administrative staff are working hard to determine what the real situation is and will communicate with families as soon as information is verified as accurate and next actions have been determined.
- Do not call the school or security staff, as they are working on the situation and ensuring your student's safety. Do not go to the school; this may interfere with procedures. Only public safety personnel will be allowed in/near a school during an emergency situation.
- We understand you may want to communicate with your student during an emergency, however, please refrain from calling; it may prevent him/her hearing important, possibly life-saving, instructions.
- It is vital parents and guardians keep their information updated in ASDConnect. We will utilize email, text messaging, and phone calls to communicate with you.
- The fastest way to get information in an emergency situation is to follow us on Twitter and Facebook (@ASD_Info). It is our first and fastest means of getting messages out. Also, check our website for alerts on the homepage.



Four Valleys Community School

FVCS is based out of the Girdwood K-8 School, and this is our 41st year providing community education. Our mission is to provide fun and interesting classes and programs for all ages, focusing on recreation offerings and educational enrichment, and ranging from pickleball to art classes to yoga.



Visit our website to view and enroll into our classes: www.fourvalleys.org



Sign up for our email newsletter on our website



Bring us your class ideas, and/or volunteer to teach a class for your community. We have paid positions too!



Join our Board of Directors! We meet 9 times a year, and have 3 positions open. Email cmcdermott@fourvalleys.org

We offer scholarships, financial aid and payment plans for all our classes, please come talk to us to set something up that works for you.



A Gentle Reminder...

Rain rain go away! Come again another day!! Oh, how we wish this chant worked!! We prayed for rain in June and July and Mother Nature is hearing us loud and clear! This is just another reminder to please make sure your child(ren) comes to school with the right gear every day: rain coat ,rain pants, boots, gloves, and any other outdoor clothing they would need to keep them warm and dry during recess. Most students have outdoor recess everyday except in cases of extreme inclement weather, so they need to be prepared. Students without proper outside gear will be spending their recess in the office. Please remember to label all clothing and accessories. For your convenience, we have Sharpies in the office. Thank you!



Dogs on the Playground

Just a reminder to keep your dogs leashed while on the playground here at school for the safety of our students and to ensure our playground remains free of dog poop.

Girdwood Student Government

Our first **spirit day** of the year will be

Grizzly Wear on Friday, September 9!

This is for ALL students and staff!

Don your Grizzly hoodies, T-shirts, leggings, buffs, etc. OR wear navy and silver!

We have a collection of used Grizzly wear in the front office. If you've outgrown or moved on from a Girdwood Grizzly item in your closet, please consider donating it to Student Government.

THANKS!

Join Girdwood PTA

Why join PTA? Our focus is supporting programs that help students be successful in their learning. Last year PTA funded over \$20,000 in programs and supplies for our students and school, including:

School Garden, Classroom Safety Kits, Halloween Carnival, Classroom Grants, Holiday Bazaar, Running Club, Drama and Music Programs, Field Trip Transportation, Field Trip Scholarships, Teacher Appreciation Week, Battle of the Books, Field Day, and Fall Intensives. For 2022–2023... new Classroom Display Technology and so much more!

Questions? Email us at pta.girdwood@gmail.com

Supporting Member	Voting Member
Who should be a supporting member? Parents, family members, friends, and community	Who should be a voting member? Parents, teachers, and PTA board members who want to
members who want to support our school and students	regularly attend PTA meetings and vote on our budget and bylaws.
 All \$10 goes to support Girdwood School PTA programs 	 \$6.25 goes to National & State PTA and \$3.75 goes to Girdwood School PTA
Scan to become a supporting member	Scan to become a voting member

Fredikkeyer. COMMUNITY COMMUNITY IEWAIDS Where shopping & giving unite Where shopping & giving unite Girdwood PTA EARN DONATIONS

JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Fred Meyer donates over \$2 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Amurod PTA at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number _____ GP641
- Then, every time you shop and use your Rewards Card, you are helping Airdwood PTA earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit <u>www.fredmeyer.com/communityrewards</u>.

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 statues, 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.