

GIRDWOOD NEWS

GIRDWOOD K-8 SCHOOL

P.O. BOX 189 GIRDWOOD, AK 99587

(907)742-5300

Note from the Principal

Dear Girdwood PK-8 Families,

Happy November! We have much to be grateful for here at Girdwood School. One of the best parts about our school community is that we simply never give up on any child. Our teachers are working daily to adjust for the individual needs of our students. Teachers meet throughout the week and analyze student learning data with their colleagues, so that we can make the best decisions for what our students need. During staff development days, our teachers are continuing these conversations and collaboration around student learning. Additionally, we also regularly talk about our students' social/emotional needs as we believe in educating the whole child, and work hard to have an environment in which all kids are successful. We pride ourselves each day in knowing what our students need, and then delivering the instruction that best fits those needs. At Girdwood School, we will continue to ensure that every student is given the opportunity to reach their potential. We believe in your children and cannot wait to see them develop into positive citizens within our community!

This month, our schoolwide social/emotional theme is emotion management. We'll be prompting students to notice their own feelings by paying attention to clues in their bodies, and we'll be reminding them to use the following skills to calm down: stop-use your signal, name your feeling, and calm down: breathe, count, and positive self-talk. These skills help students calm down strong emotions when faced with learning and social challenges, which helps them succeed academically and get along well with others.

I would like to take a moment to honor our first quarter Citizenship Award honorees. The following students have been nominated by their classroom teacher(s) or a specialist for exhibiting the characteristics below: Avie Martyn (Kindergarten), Parker Romerdahl (1st Grade), Sam Munter and Juliana Ribich (2nd grade), Maddix Gelosa, Sienna Strack, and Soren Mucha (3rd grade), Ruby Gelinis (4th grade), Annie Bailey (5th grade), Nikolay Ranauneut and Svea Nedwick (6th grade), and Harper Landry (Junior High).

The student follows the school's motto: Girdwood Grizzlies are Respectful, Responsible, and Ready to do our Best!

The student takes initiative and has a commitment to the school and/or community. The student is often seen going above and beyond.

The student is often seen building up other students and strengthening other students' self-esteem with a positive attitude.

The student possesses strength of character and the courage to do what is right.

Congratulations to these students for their hard work in making our school community a better place each day!

We would also like to congratulate the following students on having perfect attendance for first quarter: Gavin Anderson, Tayla Anderson, Lorelei Ayars, Phineas Ayars, Joselin Cardenas, Amari Ellis, Jasper Fleming, Ariella Gelinas, Olivia Glassett, Layla Gross, Reed Haines, Solstice Martyn, Aiden McCombs, Paul Munter, Sam Munter, Brooks Poetter, Ianis Trocin, and Madison Woods!

Please encourage your child to bring their warm clothes and rain gear each day. As hardy Alaskans we go out for recess in just about any weather so our students can get some exercise and let out some energy. When stopping by the school, please check out our lost and found located in the mini commons for gear that your child might be missing. Also, the sun comes up later and it's very dark on our sidewalks, in our crosswalks, and around our parking lot when students are coming to school. Please encourage your child to wear reflective clothing and remind oneself to slow down when driving during times when students are walking to school. We want to ensure all of Girdwood kiddos and community members are safe!

A big shout out and thank you to everyone who made the Girdwood PTA Halloween Trunk or Treat a spooky, festive, and successful event: the Girdwood PTA Board (Andrea Anderson, Emily Marengo, Anna Russell, Melissa Randich, Nico Honegger, Julie Pierre-Leclerc, and Beth Caver), the Alaska Wildlife Conservation Center, the Ayers Family, Challenge Alaska Ski School, Chugach Mountain Roasters, Coast Pizza, the Daniels Family, the Derks Family, Four Valleys Community School, the Girdwood Board of Supervisors, the Girdwood Clinic, the Girdwood Community Land Trust, the Girdwood Lion's Club, the Girdwood Nordic Ski Club, Glacier City BBQ, Goo by Mrs. Davidson and Mrs. Lower, the Kaiser Family, Music by Erin Wells, the Nedwick Family, the Schwarz Family, the Spooky Walk by Girdwood Student Government (with help from Lauren Rice, Selita Rios, Brigid Kuber, Anna Fleming, and Joslyn Stinson), the USFS Glacier Ranger District, the Vanderhoek Family, the Wellner Family, the Whittier Police Department, and the Woods Family! Also, a big shout out to Alyeska Resort for the generous trunk prizes! Thank you so much for coming together to create such an awesome Halloween event! Be on the lookout for more information on the upcoming Girdwood PTA Holiday Bazaar taking place on Saturday, December 10th! Hope to see many of you with booths at the Holiday Bazaar and out supporting local businesses and students through holiday shopping at our Holiday Bazaar!

Thank you again for your continued support of our school. As we approach Thanksgiving, I am thankful for such a caring community, and specifically for you giving us your children to be part of our school. If you have any questions, ideas, or concerns, please don't hesitate to contact the office. We are here to help!

Take care,

Kari Anderson, Principal

Girdwood PK-8 School



Upcoming Events

11/3 K-2 Field Trip to the Alaska Junior Theater

11/6 Daylight Savings Time Ends—
Clocks Fall Back 1 Hour

11/7 Lifetouch School Picture Retakes

11/8 Asynchronous Day for Students

11/9-10 Intensives

11/15 School Store 11:30-12:45

11/15 PTA Meeting 6 PM @GBC

11/17-18 School Play, "Peter Pan"

11/20 Middle School Debate
Tournament

11/23 Thanksgiving Pie Social

11/24-25 Thanksgiving Holidays

11/29 School Store 11:30-12:45

12/10 PTA Holiday Bazaar



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 Marengo, vice
president

Melissa Randich, secretary

Anna Russell, treasurer

Julie Pierre Leclerc,
member at large

Nico Honegger, member
representative

Jennifer Derks, teacher
representative



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>.

Girdie the Crow visits Girdwood 2nd and 4th Graders



Thank you, PTA, for sponsoring Girdie the Crow to come and visit 4th graders along with their 2nd grade reading buddies.

Girdie was asked to come display her intelligence as part of the 4th grade Intelligent Animals unit. The students enjoyed seeing a real, live crow up close and personal and learning from a biologist and Girdie's caretaker about just how smart crows can be.

Peter Pan



Auditions were held, parts were cast and practice has begun. Mrs. Wells had a terrific time hearing the auditions and she thanks all of the students for trying out. Girdwood PK-8's version of Peter Pan will be held Thursday night, November 17 and Friday night, November 18 at 7pm. We look forward to a spectacular show!



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.



Girdwood, Alaska theicecreamshop.com



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})

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>



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.

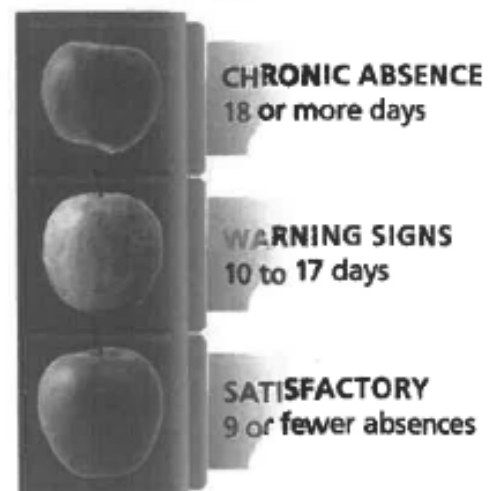
Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

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.

School Nurse News

Spread Kindness NOT Germs



Beyond Thanksgiving

6 ways to nurture everyday gratitude in children, as a Family and in school.

1

Focus on what went "right" each day.

2

Talk about gratitude everyday.

3

Promote sincere expression of thankfulness.

4

Find ways to help others in need.

5

Be a roll model.

6

Say thank you.

Research has shown that gratitude can improve the well-being of those who practice it. Cultivating gratitude can reduce stress, and lead to improved productivity in the school setting. Appreciating things in your life helps foster positive emotions. This in turn fuels resilience in children. So, share your gratitude today!

Gratitude Ideas

Start a Gratitude Journal

Write Thank You cards and notes

Make a gratitude wall or dry erase board

Draw what you are thankful for

Go on a thankful nature walk

Do something that makes you happy

Give a complement or a smile

Make a gift for someone

Make a gratitude jar and fill with happy thoughts

Tell someone how special they are to you

Give a hug

5 Ways to Help Your Kids Have a Healthy School Year

Children and teens are more likely to learn, thrive and develop appropriately when they attend school alongside their peers. Here are some ways you can help your kids stay healthy and minimize absences. The basics: sleep, exercise, nutrition, immunizations, and mental health. All of these are keys to academic and social success.



1. **Sufficient sleep** is critical to staying healthy and thriving at school. Not enough sleep can affect memory, concentration, creativity and learning.
2. **Exercise** is recommended for children age 6 years and up to get 60 minutes of moderate to vigorous physical activity on most days of the week.
3. **Nutrition** is important and many children qualify for free or reduced-priced lunches to help students get nutritious meals. The forms are on line at <https://www.asdk12.org/site/Default.aspx?PageID=1423>. Also, students can talk with the school nurse or office staff if they need snacks or help with a meal.
4. **Immunizations** are the single most effective way to protect our children. Research shows that people who are vaccinated against viruses such as COVID and influenzas (flu) are less likely to have a severe illness compared to those who are unvaccinated.
5. **Mental health** struggles such as anxiety, depression, or distress are important to recognize early. Children need to know it's OK to talk about how they're feeling. Try to prioritize family meals and exercise breaks, like walks to build a nurturing relationship with your children and a safe place to share feelings

TALK ABOUT RACISM, BULLYING & KINDNESS

Talk with your child about racism and hate. Encourage children to seek help from a trusted adult such as their teacher, school nurse, or school staff. Let children know if they are discriminated against or witness an act of bullying to get help and tell an adult. Emphasize the value of treating others with respect and how simple acts of kindness can make a difference.



STUDENT GOVERNMENT UPDATE



- Kaiden Kuber & Harper Landry -

Our Student Advisory Board Representatives recently met with our Superintendent and fellow Middle & High School SAB Members across the district. They learned all about the parliamentary process and shared exciting events happening within our schools.



The trail through the HAUNTED FOREST was lots of fun and enjoyed by many at the PTA Halloween Carnival!



Many thanks to everyone who worked to make it a success:

STUDENTS: Harper, Passage, Brielle, Layla, Kat, Sylus, Finn, Logan, Hardy, Sammy

TEACHERS: Mrs. Stinson, Mrs. Fleming, Miss Selita

PARENTS: Lauren Rice, Brigid Kuber

COMING UP!



***BEACH WEAR* Spirit Day: Friday, November 18**

It's summer in the winter! Students can don their sandals, sombreros, sunglasses, and other school-appropriate beach attire!

Junior High students will be hosting our annual
Thanksgiving Pie Social
on Wednesday, November 23.

Homemade apple pie will be baked and served by
your Junior High.
Stay tuned for details!



Girdwood Sports Report

XC Running - 2022

Congratulations to our middle school XC runners for an outstanding race season. They ran day in and day out in the rain and mud and often with a smile. They had fast races, personal records, fun team spirit, and admirable sportsmanship. Three of our runners placed in the top 10 for City Championships:

Cam Miller - 10th place for 6/7 girls (out of 210)
Katie Rowecamp - 1st place for 8th girls (out of 122)
Austin Murphy - 2nd place for 8th boys (out of 172)

Way to represent our Tiny But Mighty Team:

**Hardy, Svea, Harper, Sammy, Nava, Logan, Col,
Cam, Kaiden, Maria, Ruby, Andrew, Nonie, Katie,
Leland, Austin, Harlan, Cooper, Ray, Passage**







Emergency Response

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

"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

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.



ACTIVE THREAT

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).



EVACUATE

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.



SHELTER IN PLACE

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 **Shelter in 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 **Shelter in 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.



A Gentle Reminder...

Although the calendar may say it's still fall, Girdwood has pretty much turned into a winter wonderland. Please make sure your child(ren) comes to school with the right gear every day: snow/rain coat, snow/rain pants, boots, gloves, and any other outdoor clothing they would need to keep them warm and dry during recess. Students have outdoor recess everyday except in cases of extreme inclement weather, so they need to be prepared. 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.

Coming up

IN NOVEMBER

@ FOUR VALLEYS COMMUNITY SCHOOL

MONDAYS & THURSDAYS

WEEKLY AWCC PARTNERSHIP EVENTS - REGISTER NOW!!

MONDAYS & WEDNESDAYS

CLAY WORKSHOPS WITH BARBARA LYDON - REGISTER ASAP!!

MON, NOV 14

ADULT CERAMICS PAINTING, COST AND LOCATION TBD

EVERY WEDNESDAY

TAI CHI FOR ADULT BEGINNERS - SPACES STILL AVAILABLE
KUNG FU FOR ALL AGES - SPACES STILL AVAILABLE
ADULT BASKETBALL - \$5 DROP IN

EVERY TUESDAY

ADULT PICKLEBALL - BEGINNER FRIENDLY!! \$5 DROP IN

EVERY FRIDAY

ROMP & ROAR - UP TO AGE 5 - \$3 DROP IN

CHECK OUR WEBSITE @ FOURVALLEYS.ORG FOR MORE!





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.

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



Who should be a supporting member? Parents, family members, friends, and community members who want to support our school and students



All \$10 goes to support Girdwood School PTA programs



Scan to become a supporting member



Voting Member



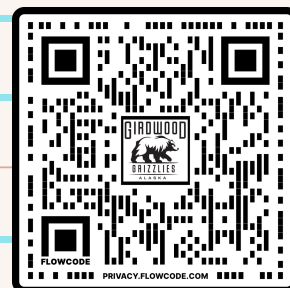
Who should be a voting member? Parents, teachers, and PTA board members who want to regularly attend PTA meetings and vote on our budget and bylaws.



\$6.25 goes to National & State PTA and \$3.75 goes to Girdwood School PTA



Scan to become a voting member





YOU CAN HELP 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 Girdwood 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 Girdwood 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 www.fredmeyer.com/communityrewards.

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.