

# GIRDWOOD NEWS

GIRDWOOD K-8 SCHOOL

P.O. BOX 189 GIRDWOOD, AK 99587

(907)742-5300

## **Note from the Principal**

Dear Girdwood PK-8 School Families,

Happy Spring! April is here and with that comes longer days and more time outside. It's been wonderful to see all the sunshine!

The next time you visit the school, you will see new posters around the school. The Anchorage School District will be rolling out a new program called STOPit. This program empowers students to anonymously report online harassment, bullying, alcohol or drug use, depression, campus violence, school vandalism, or to help friends in need. The report goes directly to school administrators or counselors. STOPit is completely anonymous to help protect the reporter. You will find more information about STOPit at the following website: <https://www.asdk12.org/stopit>. Please let me know if you have any questions.

We are working on statewide AK STAR testing in English language arts and math this week. We will be completing make up testing next week. Students are doing awesome, and I am always so impressed with their hard work throughout these days.

PTA is planning a fun new, festive fundraising event this year...Prom 2023! This is going to be an event you won't want to miss! Save the date for Saturday, May 20th! More information will be coming your way!

Thank you for all of your support. It is important we work together each year to ensure the best possible outcome for all students. I appreciate each of you immensely! Please let me know if you need anything at all. I am here to support.

Kari Anderson, Principal



## Upcoming Events

- 4/6 4th Grade Math AK STAR State Assessment
- 4/7 School Spirit Day—Class Colors
- 4/7 Staff vs. Student Trench Ball Game
- 4/10 AK STAR and Alaska State Science Assessment Make-up Tests this Week
- 4/11 Middle School Track Meet at the Dome at 5:30pm
- 4/12 6th Grade Kid Wind 1pm at Girdwood School
- 4/13 6th Grade PPC Field Trip to Chugach Electric
- 4/15 Middle School Debate at UAA
- 4/17 PTA Meeting at GBC from 6-8pm
- 4/18 School Store During Lunch
- 4/20 Volunteer Appreciation Day
- 4/20 Middle School Track Meet at Clark Middle School 5:30pm
- 4/21 6th Grade Kids 2 College Field Trip to UAA
- 4/25-5/2 Junior High Washington DC/ NY Trip
- 4/25 School Bus Driver Appreciation Day
- 4/26 Administrative Professionals Day
- 4/27 Middle School Track Meet at Goldenvue at 5:30pm

## 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, 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 22-23 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 [www.glaciervalleytransit.com](http://www.glaciervalleytransit.com) or contact Sam Marshall, Operations Manager, at 907-382-9908.

## 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.



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](http://theicecreamshop.com)



### 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>





# 2023 Iditarod Champion Ryan Redington visits Girdwood School

## Ryan Redington

Ryan Redington and his team made a big impression on Girdwood students. Ryan's grit, determination, perseverance, family history, and stories from the trail inspired our students to work hard for their education and aspirations. Thank you Ryan for sharing your experiences with our school. CONGRATULATIONS from all of us at Girdwood School!



## Nurse Notes

Spring is just around the corner! I love all the sunlight and warmer weather, and the melting snow! Unfortunately for some, spring is the start of the airborne allergy season. Symptoms include red, itchy, watery eyes, runny nose, headaches, and a possible increase in asthma symptoms. If you or your child suffers from airborne allergies now is the time to prepare.

Please make sure you have all over the counter or prescription allergy medications filled and on hand at your home. Give your child his/her allergy medication at home prior to school unless you plan to have a long-term form signed by your physician and medication brought to my office to be given at school. **Prescribed medications** can also be given for a 15-day period **only** if brought to school in the original containers and a short-term form is filled out and signed by the parent.

The nurse can give **over the counter** allergy medication with only a parent signature through the end of the school year. Dosing must comply to age and FDA approved use. Please supply the nurse with the medication in the original container. Please call nurse Summer or Raquel at 742-5301 if you have any questions.

Sincerely,  
Nurse Summer



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})

STUDENT GOV. PRESENTS  
**FAMILY MOVIE NIGHT**



TUESDAY, APRIL 18TH 6:00  
Cash Concessions

**TURBO TUESDAY**

It's Rated PG



HOSTED BY THE GIRDWOOD PTA

# PROM NIGHT

*Party*

SATURDAY MAY 20 7PM

SAVE THE DATE

## **Girdwood School Teachers Recently Completed Training in**



The methodology of Conscious Discipline is based in scientific and developmental research. It is recognized by SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).

Conscious Discipline creates a compassionate culture and facilitates an intentional shift in adult understanding of behavior via the Conscious Discipline Brain State Model. It then provides specific brain-friendly, research-backed strategies for responding to each child's individual needs with wisdom. This highly effective approach is proven to increase self-regulation, sense of safety, connection, empathy and intrinsic motivation in both children and adults.

### **Resources To Learn More:**

<https://consciousdiscipline.com/story/>

**The Course Begins with Understanding the Brain:**

<https://consciousdiscipline.com/methodology/brain-state-model>

**One take away for teachers and parents alike is the part we adults play in shifting a child's behavior. It truly **BEGINS WITH US.****

<https://consciousdiscipline.com/methodology/seven-powers/>



## **2023 AK STAR and Alaska Science State Assessment**

Each spring, Alaskan students are provided an opportunity to show what they know. When students show what they know, teachers and parents can partner to promote student success. The State of Alaska Department of Education has partnered with NWEA to align and connect the English language arts (ELA) and mathematics tests with the MAP Growth benchmark assessments students take in fall and winter. This balanced assessment system targets instruction to better support meeting students' individual learning needs. In addition, students will take only one assessment per content area (ELA and math) and be provided two scores as follows:

Summative assessment result at grade-level

MAP Growth interim benchmark result, including growth from fall to spring

AK STAR, the Alaska System of Academic Readiness, is comprised of English language arts and mathematics and is administered to students in grades 3-9. The Alaska Science Assessment is administered to students in grades 5, 8 and 10. The purpose of a large-scale, summative assessment is to provide parents and schools with an overall picture of a student's progress in meeting the Alaska standards at grade level. Parents can locate resources for AK STAR test and the Alaska Science Assessment, including directions for Student Readiness (Practice Tests and Tutorials), student testing times and general assessment information on the ASD website at <https://www.asdk12.org/akstar>. Parents can also help by ensuring their children are well rested, eat a nutritious breakfast, and are at school on time for the days of testing. Please avoid scheduling appointments on your child's testing days.

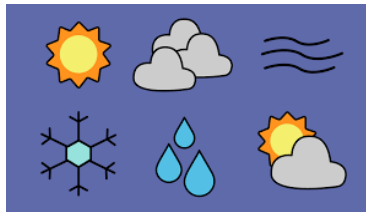
Students! Get ready to show what you know during our school's AK STAR and Alaska Science Assessment testing dates: 4/4: 5th, 6th, 7th, and 8th Grade Math, 4/5 : 3rd Grade Math, 4/6: 4th Grade Math

## **Student Recognitions**

We would like to take a moment to congratulate our students who received perfect attendance for 3rd quarter during the 22-23 school year: Griffin Marenco (kindergarten), Brooks Poetter (1st grade), Harper Taylor (1st grade), Walter Fell (2nd grade), Juliana Ribich (2nd grade), River Sieling (2nd grade), Solstice Martyn (3rd grade), Carver Sieling (3rd grade), Aurora Burns (4th grade), Emma Marrs (4th grade), Reagan Martyn (4th grade), Sylus Englert (7th grade), and Hollis Ranke (7th grade). Thank you for being here at school every day! Attendance is so important in a child's school success as it is impossible to replace the learning that happens on any school day with make-up work. Regular attendance and promptness are good habits that are expected and appreciated at all levels of schooling and in the workplace. This year, make school a priority in your household. Strive for nine days (absent) or less for success! Commit to excellence in attendance. Your child's future depends on it!

We would like to take a moment to honor our Girdwood School 22-23 third quarter Citizenship Award honorees! The following students have been nominated by their classroom teacher(s) or a specialist for exhibiting the characteristics below: Olivia Glassett (Kindergarten), Axel Parisen, (1st grade), Muriel McGorry (1st grade), Stella Lydon (2nd grade), Carver Sieling (3rd grade), Braxton Blaine (4th grade), Aria Rice (4th grade), Paxson Derks (5th grade), Claire Greene (6th grade), Maria Nafzger (6th grade), Daive Rondal (6th grade), Hollis Ranke (7th grade), Brielle Rice (7th grade), and Chloe Romerdahl (8th grade).

These students follow the school's motto: Girdwood Grizzlies are Respectful, Responsible, and Ready to do our Best! They take initiative and have a commitment to the school and/or community. These students are often seen going above and beyond. They are often seen building up other students and strengthening other students' self-esteem with a positive attitude. They possess 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!



### A Gentle Reminder...

Wow—it's April already! April is our wishy washy month which means the weather is constantly changing—cold, warm, rainy, snowy—you get what you get and you dress for it! Freezing temperatures are still the norm while some days may be wetter and some may be warmer than others. This is just another reminder to please make sure your child(ren) comes to school with the right gear every day: waterproof coat, snow/rain boots, gloves, and any other outdoor clothing they would need to keep them warm and dry during recess. Please send them to school with the same gear that you would send them outside to play in. Students need to be prepared for every kind of weather. Please write your child's name in 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.



### YOUR STUFF MISSES YOU!!!

The Lost and Found is full and it's time to clean it out. The cart is located in the back of the school by the back doors. Please tell your children to look through it also. There are lots of jackets, sweatshirts, boots, water bottles and all sorts of other miscellaneous items. We will be donating the leftovers at the end of the year. Thanks!

### After School Playground Use

Students are more than welcome to stay on the playground if they are being supervised by an adult. We enjoy having them here, but cannot provide outdoor supervision after 3:15 p.m. School dismisses at 3 p.m and, for safety reasons, students are expected to head for home, or to after school care on buses, bikes, feet or in a parent's vehicle by 3:15. This is true for all students, including middle school. The only exception is when students remain to participate in school or FVCS supervised activities. The same school rules still apply after school. No climbing on the fences, standing on the swings, climbing on top of the big toy, etc. Our kiddos know the rules but sometimes need to be reminded. Thank you for your help in keeping all the children in our valley safe and supervised.



# 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](http://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](mailto: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.

## WEEKLY ACTIVITIES



### NOTES

- Free running/ walking track anytime the gym is in use by FVCS until 8 pm
- Monday - Thursday



### MONDAY

- Pickleball 6- 8 pm
- \$5 drop in
- 
- 

### TUESDAY

- Wake Up w/ Mel & Riley
- 6:15 -7:15 am
- \$10 drop in
- Pickleball 5-7 pm
- \$5 drop in

### WEDNESDAY

- Yoga w/ Nico & Jenn
- 9- 10 am, \$5 drop in
- Tai Chi 6:30 - 8 pm
- Basketball 6:30- 8 pm
- \$5 drop in

### THURSDAY

- Wake Up w/ Mel & Riley
- 6:15 -7:15 am
- \$10 drop in
- 

### FRIDAY

- Yoga w/ Nico & Jenn
- 9- 10 am, \$5 drop in
- 
- Romp N Roar 10:30 am - 12 pm, \$3 drop in

### NOTES

- Pickleball, Wake Up,
- Yoga, Tai Chi &
- Basketball for Adults.
- Romp N Roar for Ages 0-5.

register & more info @ [fourvalleys.org](http://fourvalleys.org)



# ***COLD WATER SURVIVAL SKILLS FOR KIDS***

**Does your family love to boat, kayak, paddle board, or play by the water in the summer?**



register @  
fourvalleys.  
org

**Learn to keep safe in our Alaskan waters:  
The 3 stages & effects of cold water immersion,  
Safe boating behaviors,  
How to properly select & fit a life jacket, &  
Play a fun ice-bucket relay game**

## **TAI CHI-CHI GONG FOR ADULTS SPRING SESSION**

**WEDNESDAYS, MARCH 22 - MAY 17  
6:30-8PM AT THE GIRDWOOD SCHOOL**

This is a soft continuation of the beginner class, but new registrants are welcome!

Participants will focus on the introduction of proper breathing in accordance with choreographed steps of movement.

**You are NOT too late to sign up: Class fee will pro-rate!**



Register @fourvalleys.org





**Pickleball Mondays Are Back!**  
**April 10th-May 15th**  
**6-8 PM**  
**\$25 for six sessions**  
**\$5 drop-in**



**Register at [Fourvalleys.org](https://fourvalleys.org)**

GIRDWOOD BOARD OF SUPERVISORS PRESENTS

# COMMUNITY CONVERSATIONS

RELATED TO RACE  
FACILITATED BY:  
ALASKA HUMANITIES FORUM

WEDNESDAYS MARCH 22, 29 & APRIL 12  
6-8 PM  
GIRDWOOD COMMUNITY ROOM

ALASKA  
HUMANITIES  
FORUM



*Created for outdoor seasonal professionals as well as those interested in personal learning.*

## **WILDERNESS FIRST AID CERTIFICATION**

Classes held in Girdwood

Fri/Sat/Sun May 5 (pm), 6 & 7 (all day)

Instructor Brian McGorry

\$195



Registration & Details On-Line

[www.fourvalleys.org](http://www.fourvalleys.org)





# 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](mailto:pta.girdwood@gmail.com)

## Supporting Member



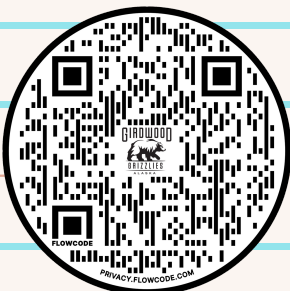
Who should be a supporting member? Parents, family members, friends, and community members who want to support our school and students



All \$10 goes to support Girdwood School PTA programs



Scan to become a supporting member



## Voting Member



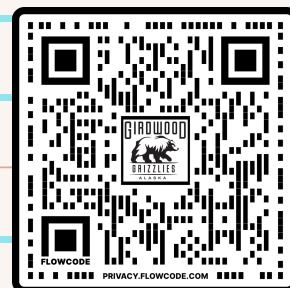
Who should be a voting member? Parents, teachers, and PTA board members who want to regularly attend PTA meetings and vote on our budget and bylaws.



\$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](http://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](http://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.