October 13, 2023``` VOLUME 18, ISSUE 7

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,

I hope this message finds you excited about winter activities with the first snowfall on the ground. Speaking of activities, middle school cross country running and boys' basketball have come to a close. Our Girdwood School athletes had awesome seasons! Thanks to our coaches Mrs. Murphy, Mrs. Fleming, and Mrs. Donnelly for coaching our cross-country running team. Also, a big thank you to Coach Kelley and Coach Stinson for coaching our boy's basketball team. Our middle school girls will be starting volleyball next week with practice starting on 10/16. We thank Carmen Romerdahl and Heidi Armstrong for being our volleyball coaches this year. We are excited to see many of our girls go out for volleyball.

Just a few reminders for all:

- Keep up with your child's grades and assignments through accessing Q Parent Connect at any time. Do you know how to login to Q? If not, give our front office a call at 742-5300 to get your login and password.
- Winter is here, or at least it feels like it. Please send your student to school with appropriate gear and clothing. We go outside everyday rain or shine unless the temperatures are below negative 10 degrees.

Our PTA has been working hard to provide your child with enrichment and plan for some fun family events this year! The Girdwood School PTA Halloween Carnival will be taking place on Friday, October 27th, from 6-8 pm. The Girdwood School PTA will continue our new tradition to take the annual Halloween Carnival outside for a "Trunk or Treat" style event which will take place outside on our school grounds. The junior high students will be planning a spooky trail walk as well. We are looking for help in making this a fun, safe, and successful event, and we'd like to invite your family to host a trunk. You might be asking, "What would this involve?" Basically, you'd dress in your Halloween best, park a vehicle in the school parking lot/bus loop, decorate the trunk/parking space, and hand out candy or goodies to kids as they trick or treat from car to car. As an alternative to handing out candy, you could have the kids play a game or do a craft. There will also be awesome prizes for the 3 best trunks! Please RSVP by October 17th if you would like to host a trunk by emailing pta.girdwood@gmail.com.

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 last three PLCs at Girdwood School, we have created collective commitments for our interactions with each other and our students and created working agreements to follow during staff meetings. We have built an understanding of what collaborative teams look and act like and developed an understanding of how data is used in a professional learning community to drive instruction with our students.

Parent/Teacher Conferences are taking place this month on 10/25 and 10/26. These days are half days for students with dismissal at noon. Conferences will take place on those afternoons and the evening of 10/26. The online conference scheduler is open for parents to sign up. You can sign up through the ASD website at www.asdk12.org and search for Conference Scheduler or through the ASD Mobile App. Also, just a heads up that Friday, October 20th, is an in-service day and Friday, October 27th is a professional development day. There is no school for students on either of these dates.

If you have celebrations, questions, or concerns, please call or email anytime. I feel very lucky to be Girdwood School's principal and appreciate our community. Lastly, thank you for all you do for your children!

Take care, Kari Anderson, Principal Girdwood PK-8 School

Upcoming Events

10/14 Middle School Debate Tournament

10/16 6th-8th Grade Girls Volleyball Practice Begins 3:14-4:30

10/17 PTA Meeting 6:30-8 pm @ GBC

10/18 Staff vs. Student Soccer Game 2-2:50 pm

10/19 1st Quarter Citizenship Award Ceremony 2-2:30 pm in MPR/Stage

10/20 No School for Students, Grading Day, End of 1st Quarter

10/24-10/26 Scholastic Book Fair in the Library

10/25 Parent/Teacher Conferences 12:30-4 pm

10/26 Parent/Teacher Conferences 12:30-8 pm

10/27 No School for Students, CKLA Training for K-5 Teachers

10/27 Trunk or Treat 6-8 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

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Carl Jacobs, vice president
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Nico Honnegger, member

Jennifer Derks, Shannon Derks,

representative

teacher representatives



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.



<u>Health Class 1st Quarter Update</u>

In Health class this quarter, we have learned that Health means taking care of our Bodies, Minds, & Each Other. We are working on being Attentive & Respectful Contributors and giving our Best Effort in all that we do. We have talked about Perseverance and created comics to show a time when we kept trying! Our statewide Kids Don't Float Program visited again this year to teach us about Cold Water Survival and Passenger Safety. There were lots of smiles, great questions, and a cold water life jacket relay. We are off to a solid start in learning about our bodies, minds, and each other.

How Can You Help Your Student Succeed?

Ensure adequate sleep, plan breaks from screen time, eat meals together and talk about their day, have solid routines for mornings to set their day on a positive start, be playful together, get outside, support them with household responsibilities, and send the message that school and learning are important. The simplest things we learn in school are life skills helping us to be good citizens. Remember that you are your child's ultimate role model for how we treat others and how to stay calm when dealing with our own stressors. Your words become their inner voice when times are difficult. They are amazing sponges absorbing so much more than we realize. Allow them ample opportunities to absorb the best parts of YOU.

Thank you for the joy of getting to know and teach your children.

-Mrs. Murphy

O



8th Graders learn the purpose & proper fit of the different types of PFD's while connecting a real life Cold Water Rescue to our unit on Stress and Mindfulness.

Havelah practices making a May Day Call on the Pink Yacht out in Prince William Sound.









Brrr, this water is cold, just like our Alaskan Waters. Here, Parker S. & Rose feel the effects in order to better understand Cold Shock & Cold Incapacitation.



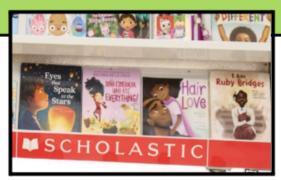


Above: Neva, Athena, Aydan, & Paul share what they think it means to be Healthy while practicing good communication skills.

IT'S G⇔ TIME!

There's no book fair like a Scholastic Book Fair!





The **Scholastic Book Fair** is coming to Girdwood School. Our event will take place the week of our October parent teacher conferences. All proceeds go to buy needed books for our school.

Tuesday, October 24th during school for student preview and 3-5 pm Wednesday, October 25th 12-5 pm Thursday, October 26th 12-4 & 6-7:30 pm

If you can't make the Book Fair and want to support our school you can shop at the Book Fair link. At the Book Fair we will accept cash, card, or student eWallet for payment. eWallets can be set up at our fair link.

Book Fair Link or type

https://www.scholastic.com/bf/girdwoodelemjrhighschool1

Thank you for supporting Girdwood School Library and don't hesitate to reach out if you have questions or have any interest in volunteering.

Mrs. Nedwick nedwick meghan@asdk12.org



Trunk or Treat Host a Trunk

The Girdwood School PTA will host its 3rd annual Halloween "Trunk or Treat" event on Friday, October 27. We are looking for help in making this a fun, safe, and successful event, **and we'd like to invite you to host a trunk.** You might be asking, "What would this involve?" Basically, you'd dress in your Halloween best, park a vehicle in the school parking lot, decorate the trunk/parking space, and hand out candy or goodies to kids as they trick or treat from car to car. As an alternative to handing out candy, you could have the kids play a game or do a craft. There will also be awesome prizes for the 3 best trunks!

Important Details:

When: Friday, October 27 Trunk Set-up: 5:00-6:00 pm Event Time: 6:00-8:00 pm

Where: Girdwood School Parking Lot

Why: because it will be a spooky good time!

Please RSVP or send regrets by October 17. If you have questions, email pta.girdwood@gmail.com or call

Andrea at 619-787-3727.



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 Amount PTR 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 www.fredmeyer.com/communityrewards.

Join Girdwood PTA



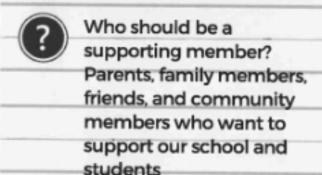
Why join PTA? Our focus is supporting programs that help students be successful in their learning. Last year PTA funded over \$20,000 in programs and supplies for our students and school, including:

School Garden, Classroom Safety Kits, Halloween Camival, 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 voting member? Parents, teachers, and PTA board members who want to regularly attend PTA meetings and vote on our budget and bylaws.



All \$10 goes to support Girdwood School PTA programs



\$625 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













order online

Support Girdwood School PTA! We are trying something new this year, please check out our online fundraising platform!







FOUR VALLEYS COMMUNIYT SCHOOL

AND PTA

For sponsering Author and Illustrator Bethany Barton!







Where: Girdwood School Parking Lot

Why: because it will be a spooky good time!

Please RSVP or send regrets by October 17. If you have questions, email pta.girdwood@gmail.com or call Andrea at 619-787-3727.

MIDDLE SCHOOL XC RUNNING 2023



OUR TINY BUT MIGHTY TEAM HAD ANOTHER STELLAR XC RUNNING SEASON!

TEAM SPIRIT WAS HIGH, PERSONAL RECORDS WERE SET, AND OUR MILES WERE FILLED WITH HARD WORK AND ENDLESS SMILES. US COACHES COULD NOT BE MORE PROUD OF THIS GROUP. THE SUPPORT & POSITIVITY THEY SHOWED TO ONE ANOTHER WAS A HIGHLIGHT. IT IS STUDENT ATHLETES LIKE THESE THAT MAKE IT ALL WORTHWHILE. WELL DONE GRIZZLIES!

OUR SEASON HIGHLIGHTS INCLUDE:

LOGAN BREEDING: <u>1ST PLACE</u> AT THE GIRDWOOD INVITATIONAL & <u>8TH OVERALL</u> AT CHAMPIONSHIPS

ARIANA BARBER: 1ST PLACE AT MIRROR LAKE INVITATIONAL

MADDIE ROMERDAHL: 5TH PLACE AT GIRDWOOD INVITATIONAL

CAM MILLER: 2ND PLACE AT BOTH MEARS AND GIRDWOOD INVITATIONALS

KAIDEN KUBER: 4TH PLACE AT GIRDWOOD INVITATIONAL

CONGRATS TO ALL OF OUR RUNNERS! - COACH MURPHY, COACH DONNELLY, & COACH FLEMING





Dear Caregivers,

Boost Reading provides your child with the opportunity to learn and practice literacy skills within an engaging story world that adapts to each student as they move through the program. This means that you do not need to assist students with their learning. Once your child can log in, they're ready to start using the program.

Your child can learn with Boost Reading during school hours and independently at home.

- Log in to clever.asdk12.org
- · Log in with the credentials from your teacher

Tips and Tricks

- · Practice logging in with your child consistently until they can log in independently.
- Keep your child's login information in a single place so they know where to go if they forget it.
- Provide your child with headphones or a quiet place to play.
- Website:

Student Government News



We would like to
Congratulate 3rd Grade
for the highest
participation in our last
school spirit day Beachwear Day!

SOCKTOBER

Let's help everyone stay warm this winter!

Girdwood Student Government is participating in Socktober this year! **Please donate socks**, hats, gloves, coats, boots, and any winter gear to help others in need. Everything donated will support our local homeless shelters in Anchorage.

As of October 12th, Girdwood School has collected 130 socks & warm winter gear. 3rd grade is currently in the lead with 40 donated winter items. Jr.High (7th & 8th) is in 2nd place and 4th grade is in 3rd. Thank you to everyone who has donated so far. Keep those winter items coming! It is wonderful to come together and help others.



Stay tuned for another giving event challenge coming

in **November: Kids Heart Challenge**

inspire all students, staff, and families to **Build a Legacy of Lifesavers** by completing Finn's Mission and **learning** all about **Heart Health** and **Hands-Only CPR**.

Nurse Notes

Greetings Girdwood Families,

There's been a change in the nurse's office, please help us in wishing nurse Raquel the best! Nurse Raquel has been taking care of Girdwood students and staff for 7 years on Mondays and she will be missed. We look forward to seeing her on the days that she comes back as a substitute! If you are a nurse with a <u>BSN</u> we encourage you to call and find out if a part time job at Girdwood School would be a good fit for you.

Flu shots are available! There <u>are</u> free flu shot clinics available locally and in Anchorage to get you and your family vaccinated. People ages 6 months and up <u>are able to</u> be vaccinated at the 3 following clinics and no appointment is needed:

When: Wednesday 10/16 from 3 to 6pm

Where: Girdwood Health Clinic

When: Wednesday 10/25 from 1 to 7pm

Where: High Schools including Eagle River, Bettye Davis East, West and

South

When: Thursday 10/26 from 1 to 7pm

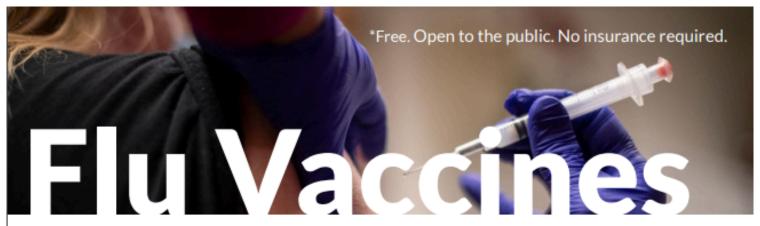
Where: Middle Schools including Goldenview, Gruening, Wendler and

Romig

Have a fabulous rest of your October and Happy Halloween!

Nurse Summer: Stone_Olivia@asdk12.org

Direct phone: 907-742-5301



Anchorage School District Parent Teacher Conferences

Wednesday, October 25th

From 1pm to 7pm

- Eagle River High School
- Bettye Davis East High School
- West High School
- South High School

Thursday, October 26th

From 1pm to 7pm

- Goldenview Middle School
- Gruening Middle School
- Wendler Middle School
- Romig Middle School

Fluarix for 6 months and older and Fluad High Dose for 65+ while supplies last.

*Tdap will be available at select schools.

Print the consent form at https://www.asdk12.org/Domain/1216

Contact Healthcare Services at 742-4136 for more information.





Saturday OCT 14th at 10am-12pm

Children's art displayed with the Whittier police department

1 free kids scoop for children who join us!

Come join us at the ice cream Shop
and ask your local cops a question!









BLOOD TESTS



A1C DIABETES - \$25

THYROID SCREEN - \$35

VITAMIN B12 - \$35

VITAMIN D SCREEN (D2, D3) - \$50

FERRITIN - \$35

BLOOD TYPING - \$20

TESTOSTERONE - \$55

PROSTATE DISEASE SCREEN - \$25

MOA DEPT HEALTH &
FAIRWEATHER OFFERING
FREE VACCINES:

COVID VACCINES FLU (INCL HIGH DOSE)

No Appt Needed for Vaccines

BY APPOINTMENT

907-278-0234

ALASKAHEALTHFAIR.ORG









Guest Instructor: Dr. Amy Conklin

ELEMENTAL BREATHWORK

COME & EXPERIENCE THE HEALING POWER OF BREATH!

Monday, October 16th @ 7 PM

Join Dr. Conklin for guided meditation and breathwork.

Strengthen your energy, vitality, mental clarity, and focus!



Conscious Discipline

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



Remaining Topics:

Empathy

Consequences

Drop Ins Welcome! \$10 per class

Tuesdays to October 24 6:30 pm to 8 pm @ Girdwood School Tech Room

> Register & More Info at FourValleys.org





with Cody Rice

Previous attachment

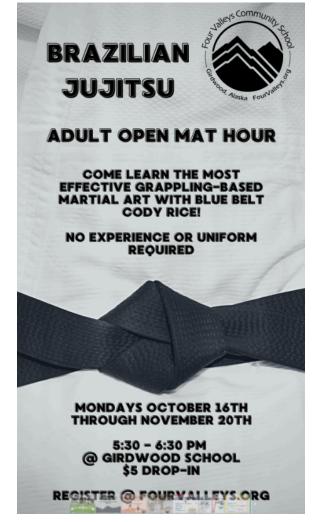
An intro to Brazilian Jujitsu for Girls, Aged 8+

No experience or uniform necessary, just be ready to have fun, be safe, and learn practical skills designed to provide confidence in an uncertain world.

Mondays @ Girdwood School, 4:30 PM Begins Monday, October 16th! \$60 for 6 sessions

Register at fourvalleys.org









Get It Ready Ahead

CONTROL
SHEETS & TAGS
AVAILABLE @
GIRDWOOD POST
OFFICE

25% of sales price benefits
Four Valleys Community School's
programs, events & classes