

GIRDWOOD NEWS

GIRDWOOD K-8 SCHOOL

P.O. BOX 189 GIRDWOOD, AK 99587

(907)742-5300

Girdwood PK-8 School Families,

I am excited to welcome you to the 2024-2025 school year. This is my sixth year as principal of Girdwood PK-8 School, my 17th year working for Anchorage School District, and 20th year in education. We are off to a busy start to our school year with many activities coming up like Open House, middle school basketball games, cross country running meets, and our Harvest Potluck. I look forward to a year filled with fun, community building, and learning!

Girdwood School is excited to join other Anchorage School District schools in welcoming Positive Behavior Interventions and Supports (PBIS) practices into our school. Our newly revised Girdwood School motto and focus is that students and staff are respectful, responsible, reliable and ready. Our school wide focus this year is on teaching expectations, maximizing structure, engaging students with high leverage practices, acknowledging appropriate behavior, and providing consequences when needed.

We are excited for some changes in our junior high as we move to a middle school model this year. Our 6th-8th grade students now have the opportunity to have multiple teachers and elective options. We are excited about this new opportunity, especially for our 6th grade students, and appreciate your support as we navigate a new schedule and new possibilities for our middle school students.

This year Anchorage School District will continue our professional learning communities which leads to our one hour late start on Mondays. We appreciate your flexibility with our Monday schedule as it provides our staff with time to work collaboratively in inquiry and action research to achieve better results for the 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. Stay tuned for our Girdwood School 24-25 academic goals in future family newsletters.

I encourage everyone to become a PTA member or make a donation to our PTA today! Your annual membership of \$10 helps fund enrichment throughout the school year! The PTA is currently helping create a student directory and looking for volunteers for a Halloween Carnival planning committee. Please help support Girdwood School PTA by looking for the PTA membership sign up QR code on posters throughout the school on the night of Open House this Thursday, 9/5.

In addition, we have an amazing PTA who are in the last year of their officer terms. We are currently looking for additional parents to step in and volunteer their time to be board members and members at large. The money raised by the PTA funds the supplies our school needs that aren't covered by the district, as well as many of the programs that our students cherish, such as field trip transportation, field trip scholarships, school play, classroom safety kits, grizzly gear merchandise, new classroom visual technology, halloween carnival, holiday bazaar, school garden, fall intensives, field day, Battle of the Books, Teacher Appreciation Week, classroom grants, new sport uniforms, and much, much more. If interested in joining in on PTA meetings, please email pta.girdwood@gmail.com for more information. We hope you consider joining in on one of our PTA meetings in the near future so you can see how you can help out our PTA and keep our PTA going strong. Our next meeting will be on 9/10/24 starting at 6:30 pm.

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

- Hailey Rose is our new kindergarten teacher.
- Brian Pautzke is our new middle school science and math teacher.
- Soren Wuerth is our new middle school English language arts and social studies teacher.
- Melissa Coats is a new sped paraprofessional.
- Shawn Kennedy is returning to us as one of our sped paraprofessionals.
- Jessie Duke is our new speech/ language pathologist and Jessica Fitzwater is our new speech/language paraprofessional.
- Todd Knutson is returning to us as school psychologist.
- Victoria Pacheco is our Professional Learning Teaching Expert
- Mr. Bradley is our new Bus 445 driver.

I am excited to see the academic, social, and intrapersonal progress our students will make during the 24-25 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!

Girdwood Grizzlies are respectful, responsible, reliable and ready! Go Grizzlies!

Kari Anderson, Principal
Girdwood PK-8 School

Upcoming Events

9/1 No School for Students—Happy Labor Day!

9/4 Middle School Cross Country Meet @ Romig 6pm

9/5 Open House 6-7:30pm

9/5 Middle School Boys Basketball Game @ Romig 7pm

9/6 Middle School WOW Trip—North Face Hike for Grades 6-8

9/9 Late Start Monday, Professional Learning Community Meeting for Staff

9/9 3rd Grade MAP Math Fall Benchmark Assessment 8:15-10:30 am

9/9 Middle School Boys Basketball Game @ Goldenvue 7pm

9/10 PTA Meeting @ GBC 6:30pm

9/10 Middle School Boys Basketball Games @ Central 6pm

9/11 Middle School Cross Country Meet @ Girdwood 6pm

9/13 Harvest Potluck During Lunch

9/16 Late Start Monday, Professional Learning Community Meeting for Staff

9/16 Middle School Boys Basketball Game @ Girdwood 6pm

9/18 Middle School Cross Country Meet @ Kincaid 6pm

9/19 School Play Auditions for Grades 4-8, 2:30-4pm

9/20 School Play Auditions for Grades 4-8, 2:30-4pm

9/23 Late Start Monday, Professional Learning Community Meeting for Staff

9/23 School Picture Day

9/23 Middle School Cross Country Meet @ Chugiak 6pm

9/23 Middle School Boys Basketball Game @ Girdwood 6pm

9/24 Middle School Boys Basketball Games @ Central 6pm

9/27 Intensives for Grades 1-5

9/30 Late Start Monday, Professional Learning Community Meeting for Staff

9/30 Middle School Cross Country Think Pink Relay @ Bartlett 6pm

10/7 Middle School Cross Country Championships @ Kincaid 2-6pm

10/8 PTA Meeting @ GBC 6:30pm



Anchorage School Board

Andy Holleman, president

Carl Jacobs, vice president

Kelly Lessens, treasurer

Dora Wilson, clerk

Dave Donley

Margo Bellamy

Pat Higgins

ASD Superintendent

Dr. Jharrett Bryantt

PTA Board Members

Emily Marengo, president

TBD, vice president

Melissa Randich, secretary

Andrea Anderson, treasurer

Julie Pierre Leclerc, member at large

Nico Honegger, member at large

Jennifer Derks, Shannon Dierks, teacher representatives

After School Playground

Use

For the safety of our students and a more smooth after school dismissal, the Girdwood School playground will be closed from 2:30-3:00 pm Monday through Friday. School dismisses at 2:30 pm and, for safety reasons, students are expected to head for home, or after school care on buses, bikes, feet or in parent's cars. The only exception is when students remain to participate in school or FVCS supervised activities. Playground closures immediately following school to ensure a smooth and safe transition are a standard policy with elementary schools across our school district. Thank you for your support in keeping our students safe and for your understanding.



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

DID YOU KNOW?

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

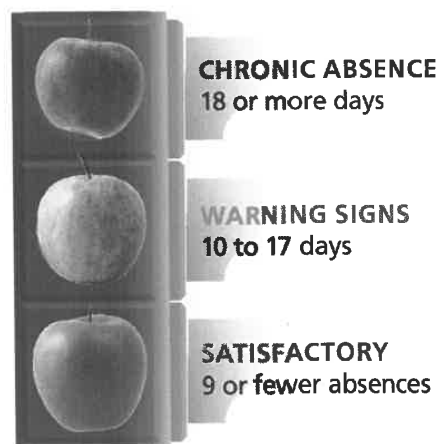
Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

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

Revised October 2021

When Do Absences Become a Problem?



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

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!



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})



Just a reminder to keep your dogs leashed when visiting the Girdwood School or the school playground. This is for the safety of our students and to ensure that our playground remains free of dog poop. Thank you for your cooperation!

Parent Volunteers

One of the best things about Girdwood School is how active our families are within our classrooms and school. We greatly appreciate all your help and hope to continue this partnership. We strongly suggest ALL parents complete the ASD online volunteer application asap, as well as complete the parent driver paperwork in the front office. If you plan to do any of the following, you will need to complete the online volunteer application: assist teachers in prepping for a project, being a chaperone, classroom volunteer, field trip volunteer, PTA volunteer, reading tutor, science fair judge, special events or project volunteer, and library helper. Basically, if you plan on helping out at any function or volunteering in any format, you will need to complete the ASD online application at least 7 days prior to volunteering in the school or for a school event. Please go to the following link to complete the ASD volunteer online application process: <https://www.asdk12.org/Page/13771>. In regard to parent drivers, we will no longer be able to accept paper applications a few days prior to or the day of a field trip. The parent driver paperwork will need to be completed at school in the front office. All parent driver paperwork will need to be completed at least 10 days in advance of all field trips. The front office staff will need a copy of your driver's license, proof of auto insurance, and registration. We look forward to working with you and appreciate your kindness and help this school year!



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.



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 School Parents:

Glacier Valley Transit will be providing an after school activities service at The Girdwood School, but only if your son/daughter calls them. Your child can call them at the end of the day, if they need a ride after school or after their sports practice. They are only running one bus right now and they will not come to the school unless they get a prior phone call. This is a free service. They don't mind stopping at the Girdwood School, so please don't feel that this is an imposition to them. Please have your put the GVT number in their phone, 907-382.9909.

For more information about Glacier Valley Transit and for current bus stops and schedules please visit www.glaciervalleytransit.com or call 907-382-9909.



Sign up to receive text message alerts from our school

Parents and community members can sign up to receive SMS text messages from ASD or our school. ASD will use this service to communicate school closure information and general district news. Our school uses this service to share news and updates with families. Additionally, ASD's Transportation Department will send a text message when school buses are more than 20 minutes late.

Text messages will only be sent to people who opt-in to receive texts. Users can opt-out at any time. This service is not intended to replace existing communications, but rather help enhance them.

Visit ASD's website to learn more about receiving text messages, how to opt-in and to read frequently asked questions. Learn more at www.asdk12.org/textupdates.

ASD's vendor, School Messenger, does not charge for the text messages users will receive, However, wireless providers may charge for individual text messages depending on the plan associated with a person's phone. Users should familiarize themselves with their wireless package before opting-in to receive text messages.



Girdwood School Library Newsletter

Fall 2024

Greetings from Girdwood School Library! We are off to a great start to the school year.

[Girdwood School Library Website](#) is a great place to find our library school catalog, reading programs, and resources.



[LIBRARY CATALOG](#) (Go to the School Catalog home button and navigate to Girdwood School)



[SORA Ebooks and Audiobooks](#) (Students can access SORA in Clever with their ASD login)



Library Class Days



Library class times and checkout details

- Grade PrK : 1 book for 1 week (Monday)
- Grade K: 1 book for 1 week (Monday)
- Grade 1: 2 books for 1 week (Friday)
- Grade 2: 2 books for 2 weeks (Tuesday)
- Grade 3: 2 books for 2 weeks (Thursday)
- Grade 4: 3 books for 2 weeks (Monday)
- Grade 5: 3 books for 2 weeks (Wednesday)
- Grades 6-8: 3 books for 3 weeks (Open Library Monday and Friday)

Battle of the Books Battle of the books will be starting this fall for grades 3-8. Messages will be coming from the battle coordinators soon. In the meantime the library has all the titles ready and available for checkout so students can start reading right away. The tentative list along with book trailers can be found on the [Alaska Battle of the Books website](#).

The Scholastic Book Fair is Returning to Girdwood School!!

✓ Save the Dates during our school fall Parent Teacher Conferences.

✓ October 22-25, 2024



Tips for helping your child be responsible with library books.

- ☐ Avoid food or drinks when reading library books.
- ☐ Keep library books in a clean and dry location.
- ☐ Always transport library books in a bag or backpack.
- ☐ Use a bookmark or piece of paper. Large objects will break the book spine.
- ☐ Place library books in backpacks when finished reading so they make their way back to school on time.
- ☐ Return library books to the classroom book drop boxes on or before your scheduled library.
- ☐ Encourage reading and re-reading of library books.
- ☐ Read with your child. We encourage children to check out any book that brings them joy. Sometimes it is a book a student can read alone and sometimes students select books above their reading level and that is ok! It is a chance for you to enjoy them together.
- ☐ Young Adult literature is for students in 6-8 grades only.

All students in Grades K-6 will learn skills for Digital Citizenship from Common Sense Media's Digital Citizenship Curriculum

This includes finding a balance in your life with time online and offline, staying safe online, respecting themselves and others, standing up to and avoiding cyber bullying, and protecting their private information. Visit Common Sense Media's website to preview curriculum as well as learning helpful tips for families managing their child's digital life.



<https://www.commonsense.org/education>

Please contact me if you have any questions.

Meghan Nedwick, Library Media Specialist

nedwick_meghan@asdk12.org

SAEBRS Family Notification

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 and students in 3rd-8th grade will rate themselves 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 supports to increase their academic and social emotional success. Should you have any questions about the use of this universal screener, please don't hesitate to contact our front office.



iReady Diagnostic Assessment

Students enrolled in a face-to-face ASD program will take an iReady diagnostic in math 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 15 - September 6
Winter: January 13 - January 24
Spring: May 5 - May 21
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.

iReady 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.

Nurse Notes

It's been wonderful to see all of your students back at school! The year is off to a great start and I was thrilled to see how many students enthusiastically devoured the salad greens, carrots, broccoli, zucchini, snap peas, cucumbers, and nasturtium flowers that were grown in the school garden. It is wonderful to see how many students are excited about veggies!

There are already some illnesses circulating and amongst them in Alaska, is pertussis or whooping cough. Please be aware of the symptoms, starting with: runny nose, mild cough and fever. This can progress to severe coughing with vomiting and a "whoop" sound when breathing in. People that are ill with pertussis can spread the illness for 2 weeks through respiratory droplets and saliva. Symptoms can last for weeks and months. Prevention is best with vaccination, the Tdap or DTaP. Treatment is best early on, within 1 to 2 weeks of symptom onset to be most effective. If you have questions or concerns, please call Alannah or Summer, your school nurses, or your healthcare provider.



The following message was sent to you through the Alaska Public Health Alert Network (AK PHAN). Please share this information with others who may be interested. Note: Contact information for the Alaska Section of Epidemiology can be found at the end of this message.

Increase in Pertussis Activity in Alaska

Summary

Since June, 91 cases of pertussis have been reported to the Alaska Section of Epidemiology. This represents a marked increase in pertussis activity this year compared to recent years and mirrors a trend occurring throughout the United States. Most of Alaska's reported cases have occurred in the Southcentral region.

Note: There has also been sustained respiratory illness activity associated with viral infections this summer see: <https://health.alaska.gov/dph/Epi/id/Pages/COVID-19/covidandflu.aspx>



**Counts are provisional and may be updated.*

**Includes confirmed and probable cases*

mClass

As part of The Alaska Reads Act, the State of Alaska requires that districts administer an early literacy screening tool three times a year to students in grades K-3 to identify potential reading difficulties in order to improve reading outcomes for students.

Families can read more about this comprehensive K-3 reading policy at The Alaska Reads Act

website: education.alaska.gov/akreads

mClass with DIBELS 8th Edition Assessments is the State of Alaska Department of Education's and ASD's Early Literacy benchmark screening and progress monitoring tool for students in grades K-3 in reading. mClass utilizes curriculum-based measures and is used by schools as part of the ASD Comprehensive Assessment System to support informed instructional decisions.

The Alaska Department of Education & Early Development explains the decision to adopt mClass as the statewide literacy screener here:

<https://education.alaska.gov/Alaska-Reading-Resources/Statewide-Early-Literacy-Screener>

mClass screening assessments will only be administered in-person during the benchmark window listed below:

- Fall 2024: September 3 - 13
- Girdwood School will be assessing students on 9/6/24

Results for K-3 students that were assessed during a benchmark window, will be available in Parent Connect by September 27, 2024 [ParentConnection Login Information and Reference Guide](#): parentconnect.asdk12.org

Anchorage School District Compliance/Equal Employment Opportunity Office

REVISED: 8/2007; 8/2012; 5/2013; 7/2014

ASD Statement of Non-discrimination for ASD Publications

The Board is committed to an environment of non-discrimination 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. The District notes the concurrent applicability of the Individuals with Disabilities Act, Title II of the Americans with Disabilities Act and the relevant disability provisions of Alaska law. Inquiries or complaints may be addressed to the District's Compliance/Equal Employment Opportunity Executive Director, who also serves as the Title IX and ADA/ADAAA 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, Equal Employment Opportunity Commission, the Director of the Office for Civil Rights-U.S. Department of Education or Office of Civil Rights-U.S. Department of Health and Human Services.



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.

MAP Growth

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

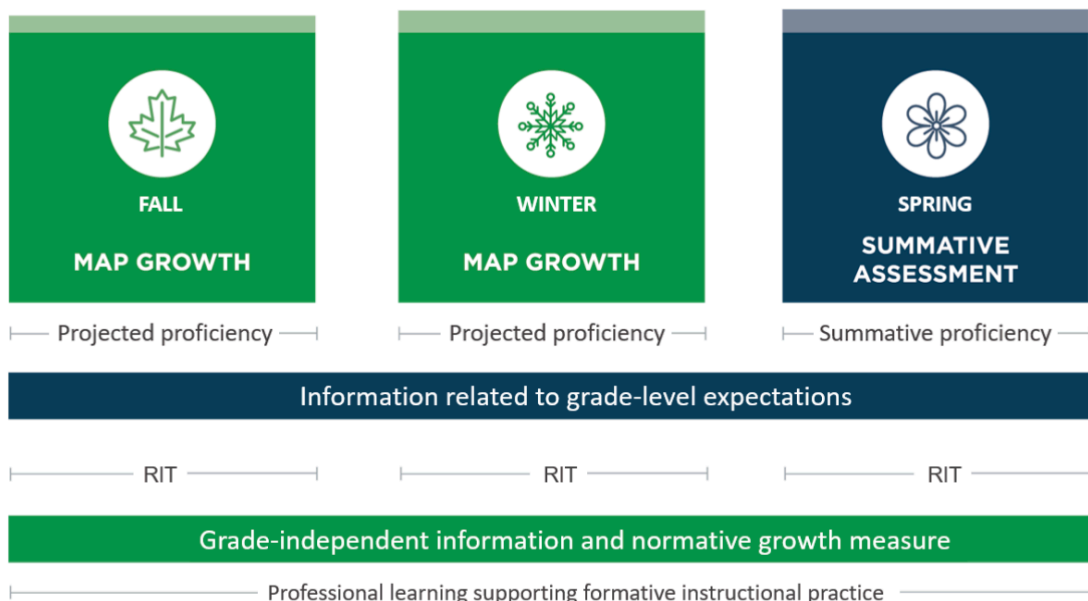
Alaska's Department of Education and Early Development (DEED) has partnered with NWEA to implement a creative approach to a balanced statewide assessment that connects fall and winter MAP Growth benchmark/interim assessments and the Alaska spring AK STAR summative assessment. AK STAR eliminates the spring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

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 2024-2025 fall and winter benchmark windows. The spring benchmark will be embedded in the AK STAR summative assessment as outlined above.

- Fall Benchmark 1: September 3 - September 13 (make-ups through September 20)
- Winter Benchmark 2: December 2 - December 13 (make-ups through December 19)
- Spring Benchmark 3: embedded in AK STAR administered during the summative assessment window: March 24 - April 4 (make-ups through April 25)
 - *MAP Growth assessment only: Grades 10-12 identified as needing Tier II and III support*

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



HEALTH/SEL

Welcome to Health/SEL class!

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



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

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

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

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

Monthly Units by Topic:

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



STUDENT GRADES for 1st-5th Graders

Student grades will be obtained through an examination of our student motto: **Respectful, Responsible, Reliable, & Ready.**

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

ABOUT MRS. MURPHY

This will be my 23rd year as an educator since receiving my Education & Kinesiology degree from The University of Texas at Austin. I began my career as a 4th grade classroom teacher in Texas before moving to Alaska to teach PE & Health and also coach at the middle school level. After starting a family in 2007, I took the part-time K-8 Health/SEL position here at Girdwood School. I am the longest standing Elementary Health teacher in the district and was awarded Educator of the Year in 2024.

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

I have lived in Bird Creek for over 20 years & I love being a part of our Four Valleys! I enjoy hiking, skiing, fishing, reading, traveling, & time spent with my family.

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

murphy_dawn@asdk12.org



HEALTH:

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

SOCIAL EMOTIONAL LEARNING:

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



Health Journals:

K-5 Students will create a year-long Health journal that will be sent home at the year's end.

ASD Health & P.E. Department:

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

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

Middle School XC Running Team 2024

Our middle school team of 6th, 7th, & 8th graders had their first meet of the season at Bartlett High School on September 4th!

Every runner had a solid race and more importantly, they supported each other across their grade levels. The veteran runners supported the newcomers with so much kindness and the younger runners stuck around until the end to watch and cheer on their teammates. It was heartwarming to see such genuine team spirit and hard work in action. Coach Murphy & Coach Donnelly are SO PROUD!



Notable finishes: Ariana Barber 10th place, Cam Miller 5th place, Logan Breeding 11th place

Please come cheer them on next week!

Wednesday, September 11th at our local Nordic Ski Trails

6th grade boys @ 6:00 pm

6th grade girls @ 6:20 pm

7th grade boys @ 6:40 pm

7th grade girls @ 7:00 pm

8th grade boys @ 7:20 pm

8th grade girls @ 7:40 pm

Dear Parents,

Aug. 29, 2024

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 **at least 60 minutes** of physical activity during a day, for at least **15 days** 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

HEALTHY FUTURES FALL CHALLENGE PRIZES

Be active, log your
activity and
WIN PRIZES!

1ST



Jump Ropes

2ND



Wristbands

3RD



Colored Gel Pens

Month: September

Student name _____

Teacher _____

Signature _____

Physical Activity Log

Be active 60 minutes or more at least 15 days per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. Get Out and Play, Every Day!

www.healthyfuturesak.org

Sunday Sept 1	Monday No School 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Sunday 29	Monday 30	Tuesday Logs are Due	Wednesday Oct. 2	Thursday Oct. 3	Friday Oct 4	Saturday



MAT-SU HEALTH
FOUNDATION

ConocoPhillips



Sept. Logs are due by Friday, Oct. 4

Moose Safety

Parents—teach kids to Be KidSafe around moose:

- Remember that moose are wild animals
- Don't scream and run
- Never get between a mother moose and its calf

Stay away from moose:

- Keep at least 100 feet away (2 houses) from any moose and twice as far from one with a calf
- Get behind something big if a moose comes toward you
- Avoid moose: go back home, to school, to the nearest Safe Home or find a different, safe walking route
- Don't try to pet or feed moose
- Don't throw snowballs or objects at moose

Signs of a moose ready to attack:

- It dashes around, its ears go down, it will lick its lips, and the hair goes up on the back of its neck. You are too close if you can see all this!



Anchorage School District
 Supporting and Strengthening Our Students and Families



Rain Gear, Lost and Found, and Reflective Gear Reminder

Please encourage your child to bring their 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. It is getting to be the end of the year when students tend to forget about bringing their extra gear. Remember, we do live in a rain forest!

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. Please label all belongings. We have black and silver Sharpies in the office for anyone to borrow, if needed.

Although we still have plenty of light outside now, we are losing 5-6 minutes of daylight every day. Please encourage your child to wear reflective clothing and remind oneself to slow down when driving during these times when students are going to school. We want to ensure all of Girdwood kiddos and community members are safe.



**Big Brothers Big Sisters
of America**

Big Brothers Big Sisters Drop-Off Bin

Big Brothers Big Sisters of Alaska has provided Girdwood School with a donation drop-off box. This bin is located across from the school parking lot. Please donate gently used clothes, shoes, and cloth items only. Please do not drop household items or leave items next to the bin. To donate household items please call Big Brothers Big Sisters at (907)563-1997 to set up a time for pick up. This service is provided for free by Big Brothers Big Sisters. These donated items are used to stock local Value Village locations and the proceeds of the items are given to Big Brothers Big Sisters of Alaska in order to help them reach their yearly goal of serving 2,000 children across Alaska.

Sign up for FVCS Classes!

Four Valleys Community Schools has classes going on now and are constantly rolling out lots of new ones for community members of all ages. If you feel unable to take any of our classes due to class costs, please contact FVCS at www.fourvalleys.org or by phone at 907.742.5317. We have financial aid, scholarships, and payment plans available.



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.

Girdwood PTA



Why support PTA? Our focus is supporting programs that help students be successful in their learning. Last year PTA funded over \$40,000 in programs and supplies for our 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, Fall Intensives, new Classroom Display Technology and so much more!

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

Option #1 PTA Supporter



Who should be a PTA supporter? Parents, family members, friends, and community members who want to financially support our school and students



All \$10 goes to support Girdwood School PTA programs



Scan to become a PTA supporter



Option #2 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



WEEKLY ADULT SPORTS

@ THE GIRDWOOD SCHOOL GYM



TUESDAY
PICKLEBALL
5:30-7:30 PM



WEDNESDAY
BASKETBALL
5:30-7:30 PM

\$5 DROP IN, REGISTER IN PERSON

Up In The Gym Workin on My Fitness



WEEKLY WORKOUTS

W/MELANEE & LAUREN

JOIN US EVERY MON & THURS
@ 6:30 PM FOR ONE HOUR OF
MIXED CIRCUIT/DRY LAND TRAINING
WORKOUTS!

ALL ABILITIES WELCOME

FULL SESSION (13 CLASSES) @ \$120

DROP IN @ \$10 EACH CLASS

REGISTER @ [FOURVALLEYS.ORG](https://fourvalleys.org)

CROSS COUNTRY RUNNING CLUB

(4) MEETINGS

STARTING TUES, SEP 3RD

GRADES 1-6 @ 2:45-4 PM

\$50 PER KID

.....

**VOLUNTEER COACHES
NEEDED!!!**

Register Today @ www.fourvalleys.org



Girdwood & Explorers

Afterschool Activities, but make them extra fun & nature themed!

Explorers will join Tim Lydon on Thursday's right after school for a series of games, scavenger hunts, walks, stretches, and games to get some post school energy out

Thursdays, Sep 5th - Oct 10th

@ 2:45 PM - 4:45 PM

\$70 Per Person for all (6) two hour activities



Register @ FOURVALLEYS.ORG

