

# GIRDWOOD NEWS

GIRDWOOD K-8 SCHOOL

P.O. BOX 189 GIRDWOOD, AK 99587

(907)742-5300

Dear Girdwood PK-8 Families,

I hope this letter finds you spending time with those you love and enjoying our great outdoors while you practice social distancing! As you all are aware in order to avoid the spread of COVID-19, Governor Dunleavy mandated that all scheduled public school days between Monday, March 16, 2020, and March 30, 2020, be considered non-student contact days in which students will not be attending school. All after school activities will be suspended during this time. All staff is currently tele-working from home and we have become quite accustomed to Zoom as our online meeting platform. I guess you could say one silver lining to a pandemic is all of our staff is getting used to a new way to hold meetings and work digitally.

Here are a few updates in regards to a student needs assessment, food, IEP meetings, district resources, physical/mental well-being, and student belongings. Please be mindful that things are changing from day to day in regards to our response to the current situation. ASD and our staff will do their best to keep you updated along the way. The Municipality of Anchorage has setup a COVID-19 hotline. Just dial 211 and you will be connected with local resources to assist you.

At this time, Girdwood teachers should have contacted you to check in and see how things are going and to ask a few questions that will help us know how to best serve your family in moving forward if school should be cancelled for an extended period of time or we would move to distance learning. We appreciate you taking the time to chat with your child's classroom teacher to determine the next best steps for all of us.

By tomorrow your child's teacher should have reached out to you and provided you with supplementary resources via email. Remember these are supplementary and do not need to be completed. They are just resources for you if you are looking for something to do with your child. There is also an ASD web page for families with resources for physical and mental health, food service, and educational supplementary materials found at <https://www.asdk12.org/Page/15108>.

While Girdwood School is currently not being provided with ASD Student Nutrition meals, the Girdwood Chapel Food Pantry can assist families by calling 907-783-0127 between 10 am - 3 pm Tuesday through Thursday or by leaving a message when Pastor Nico when he is not available. You can also email [girdwoodchapel@gmail.com](mailto:girdwoodchapel@gmail.com). Also, admin on Girdwood Chapel's Facebook page are able to quickly reply to questions about Food Pantry donations regarding items needed and set up a time to receive the donations at Girdwood Chapel. The link to their Facebook page is as follows: <https://www.facebook.com/GirdwoodChapel>. You can also donate funds at [girdwoodchapel.com/give](http://girdwoodchapel.com/give) and select "Food Pantry." As they continue to assess needs they will refine the list of foods to donate. Right now, staples such as canned tuna/salmon, mac & cheese, pasta, diced tomatoes, tomato sauce/paste, instant oatmeal, etc. along with kid-friendly foods (things they can prepare without adult help) are needed. They also have freezer space for donations of meat/fish.

If you have a previously scheduled IEP meeting, we are going to honor your time and still conduct the meeting unless you have specifically discussed a different plan with Ms. Tammy or Mrs. Greenlee. We will be doing so using an alternative method of delivery called Zoom, which is a computer based program that allows us to meet while practicing social distancing. You will be allowed to attend the meeting via computer (you will need internet) or telephone. We will call you to discuss the process before you're scheduled to attend.

Girdwood School is no longer open to pick up personal belongings but I would be happy to meet you at school to pick up any belongings if needed. Please call my office extension at 742-5312 and leave a message or email me at [anderson\\_kari@asdk12.org](mailto:anderson_kari@asdk12.org) to set up a pick up time.

As always, if you have questions or concerns, please don't hesitate to contact a teacher or me directly via email. We are here to work together to provide what our community, students, and families need. We are all in this together! Thank you for helping to keep our community safe by avoiding the spread of the virus. Please let us know if you need anything. Your Girdwood family is here to help!

Kari Anderson

Acting Principal, Girdwood PK-8

## Upcoming Events

3/16-3/30 School is closed for students. We will update via email and Facebook as we know more. Thank you for your patience and understanding.



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.



## Big Brothers Big Sisters Drop-Off Bin

For those of you who don't know, Big Brothers Big Sisters of Alaska has provided Girdwood with an additional donation drop-off box. This bin is located in the over-flow parking lot on the right hand side of Hightower Road, before you get to the school. Please donate gently used clothes, shoes, and cloth items only. To donate household items, please call Big Brothers Big Sisters at 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.

## Anchorage School Board

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**Elisa Vakalis**, treasurer  
**Margo Bellamy**, clerk  
**Dave Donley**  
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**ASD Superintendent**  
**Dr. Deena Bishop**



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>.

## 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>



## A Parent's Guide to Math Whizz

Your student has been given a Math Whizz license for the year. This program covers the national standards from grade K through 8. Use of this program will strengthen your child's mathematical concepts and understandings and move your student along from where your student is now toward the completion of his or her grade-level standards.

During the first few sessions, your child will be assessed so that Math Whizz can design a program specifically for him or her. This may take a couple of sittings

Your student should use their ASD credentials to log in to Math Whizz at <https://clever.com/in/asd>. Once logged in, you will see a signpost. Enter the program by clicking on **Console** or **Study**.

In order for Math Whizz to be effective, students should spend at least an hour a week on the actual mathematical activities of the program (2 half-hour sessions or 3 twenty-minute sessions). Some time will be set aside for your child to work on Math Whizz at school. Time spent at the store, or playing games, in the playroom does not count towards the hour per week time frame.

Each activity will begin with a teaching/practice session of 10 items and is followed by an assessment - usually involving 5 questions. It is important that the student completely finish the activity, including the assessment, before leaving the program. Otherwise, the student will have to redo the activity the next time on-line.

While it may be difficult for you, it is important that you do not assist your student in the completion of an activity. Doing so, will interfere with the child's personally designed program which is redesigned after each session.

However, **you may assist the child in understanding the instructions for the activity.**

During each activity students will earn credits that can be used to buy toys, plants, animals, or play games. If a student buys an animal, the student must commit to use some of their future credits to buy food for the animal or the animal will be donated to the zoo. The student may select the study from the signpost. The back of this paper will show you the components in the study.

We are confident that if your child spends a minimum of one hour per week on the mathematical activities, your child's math understanding will grow one and a half to two years in this school year.



### Here you can:

- click on report to view student progress this week.
- check the clock for time spent on Math Whizz this week.
- click on credit to see the amount of credits your student has.
- look up definitions for math words in the dictionary.
- click on the phone to buy full access to your student reports or sign up for free for monthly text reports on your phone.
- click on **REPLAY** to rework previous exercises for medals.

### Here your student can:

- redecorate the study. (after 10 minutes on tutor)
  - use the math tools.
- do exercises from the **topic bank** to redo previous exercises by topic.
- go the playroom to play with purchased toys (after 10 minutes on tutor).
  - go to the store to buy toys, animals, and plants.
    - use points to play math games
  - earn medals for **replaying** previous lessons.
  - bounce the yellow ball around the room.
- go to the console to challenge student around the world.



**February 29, 2020**

## **Talking to Children About COVID-19 (Coronavirus) A Parent Resource**

A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally. While the immediate health risk in the United States is low, it is important to plan for any possible outbreaks if the risk level increases in the future.

Concern over this new virus can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection. Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm.

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

### **Specific Guidelines**

#### **Remain calm and reassuring.**

- Children will react to and follow your verbal and nonverbal reactions.
- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

#### **Make yourself available.**

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

Dear Parent/Guardian,

This year your child will be using Lexia<sup>®</sup> Core5<sup>®</sup> Reading, a fun computer-based program that has helped millions of students. The activities in Core5 support and build on our classroom curriculum and focus on developing reading skills in six areas: phonological awareness, phonics, structural analysis, fluency, vocabulary, and comprehension.

Here's how Lexia Core5 Reading works:

- Your child begins Core5 at a starting point that fits his or her needs and works in online activities throughout the week.
- Online activities include direct instruction and feedback as your child learns new skills.
- Progress and performance in the program is reported so teachers can provide help when needed.
- Paper-and-pencil activities are also used for practice and may be done in school or brought home.
- Achievement certificates may be sent home to celebrate success and to show progress in the program. We hope you share in our excitement about this program!

Lexia Core5 Reading can be used at home for extra practice. Getting started is easy!

1. To use on a computer, go to [lexia.asdk12.org](http://lexia.asdk12.org)
2. The first time your child uses Core5, you may need to enter the teacher email shown below. Your child can then log in with the username and password used at school.
3. If you have a question about your child's username or password, please contact your child's teacher.

# Novel Coronavirus (2019-nCoV) and You



## What is 2019 novel coronavirus?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get 2019-nCoV?

The 2019-nCoV does seem to be able to spread from person-to-person although it's not clear how easily this happens. Limited person-to-person spread among close contacts has been detected with this virus in the United States. At this time, this virus is not spreading in communities in the U.S., so the likelihood of someone in the U.S. getting sick with this virus is very low. Right now, the greatest risk of infection is for people in China or people who have traveled to China. CDC continues to closely monitor the situation.

## Have there been cases of 2019-nCoV in the U.S.?

Yes. The first infection with 2019-nCoV in the United States was reported on January 21, 2020. The current count of cases of infection with 2019-nCoV in the United States is available on CDC's webpage: [www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html](http://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html)

## How does 2019-nCoV spread?

This virus probably originally emerged from an animal source but now seems to be spreading from person-to-person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at [www.cdc.gov/coronavirus/2019-ncov/about/transmission.html](http://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html).

## What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Many patients have pneumonia in both lungs.

## How can I help protect myself?

This virus is not spreading in the United States right now, but the best way to prevent infection is to avoid being exposed to this virus.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should:

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should get medical care. Call the office of your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

## Is there a treatment?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms.



## COVID-19

We are all in the midst of a new experience with our community and individual response to COVID-19. I hope you all are able to stay healthy, make the most of our situation and create positive, loving memories with your family during this extra time spent together.

There are many resources for learning more about COVID-19, I have included some information here and links to other sites with credible information. As this virus is new there is still much being learned with information and recommendations changing daily. We all can do the best we can by being diligent in following current advice with regard to our own personal hygiene, how we travel, and how we interact with others.

Hand washing, covering any coughs or sneezes, not sharing food or drinks, and social distancing are things we all can do to prevent COVID-19 from spreading. Keep you and your family healthy by eating a balanced diet, getting recommended amounts of sleep, exercising daily, and taking medications as prescribed if you have a chronic health condition or become ill.

All of this change in routine and exposure to news about COVID-19 can be scary to adults and children. We have included a guide from the NASP and NASN about talking to children about COVID-19. It's important to stay informed but also take a break from the news so that we don't become overwhelmed and filled with anxiety about what might happen with COVID-19.

We have also included a document created by the Allergy and Asthma Network that helps distinguish spread, symptoms, prevention and treatment of COVID-19 from allergy and flu symptoms.

Helpful Links:

[Alaska Department of Health and Human Services](#)  
[Centers for Disease Control and Prevention](#)

[World Health Organization](#)

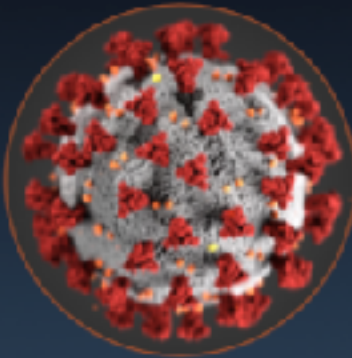
Johns Hopkins has a [MAP](#) tracking current cases worldwide.

Nurse Summer is available by email: [stone\\_olivia@asdk12.org](mailto:stone_olivia@asdk12.org) to help with any questions or concerns you have.



# COVID-19 vs. Allergies vs. Flu

**Coronavirus:** A large family of viruses that cause illness ranging from the common cold to more severe respiratory diseases. The viruses are transmitted between animals and people.



**COVID-19:** A mutated version of the coronavirus – called novel. It was first detected in Wuhan, China in November 2019. On March 11, the World Health Organization declared COVID-19 a pandemic.

## COVID-19

## ALLERGIES

## FLU

### SPREAD AND SYMPTOMS



- Spread person-to-person
- Fever
- Cough
- Shortness of breath

- Not spread
- Itchy, runny nose, sneezing, coughing
- Itchy, watery eyes, Redness
- Itchy, sensitive skin, rash or hives – swelling
- Shortness of breath, cough, wheeze, chest tightness

- Spread person-to-person
- Fever/chills
- Cough, sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

### PREVENTION



- Avoid exposure whenever possible
- Wash your hands
- Use hand sanitizer with at least 60% alcohol if needed
- Avoid touching your eyes, nose and mouth
- Avoid close contact with others

- Avoid your allergy triggers
- If you're not sure what your triggers are – ask about allergy testing
- Medicate for allergies before pollen season or potential exposure

- Get the flu vaccine
- Avoid close contact with others
- Stay home when you are sick
- Cover your nose & mouth
- Wash your hands
- Avoid touching your eyes, nose & mouth

### TREATMENT



- Call your doctor if you think you were exposed
- Stay home except to get medical care
- Stay away from others
- Limit contact with pets
- Call ahead before going to the doctor
- Wear a facemask only if you are sick and around others

- Take prescribed or over-the-counter allergy medications
- Antihistamines
- Nasal sprays
- Immunotherapy where prescribed
- Allergy shots
- Allergy tablets
- Nasal wash/rinse

- Antiviral drugs may be an option
- For people at high risk for complications
- Lung conditions
- Stay home and rest
- Contact your doctor early if you're at high risk
- Most people don't need to go to the emergency room

## COVID-19 FAST FACTS (as of March 16, 2020)

**182,400+**  
cases  
worldwide

**7,150+**  
reported  
deaths

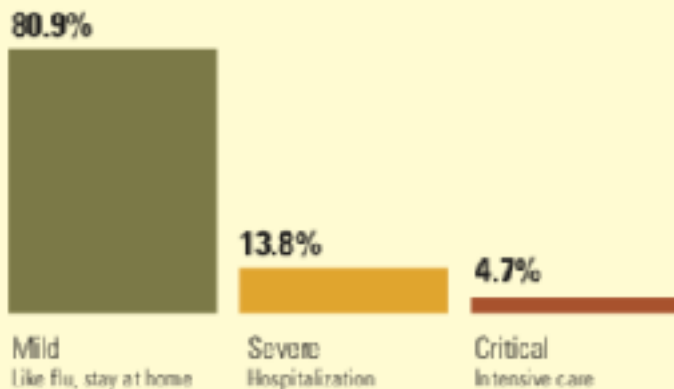
**148**  
countries  
impacted

**4,660+**  
cases in  
United States

Sources: Johns Hopkins University & Medicine; World Health Organization

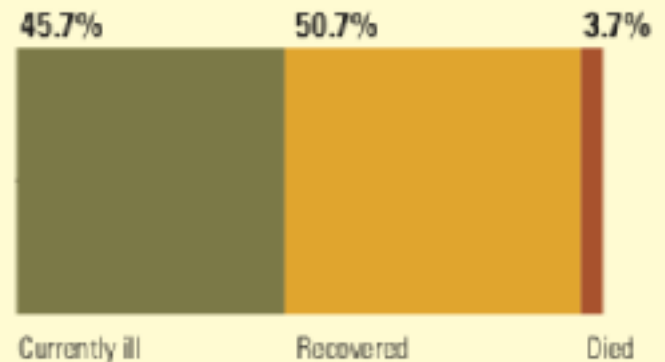
### The Majority of Infections are Mild

Seriousness of symptoms



### The Bulk of People Recover

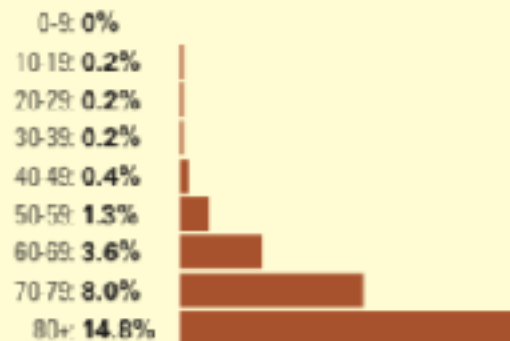
Of total worldwide confirmed cases...



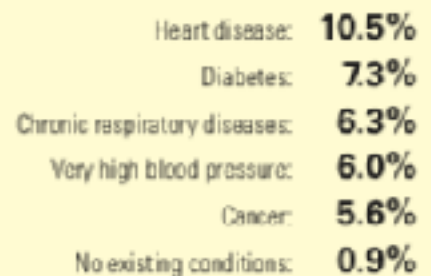
### At risk for severe complications

- People who are **60+ years of age**
- People who have serious chronic medical conditions:
  - Heart disease
  - Diabetes
  - Lung diseases (including asthma and COPD)

### % of people sorted by age who die from coronavirus\*



### % of people with serious chronic medical conditions who die\*



## What to do if you are sick?

- Call your doctor and discuss your symptoms and potential exposure. Your doctor will decide if you should be tested for coronavirus.
- Stay home and self-quarantine yourself. Separate yourself from other people in your home.
- Wear a facemask when around other people if instructed to do so by your doctor.
- Cover your cough and sneezes, or cough into your elbow.
- Wash your hands often.
- Follow evidence-based guidance from CDC and other credible sources.



*AllergyAsthmaNetwork.org* • 800.878.4403

