

MARCH 2019/2020

PTARMIGAN ELEMENTARY

Dear Ptarmigan Families,

It is amazing to realize that Spring Break is here, along with the start of the 4th quarter. Our teachers and students have accomplished many things this school year, yet there is still so much to do before we close out another wonderful school year. Our 3rd quarter assembly is on March 18, 2020. 3rd-5th (2-3 Combo) grade classrooms have their assembly at 9:30am-10am and our K-2nd graders are at 10:05am-10:35am. Parents and family members are encouraged to come and support their student.

Our I-Did-A-Read is in full swing. We are encouraging students to read, complete their logs, and turn them in to their classroom teachers. Let's see how many students and staff members can read enough to make it to Nome. Reading over Spring Break (March 6-13th) is a great way to get your sled dog to Nome.

The month of April brings state testing. Students in grades 3rd-5th grade will have testing in Reading, Writing and Math. 4th Grade students have Reading, Writing and Math along with Science. Within this newsletter you will find additional information on testing. Each teacher will let you know which days your student is testing. If your student will be absent for a long period of time in April, please let the office know so we can plan for make-up sessions. Also, remember to prepare your students for testing by having them get plenty of rest, eat a good breakfast either at home or school, and arrive to school on time.

Finally, just a reminder that even though we are gaining daylight and it's a bit warmer, students still need to come to school dressed appropriately. We still have a lot of snow on the ground, so every student needs to wear a coat, boots, snow pants,

gloves, and a hat. Students go out for recess every day unless it is below -10 (or there is a moose on the playground). When the snow starts melting, our wonderful noon duties will try to keep them out of the big puddles but students still might get wet. Students may want to keep an extra pair of dry socks or pants in their backpacks just in case they do get wet at recess.

Also, thank you to those families that filled out the Family Survey. I am looking forward to getting the results which will help with planning next school year.

Kelly Ramey

MARK YOUR CALENDAR:

MARCH

- **IN-SERVICE / NO SCHOOL:** 3/6/2020
- **SPRING BREAK**
- **NO SCHOOL:** 3/9/2020 - 3/13/2020
- **2nd Cup of Coffee w/ the Principal:** 3/18/2020
- **QUARTERLY AWARDS ASSEMBLY:** 3/18/2020
(3rd-5th @ 9:30am-10am & K-2nd @ 10:05am-10:35am)

APRIL

- **21st Century Robotics Olympics:** 4/11/2020
- **SPIRIT DAY- National Superhero Day:** 4/28/2020
- **21st Century Afterschool Program**
- **Camp Gorsuch Field Trip: (3rd-5th grade):** 4/29/2020
- **Last Day of Afterschool Program:** 4/30/2020

Sleep Matters

Sleep, School, and Social Skills

Approximately 60 percent of children have sleep problems. Poor or inadequate sleep often leads to mood swings, behavioral problems such as hyperactivity or oppositional behavior, and cognitive problems that impact the ability to learn in school.



Sleep Needs

- Toddlers (1-3 years) = 12-14 hours of sleep
- Preschoolers (3-5 years) = 11-13 hours of sleep
- School-age (5-12 years) = 10-11 hours of sleep
- Teenagers = 8.5-9.5 hours of sleep
- Adults = most need AT LEAST 8 hours, varies through life

Sleep Robbers

Stress & Anxiety
Wrong Schedule
Caffeine
Environment



Sleep Strategies

Predictable routine, reduce exposure to “adult” conversations and topics
Learn the body’s natural rhythm, set a regular routine for bedtime
Avoid caffeinated drinks and foods (hot cocoa, chocolate, sodas, etc.)
Keep screens out of the bedroom, turn screens off at least 30 minutes before bedtime, keep the room dark, cool, and quiet

What time should your child be going to bed?

	Wake-up time						
	6:00 a.m.	6:15 a.m.	6:30 a.m.	6:45 a.m.	7:00 a.m.	7:15 a.m.	7:30 a.m.
Age	Bed time						
5	6:45 p.m.	7:00 p.m.	7:15 p.m.	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.
6	7:00 p.m.	7:15 p.m.	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.
7	7:15 p.m.	7:15 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.
8	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.
9	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.
10	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.
11	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.	9:45 p.m.
12	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.	9:45 p.m.

Further reading: “Sleepless in America” by Mary Sheedy Kurcinka and “Healthy Sleep Habits, Happy Child” by Marc Weissbluth



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Health/ SEL (Social Emotional Learning)

HEALTH NEWS FOR MARCH

The March wind brings us the Iditarod, Spring Break, 3rd quarter report cards, and more daylight, however, please remember that the cold and flu season is still in full force. ***Hand washing with warm water for 20 seconds*** is recommended for the prevention of spreading germs. Setting examples for healthy eating include fruits and vegetables, whole grains, and lean protein (chicken, fish, legumes, nuts, and occasionally red meat) It is recommended to try and exercise at least 60 minutes daily. This will help to reduce stress, which will increase your immune system.

Mandated Personal Safety lessons will also be taught in March according to the Alaska Child Safety Act.

The following information will inform you of your child's **GREAT BODY SHOP** Health lessons being taught in March:

- * K Keeping Clean and Healthy
 - * 1 Happy, Sad, and In Between
 - * 2 Babies...and How You Grew*
 - * 3 Your Family, My Family
 - * 4 Be Cool, Keep Clean
 - * 5 Growing Up (*parent permission signed at registration*)
- **5th If you **opted your child out** of these units, they will have alternate assignments for Health.

All grade levels will be taught Personal Safety Lessons in March. This is in accordance with the Safe Children's Act.



Here's to Making Healthy Choices!

Ms. Anny Hunsucker, Health Specialist, hunsucker_anny@asdk12.org





CREATIVE CORNER

Hello Ptarmigan families!

March is Youth Art Month! Anchorage School District will be presenting its 48th Annual Student Art Show featured in multiple sites around town. The show will run from March 6th-April 4th with the grand reception being on Friday, March 6th from 6-8pm at the Anchorage Museum at Rasmuson Center. The other exhibition sites are Eagle River-Chugiak Library, Loussac Library, Anchorage City Hall, and Midtown Mall. This is such a great opportunity to celebrate youth art!

We have 4 Ptarmigan artists with artwork on display. Huge CONGRATULATIONS to:

1st Grade - Xzavier Bethea-Jackson
2nd Grade - Bonnie Lor
3rd Grade - Clara Tuifatu
4th Grade - Evaleen Saeteurn

Here is what we are in the process of creating right now in the art room:

Kindergarten - Using texture plates to create crayon rubbings and learning about collage artwork.

1st Grade - Finishing up our clay masterpieces, then we will begin learning how to cut different kinds of lines to make a cut paper collage.

2nd Grade - Drawing people in action poses inspired by the art of Keith Haring.



3rd Grade - Learning about Alaskan birch bark baskets and sewing a 'whip stitch' to create a basket out of paper.

4th Grade - Using chalk in a new way to draw the northern lights. Then, we will begin our textile unit.

5th Grade - Finishing up our clay animal mugs. Then we will learn about contemporary artist, Jen Aryani.



Thank you, Katie Winkelman, Art Teacher
Feel free to contact me through email: winkelman_katie@asdk12.org



~ NEWS FROM NURSE BRITTANY ~

Information line for COVID-19!

The Alaska Department of Health and Social Services has enlisted Alaska 2-1-1 as a resource for handling the large volume of calls from the public with questions regarding Coronavirus Disease 2019 (COVID-19). The 2-1-1 information referral specialists are currently equipped to take and triage such calls, and to refer callers to appropriate resources according to their current procedures. Starting Monday, March 9, the 2-1-1- call center staff will be supplemented with an Alaska Respond volunteer who will be in the call center and able to support the staff. AK Respond volunteers are licensed medical professionals and will be able to lend their health care expertise to this effort. For Alaskans who live in areas where 2-1-1 cannot be accessed, please call 800-478-2221.

March 4, 2020

Dear ASD Families,

The coronavirus, known as COVID-19, is a significant topic of concern in Anchorage and globally. While Alaska presently has no confirmed cases of this illness, the possibility remains real. To that end, please know your District is prepared. Here is helpful information for you to make informed decisions.

Prevention Measures - The best defense against any contagious illness is frequent and effective handwashing. Based on guidance from healthcare professionals, masks are not allowed unless specifically coordinated with the school nurse, as they are generally not used appropriately by children.

Family Actions:

- Wash hands frequently
- Use soap & water for 20 seconds; sing "Happy Birthday" or the "ABCs" to time the task
- Use hand sanitizer when water is unavailable
- Practice coughing/sneezing into the elbow or a tissue
- Keep hands below the chin
- Keep children home when sick

ASD Actions:

- Teach proper hand washing
- Purchase hand sanitizer for use in schools
- Suspend handshaking routines
- Increase sanitization of schools and buses
- Educate all staff on current protocols
- Suspend attendance awards
- Encourage staff to stay home when sick

District Closure Preparation - ASD has an Infectious Disease Plan in place, and school nurses have the most up-to-date information. In an extreme situation, the District may need to close for a time. If a closure takes place, we want everyone to be prepared.

If the District were to close, the effects to families and across the entire community would be significant. Families should take the time to consider how a potential closure would impact their daily lives and take steps to plan ahead. Childcare, work/activity schedules, and other family logistics are a few areas that may be affected if ASD is forced to close.

Family Actions:

- Plan for short and long-term closures
 - Work schedules
 - Childcare
 - Activity Schedules
- Know how to reach your child's teacher(s) via email

ASD Actions:

- Communicate regularly with our community
 - Email
 - ASD website
 - Social media/text
 - Local media
- Engage e-learning opportunities
- Coordinate continuation of meal service for students in need
- Plan for employee absences
- Maintain facilities

Travel Considerations - Due to the risk of contracting the virus or being isolated outside of Alaska, ASD has canceled all school sponsored domestic and international travel for students and staff through April 2020. In-state travel is not affected.

During spring break, many ASD families have personal vacation plans. We encourage them to stay current with the latest travel advisories and the specific status of their travel location. The CDC travel page has reliable and accurate information.

Family Actions:

- Monitor travel advisories
- Plan for long-term stays
- Check regularly for school updates and/or assignments
- Inform your school of absences (stipulate illness, travel restriction, or isolation)

ASD Actions:

- Communicate regularly
- Welcome students back to school
- Reduce stigma related to travel locations
- Be flexible with missed assignments
- Manage fear and misinformation

You may find these reputable websites useful in your effort to stay informed:

- Anchorage Health Department
- Alaska Department of Health and Social Services
- Center for Disease Control

ASD will keep you updated with new developments. Thank you for your continued engagement and cooperation.

Sincerely,

Anchorage School District

Congratulations to our students that won Perfect Attendance prizes for Quarter 3!

The winners of the snow sleds were Joseph Ramos-Yang-2nd grade & Hunter Goss-Kindergarten.

The winners of the snow boards were Chairity Xiong-4th grade & TreVaughn Corpuz-Ballot-3rd grade.

Be here Everyday, Ready and On time for 4th quarter and your name will be placed in a drawing to win an awesome prize for Quarter 4 in May!

We need your help!

Parents and community members we would like to have your input on teachers and administrator performance.

Please use the following link or pick up a hard copy from the office to fill out. All forms are anonymous, but will be shared with the person's immediate supervisor.

Parents and members of the public can complete the web-based input form anonymously by going to the following link: <https://www.asdk12.org/evaluations>

Please take time to give your input! The input forms are available online now through May 1st.

Kindergarten Round-Up

Is your child starting kindergarten in the
Anchorage School District in the 2020-21 school year?

Join us!

- Learn how to help prepare your child for kindergarten
- Activities to do at home to support kindergarten readiness
- Enrollment information and requirements
- Meet the staff
- Tour the school

APRIL 14th @ 1:30pm

A full list of Kindergarten Round up dates at ASD elementary schools can be found on back of this flier.



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2020 PEAKS State Assessment

Test your best! Reach new PEAKS of learning!

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 Performance Evaluation for Alaska's Schools (PEAKS) is Alaska's summative assessment administered to students in Grades 3-9 (English language arts and mathematics) and grades 4, 8 and 10 (science) each spring. The purpose of a large-scale, summative assessment is to provide parents and schools an overall picture of a student's progress in meeting the Alaska standards at his/her grade level. The assessment is taken on the computer and is not timed, but each content area takes approximately 100-180 minutes.

Parents can locate resources for the PEAKS assessment, including directions for PEAKS Practice tests, called Online Tools Training and PEAKS Tutorials on the ASD website at www.asdk12.org/PEAKS.

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.

The ASD PEAKS testing window below allows for school assessment scheduling flexibility. Students! Get ready to reach new peaks of learning and earn a PEAKS sticker set for showing what you know during our school's PEAKS testing dates: March 30- April 10th.

2020 ASD PEAKS Testing Window

March 30-April 10

(Make-ups: March 31-May 1)

Anchorage School Board:

Starr Marsett (President), Alisha Hilde (Vice President), Margo Bellamy (Clerk), Elisa Vakalis (Treasurer), and Members Deena Mitchell, Dave Donley, and Andy Holleman. ASD Superintendent, Dr. Deena Bishop.