



# MAY ~ 2020/2021 PTARMIGAN ELEMENTARY

Dear Ptarmigan Families,

Well, we have almost made it to the end of an unusual school year. I know that school was difficult at times, especially when we had to complete our learning online, but together we did the best we could. The current plan for the district is to start next school year in-person, so parents we need your help!

\*\*\*If you know that your student(s) are returning to Ptarmigan Elementary or another ASD school, we need you to take time to log into Q/Zangle ParentConnection with your ParentConnect PIN and Password to complete Online Registration for your student(s). If you cannot remember your PIN and/or password, please call the front office at 742-0400 and they will assist you. **This is extremely important because the more students that register early, increases are chances of lower class sizes.** So please take time to register your children that are returning to Ptarmigan Elementary.

New-to-district students and Kindergarten students can start the registration process on July 16, 2021 by clicking on the following link <https://www.asdk12.org/enrollonline>.

Again, thank you for another super year and I hope to see you at our final Awards Assembly for Quarter 4 via Zoom on May 18th! Grades PreK-2<sup>nd</sup> assembly will start at 1:00pm and Grades 3<sup>rd</sup>-5<sup>th</sup> will start at 2:00pm.

Teachers will be contacting parents if their student is being recognized for an award.

The Zoom Awards Assembly info. is:

Meeting ID 976 6016 6038

Passcode Ptarmigan

Invite Link:

<https://asdk12.zoom.us/j/97660166038?pwd=L21OcEplZlYzRk5xYjlycW90aS94dz09>

Have a Safe and Restful Summer with hopes to see you next school year.

Sincerely,

Kelly Ramey

Principal Ptarmigan Elementary

## MARK YOUR CALENDAR:

### MAY

- **CHROMEBOOK DEVICE RETURN:** 5/3/2021-5/7/2021
- **BIKE TO SCHOOL DAY :** 5/13/2021
- **QUARTER 4 Zoom Awards Assembly (PreK-2<sup>nd</sup>@1pm) & (3<sup>rd</sup>-5<sup>th</sup>@2pm)** 5/18/2021
- **STUDENTS LAST DAY OF SCHOOL:** 5/20/2021
- **TEACHERS LAST DAY OF SCHOOL:** 5/21/2021
- **MEMORIAL DAY HOLIDAY:** 5/31/2021



# SAEBRS

## Parent Notification

This Spring, our school will be using an evaluation 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) is typically completed 3x a year; however, because of remote learning, we will only be utilizing the Screener this year in Spring (April). Teachers will evaluate students relative to various behavioral risk factors. The evaluation tool is called the Social, Academic, and Emotional Behavior Risk Screener (SAEBRS). The tool will help our school evaluate our school supports for Social Emotional Learning and will help teachers identify students who may need additional supports to increase their academic and social emotional success. This screening is completed by teachers and will not involve lost instructional time for students. Should you have any questions about the use of this universal screener, please don't hesitate to contact your building principal.



# PTARMIGAN DEVICE RETURN

CHROMEBOOKS w/ cords ONLY

5/3/21 - 5/7/21

SEND DEVICE(S) TO SCHOOL WITH YOUR STUDENT(S) ON ONE OF THESE DAYS



*"Notes" From the Ptarmigan Music Room.*



It's May, It's May, the lovely month of May! Ptarmigan students will be exploring some Alaskan native songs, dances, and stories this month and venturing into the music of the Royal Asian Courts. Listening to a Gamelan group from Indonesia, Chong ak from Korea, Maqam from Turkey, and the Raga from India. Below is a link to the Smithsonian Folkways website that will help you discover all types and styles of music.

<https://folkways.si.edu/>

Music is all around and I love to hear the songbirds welcoming spring. Take a moment to explore a new style of music with your child. My hope is in the fall we will be welcoming back some more traditional music classes at Ptarmigan. I look forward to when I can hear the Ptarmigan Choir again and help them create a fun and entertaining musical.

Happy Spring!

In Harmony,      Mrs. Benton      Classroom Music Specialist

# WE'RE ON FACEBOOK!!

CLICK HERE:  
Ptarmigan Facebook



VIEW PICTURES  
FROM SCHOOL  
EVENTS AND HAVE  
ACCESS TO  
MONTHLY  
NEWSLETTERS!

RECEIVE UP-TO-  
DATE  
NOTIFICATIONS!



## NO CELL PHONES IN SCHOOL ZONES FACTSHEET\*



A new ordinance (law) passed by the Anchorage Assembly on June 20, 2019 makes it unlawful for a driver of any vehicle to talk on a mobile communication device while driving a vehicle within an active school zone or on school grounds, unless the vehicle is stopped or a hands-free device is used.

Thank you to our new Edward St. Crossing Guards, Mr. Benton and Mr. Gall for helping keep our students safe during Arrival and Dismissal.



## ~ NEWS FROM NURSE BRITTANY ~

Hello Parents,

I have been talking to several of our students about the importance of sleep. Sleep is especially important now because our bodies need good rest to fight off illness. Attached is a great visual reminder about sleep I found from the CDC website.

<https://www.cdc.gov/chronicdisease/resources/infographic/children-sleep.htm>

Have a great Summer!

Brittany Bretz, BSN, RN, NCSN

Ptarmigan Elementary School Nurse

PH: 907-742-0417



# Do Your Children Get Enough Sleep?



Kids aged  
6-12 need

**9 to 12**

Teens aged  
13-18 need

**8 to 10**

HOURS OF SLEEP A NIGHT

**6 in 10**

Middle Schoolers

**7 in 10**

High Schoolers

**DON'T GET ENOUGH SLEEP**



## Sleep is critical to prevent:



**TYPE 2  
DIABETES**



**OBESITY**



**POOR MENTAL  
HEALTH**



**INJURIES**



**ATTENTION OR  
BEHAVIOR PROBLEMS**

# Tips for Good Sleep



Set bed and wake-up times at the same time each day, including weekends.



Keep the bedroom quiet and a comfortable temperature.



Avoid large meals and caffeine before bedtime.



Make sure kids are active during the day so they can fall asleep at night.



Model good sleep behaviors for kids.



Have a bedtime routine like taking a warm bath, brushing teeth, and reading a bedtime story.



Turn the lights out at bedtime.

Learn more about good sleep habits at [www.cdc.gov/sleep](http://www.cdc.gov/sleep).



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

@CDCChronic | [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease)

## -Positively PE-

Ptarmigan Students and Parents,

I'm excited to announce our participation in this year's Bike to School Day! Thursday, May 13, 2021, will be the official day for this opportunity to ride your bike to school. All bikes will be stored safely in the multi-purpose room (MPR) during the school day and students and families will be able to pick up their bikes from the MPR at the end of the school day. All bike pick-ups and drop-offs will happen at the outside door of the MPR room - by the loading docks/garbage dumpsters on the north-end of the building. There will be signs and arrows to direct you to the pick-up/drop-off door location.

Lastly, I want to remind you to ALWAYS wear a bike helmet - remember adults set the example for our students. Parents and older siblings, please make sure to accompany our younger students to and from school. It goes without saying, but I will be riding my bike from my house and hope to see many of our students and families participating in this fun, active family event.

Stay safe, stay healthy,

Mr. Garner  
P.E. Teacher  
Ptarmigan Elementary



Ptarmigan Elementary School's Front Foyer and Front Office will be under construction starting in June. The construction might possibly last in to August, so we ask you to please be patient with us during this process. We are excited and look forward to sharing the final remodel with our families.



### **Anchorage School Board:**

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