



Hello Ptarmigan Families,

Well, first quarter is in the books and although online learning is a challenge, many students and families are making it work. As of today, PreK-2nd grade students and all students in our Structured Learning Classrooms (SLC) will be coming back to school on November 16, 2020. I wish all elementary students were coming back on this date, but I am hoping that soon we will have a return date for the rest of our Ptarmigan students.

Whether we are online or in person, attendance is still being taken and grades are still being given. When we do come back to school, ensure your student is equipped to start learning right away with their own supplies. We will have numerous safety measures in place, some of which include; students wearing a mask at all times while at school and students having their own supplies such as pencils, markers, and crayons that are not to be shared. Check with your student's teacher on what supplies they will need for learning in the classroom. Also, with winter just around the corner, students will not be able to borrow hats, gloves, coats, etc. from our nurse.

Ptarmigan's Leadership Team has been working hard to put numerous safety precautions in place to mitigate the spread of COVID. For example, there will be new arrival and pick-up procedures that will need to be followed. Students will be dropped off at 9:10am-9:30am using the upper driveway closest to the school. While wearing a mask, they will then walk directly to their outside classroom door where they will be let in by their classroom teacher. Ptarmigan staff will provide morning supervision from 9:10am-9:30am.

Instruction begins promptly at 9:30am, so students arriving after 9:30am will be considered tardy and will need to come in through the front door to get a pass. Breakfast will be served until 9:35am. For dismissal, cars will also be using the upper driveway closest to the school. **School gets out at 3:00pm**. Please start planning for how your student will be getting to and from school now.

During the school day, we have also changed numerous procedures to ensure we are keeping your students and our staff safe. For example, students will eat both breakfast and lunch in their classroom. Yes, our students will be going outside for recess, if the weather permits. While at recess, we will be keeping classrooms apart and each classroom will have their own set of playground balls to use outside. Cleaning by both our janitorial crew and staff, will be completed numerous times throughout the day in both the classrooms and bathrooms.

The biggest change that we have implemented is that parents and/or visitors will not be allowed in the school building at this time. If you need to pick-up a student early, you need to come to the front of the building and buzz the office. While you wait outside at the front door, a staff member will contact your student and get them ready to check-out. Your student will then exit out the front door.

If you would like to meet with your student's teacher or administration, please call or email us and we can set up a time to meet via zoom or talk on the phone.

Although this year is truly different, there are amazing things happening at Ptarmigan Elementary. As you already know, you are a vital part of your students' academic success. Please ensure they are logging into their zoom classroom meetings and completing their assignments online, so they are not struggling to keep up when we are back in school.

Have a great Thanksgiving break and please remember to socially distance, so all students can return back to school as soon as possible.

Sincerely,

Kelly Ramey
Principal Ptarmigan Elementary

MARK YOUR CALENDAR:

NOVEMBER

(Alaska Native American Indian Heritage Month)

- **IN-Service/**
NO SCHOOL: 11/3/2020 & 11/11/2020
- **PreK - 2nd Grade & SLC Return**
to In-person/Classrooms: 11/16/2020
- **Materials/Packet**
Distribution: 11/5/2020 & 11/12/2020
- **RockYourMocs Day:** 11/20/2020
- **THANKSGIVING HOLIDAY-**
NO SCHOOL: 11/26/2020 & 11/27/2020

DECEMBER

- **GRADE REPORTING IN-Service/**
NO SCHOOL: 12/18/2020
- **WINTER BREAK-**
NO SCHOOL: 12/21/2020 - 1/3/2021
- **QUARTER 3 BEGINS:** 1/4/2021
(There is no 21st Century Afterschool Program from 12/14/2020 - 1/8/2021)



**WE ALL NEED
TEACHERS**
lets give them a hand



"Notes" From the Ptarmigan Music Room



Two Wooden Spoons, a Garbage Can, a Coffee Can, a Box of Macaroni, two Plastic Bags, a Cooking Pot, a Can of Soup and a Chair Leg. What do all of these things have to do with music? These are all things that Ptarmigan Students have been tapping, drumming, crinkling and shaking to make music. Making music wherever you are with whatever you have.

The human brain and nervous system are hard-wired to distinguish music from noise and to respond to rhythm and repetition, tones and tunes. Sharing music with your children and joining in on playing rhythms is a great way to relieve stress and is fun. Focusing on listening to notes instead of worries can leave you feeling refreshed and calm.

Take some time this month to share a favorite song with your child and practice keeping the steady beat on a DIY musical instrument. Sharing your favorite music can be a great way to connect with your child and moments of connection are something to be very thankful for in our busy day.

In November, Ptarmigan students will be exploring the "Alaska Flag Song" and the story behind Benny Benson and how as a young elementary student he created the image that is our State Flag. In my opinion the "Alaska Flag Song" is one of the most beautiful state songs. We are lucky to have such a simple and elegant flag along with stunning poetic song to represent this great state.

Remember that the best way to learn about music is to make music!

In Harmony,
Mrs. Benton, Classroom Music Specialist

~NEWS From Nurse Brittany~

Do You Have a Plan?

Parents, with our return to in-person learning fast approaching, I want to ask you one question: Do you have a plan?

1. Do you have a plan for your students' masks? All students should have masks at school and, if possible, an additional mask in their backpacks in case the other becomes wet or soiled.
2. Do you have a plan for snow gear? The nurse will be unable to lend out snow gear in order to prevent germs from being spread from student to student.
3. Do you have a plan for childcare should your child need to isolate or quarantine. Remember, if your student has symptoms consistent with COVID19, they will not be able to return for at least 10 days, unless they get a doctor's note or a negative COVID test. If a student in your child's class has a positive COVID19 test, your child may need to quarantine for 14 days. Start thinking of a plan for childcare now.
4. Do you have a plan for good self care? This pandemic is stressful on everyone. Remember to practice good care such as plenty of sleep, good nutrition, exercise, vitamins (with the okay of your doctor), have fun with your family, and take a break from the nurse every once and awhile.

QUARANTINE v. ISOLATION

QUARANTINE

If you have been in close contact with someone who has COVID-19



ISOLATION

If you have symptoms or received a positive COVID-19 test



VERSUS

Quarantine separates and restricts the movements of people who were exposed to a contagious disease to see if they become sick. Because COVID-19 can take from 2-14 days to incubate, a quarantine period for COVID-19 is 14 days from last exposure. If one cannot isolate from someone in their household who is COVID-positive, they must quarantine for the duration of the COVID-positive person's isolation plus 14 days. A negative COVID-19 test does not shorten a quarantine period.

Isolation separates sick people with a contagious disease from people who are not sick. For COVID-19, an isolation period is 10 days. If a person tests positive for COVID-19 they must isolate for 10 days following their positive test or first symptom. To be released from isolation a person must complete their isolation period, be fever free for 24 hours, their symptoms must be resolving, and they must be released from isolation by public health.



ALASKA SMART START 2020

Revised 9/18/20

If you have any questions or concerns about what school will look like during the pandemic, please reach out to me!

Looking forward to seeing you again! ~Nurse Brittany Bretz, BSN, RN NCSN ~ Ph: 907-742-0417

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• **PARENTS/GUARDIANS, are you not wanting your PreK - 2nd Grade** •
• **student(s) to return to in-person learning in the classroom on** •
• **November 16th?** Please notify your student's teacher or the front office •
• staff immediately, if you haven't already done so. We will need to know •
• what your plan is come November 16th. Are you thinking of enrolling them •
• in the ASD Virtual Program? An ASD Homeschool or out-of-district •
• Homeschool Program? Please call the Ptarmigan Front Office @742-0407. •
• • • • •



- POSITIVELY PE -

Dear Parents/Guardians,

I am looking forward to working with you and your child, and I'm pleased to announce our school will be participating in the Healthy Futures Challenge this year.

The contest will run for three months; **September, October, and November.**

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 Ptarmigan, we are committed to helping students develop the skills, knowledge, and desire they need to be physically active now and for the rest of their lives. Parents and the community also play a critical role in the solution for healthier, active children by providing motivation, encouragement, and daily opportunities for recreation beyond the classroom.

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 now 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. They can even break it up into smaller chunks of time during the day — as small as 10 minutes at a time of moderate to vigorous effort. 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, Mr. Garner in exchange for exciting prizes, including the chance for one student from each school to win a grand prize if they complete all three logs in a Challenge.

Incentives. In addition to being happier and healthier, students are rewarded for participating in Healthy Futures. The contest will run for the months of September, October, and November. In exchange for turning in a completed log each month, students will receive a small prize and will be entered for a grand prize drawing at the end of the school year.

This is a wonderful program that is sure to benefit your child and our school. **When your son or daughter is completed with their physical activity log for the month of October, please email the scanned or fillable copy to my email: garner_chad@asdk12.org. The due date for October's physical activity logs is November 2nd.**

See Attached Healthy Futures Physical Activity Log (fill out by hand)

Thank you!

Mr. Garner, Ptarmigan Elementary PE Teacher

Month: _____

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!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



www.healthyfuturesak.org



Big Brothers Big Sisters
of Alaska



BOOKSHELF BULLETIN

Hello Families!

If you haven't checked out the Ptarmigan Library Page, please do! Make sure to watch the video tutorial. It will show you how to check out books this school year. When you get to the Ptarmigan Library Page, make sure to click Library Catalog to reserve books. All books must be reserved online. When we get back to school, I will deliver the reserved books outside your students classroom door and the teachers will disperse them. Just click the link below. Let me know if you have any questions.

https://docs.google.com/presentation/d/1Hee1kH2XFhtC-4StoHp1IpOgoifuWmh3ykDAtRK_xo/edit#slide=id.g9020fda2e5_2_66

Happy reading! :)

Alyson Tucker Teacher-Librarian

Meet Monica Turrentine, Developmental Preschool Special Education Teacher



I recently started teaching in the 3 year old preschool program with Anchorage School District last school year. Before that, I worked as a Special Education Resource Teacher in the Bethel area for 6 years and as an Infant Learning Specialist with the Yukon Kuskokwim Health Corporation in Bethel for 4 years. I am originally from California but moved to Alaska when I was offered a teaching job. I met my husband in Bethel. We are raising our 11 year old grandson and I enjoy reading, hiking, and traveling.



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.