

The Coyote Howler

October 2018



Principal Zorea's Blog

Dear Kincaid Families,

During this time of year, we enjoy seeing each and every family come into our building for a conversation about how students are performing at school. We love to cheer your child's success stories as well as discuss how to best support your child. We believe that student success builds on the partnership between home and school.

Every grade level team has worked collaboratively to decide how best to support children during our WIN (What I Need) block. Teachers reviewed every child's daily performance on school assignments and assessments. During conferences, teachers discussed student strengths, areas that could be enriched, and areas that might need extra support. WIN blocks are designed to support all our students. Our WIN blocks are focused on building literacy with our students. If you have questions about WIN, please contact your child's teacher.

At Kincaid we want every student, staff and visitor to feel safe at school. This is why we put in place safety procedures. Many parents have been supportive of our morning procedures and even assist with safety by walking their child to the outdoor classroom line before school. We appreciate the extra adult supervision. We have staff members assigned to all student line up areas in the morning. Students should not be entering the building before the 8:50 bell. At 8:50, our teachers will invite students into the building.

We recently completed our first ALICE drill. Thanks to our PTA support, our drill went very smoothly. An alert was made. Most classes made the decision to evacuate the building based on the information they had received. Students were quiet and followed the instructions of their teachers. Thank you to all parents and staff who had conversations with our students about how to prepare for our first ALICE drill.

Soon our weather will be turning and snow will be on the ground. Now is the time to prepare for winter weather. Please make sure your child comes to school with the appropriate clothing to match the weather. Coats, mittens/gloves, snow boots, and snow pants are necessary to stay warm during recess. Students should no longer be arriving to school wearing shorts.

Kincaid is a great school! Every morning our students participate in the announcements to practice being leaders. You might hear them say that they "strive to do the right thing, even when no one is looking." They are "kind, respectful, responsible, and safe leaders." These are not just words that are read daily. These are words that describe our student population. Kincaid Coyotes! Your principal is proud of you!

Sincerely,

Wendy Zorea

Dates to

Remember:

October 26:

No School for Students

November 12:

No School for Students

November 22&23:

Thanksgiving Break

December 21:

No school for students

December 24-Jan 4th:

Winter Break- Schools

School Business

Partners



Nurse's Notes

Sleep Habits in Children

Sleep is an essential part of continued educational success for children throughout their entire school career. Help support your child's education and development by engaging in discussions about the importance of sleep to their health. A good night's sleep can mean the difference between academic advancement during the day or just "getting through" the day.

To avoid sleep debt practice good sleep habits. Go to sleep and get up at the same times every day, even on the weekends. Start and maintain a sleep routine that helps your child to relax and begins at least an hour before you'd like to fall asleep. Avoid watching TV, using the computer and playing video games close to bedtime. Stop eating 2-3 hours before going to sleep and avoid caffeine and chocolate. Keep the room dark, quiet and cool (< 70 degrees F is recommended). These measures should help your child to fall asleep and stay asleep.

Everyone is an individual and the amount of sleep needed varies from person to person. Sleep needs also vary depending on your age, health and lifestyle. Below is a chart of general recommendations you can use as a guide.



Average Sleep Needs by Age

- * Newborn to 2 months old 12 - 18 hrs
- * 3 months to 1 year old 14 - 15 hrs
- * 1 to 3 years old 12 - 14 hrs
- * 3 to 5 years old 11 - 13 hrs
- * 5 to 12 years old 10 - 11 hrs
- * 12 to 18 years old 8.5 - 10 hrs
- * Adults (18+) 7.5 - 9 hrs



What's up with Mr. Akin!

As the first quarter comes to a close the kids have been working on upper body strength and games that involve teamwork and sportsmanship.

The main unit was, "Coyote Ninja Warrior" a course that test upper body strength as well as balance, coordination, speed and endurance. Climbing, swinging, and traversing across the ropes, cargo net and rock wall highlight this unit. The kids should have all received a CNW wrist band. We had the following kids receive a gold headband for completing the course without any mistakes and climbing to the top of the hanging rope:

- Emma Waldrop
- Holly Lowen
- Madeline Lowen
- Caroline McGee
- Quym Campbell
- Addyson Solberg
- Grace Yackel
- Maksim Millwood
- Karter Molyneux
- Ethan Ivey

SUPER JOB COYOTES!

*The second quarter will open with a Coyote Favorite, Mission Impossible! Basketball Corn Hole, Jumping and Landing activities and NYO will round out the year.

After School Activities:

1st Quarter

* Cross Country Running

* A strong showing of Coyote Cross Country runners, (175 total) came out this year and represented Kincaid.

* We had a record number of runners at the 12th Annual Coyote Classic as over 600 runners from various schools across the Anchorage bowl to participate in our school event. Great job to our PTA for helping me put on this amazing event!

*Kai Molyneux won the 3-4 race

*Avery Campbell won the 5/6 race to help keep the trophy at Kincaid. Katelynn Seibert, Ayla Ertekin, Gus Moore and Gavin Diemer were also big in the win.

* South Jamboree – 105 Coyotes showed up and ran in this event

*Claire Champion won the 1-2 race for girls

*Troy Gresham won the race for the boys 1-2 race

* Avrey Campbell won the 5-6 girls race

Another great job Coyote's! Mr. Akin J

SOCKtober!!!!

We have our Winners!! They are

Mrs Alward's Second Grade Class

Mrs Story's Second Grade Class

Mrs Liebes' Kindergarten Class

The winning classes get a cupcake party to celebrate their victory.



Jog-A-Thon Update:

Our top 5 earners that went above and beyond are:

1. Brook C.- \$1741.00- Mr. Goetz's Class
2. Gabriel S.- \$1200- Mr. Fiske's Class
3. Logan E.- \$1181.50- Mrs. Curry's Class
4. Katelyn B.- \$1159.00- Mrs. Farren's Class
5. Benjamin D.-\$973.00- Mrs. Elliott's Class

Our top three classroom earners are:

1. Mr. Popek- \$4579
2. Mr. Fiske- \$4329
3. Mr. Alward- \$4029

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