



OCTOBER ~ 2018/2019

PTARMIGAN

ELEMENTARY

Dear Ptarmigan Families,

Wow! The end of the 1st quarter is almost here and the staff and I are looking forward to seeing you at Parent/Teacher conferences on October 24th and 25th. I would also like to invite everyone to our Quarterly Awards Assemblies on November 2nd. The Kindergarten-2nd Grade Assembly starts at 2:00pm and the 3rd-6th grade assembly starts at 2:45pm. This is a wonderful time to celebrate the super students we have at Ptarmigan Elementary so come and cheer on our students.

Our first family night is also coming up soon. Bring your students on October 11th from 6-8pm to learn more about how to help your student become a better reader.

As much as I do not want to say it.... WINTER is just around the corner. Please ensure that your students are coming to school with coats, hats, gloves or mittens, snow pants, and boots. We will have outside recess until it reaches -10 degrees below zero so prepare your students to be outside for 20 minutes.

Attendance continues to be one of our focuses this year. During the month of September our school averaged 81% of our students attending 90% of the time. Our district attendance goal is 90%, so please help our school and your student achieve this goal. Attendance also positively impacts academic achievement.

Please come and visit our school as often as you can. We love volunteers! If you have extra time in your day, communicate with the classroom teacher to see how you can help.

Sincerely,

Kelly Ramey
Principal Ptarmigan Elementary

Health / Social Emotional Learning (2018-2019)

During the month of October, we will be learning more about "Safety." Our safety units will focus on being safe at school, at home, and in our community. Some of the various topics that will be included are: personal safety, fire safety, bicycle safety, moose safety, bear safety, first aid, and seatbelt safety. **According to the National Safety Council, accidents are the leading cause of death for children.** Preventative safety measures can help keep our children from harm. Below are the units for the various grade levels:

K	How to Stay Safe
1	Look Out
2	Let's stay Safe
3	Safe At Home, Safe Away
4	Community Safety
5	First Aid Facts

The 1st Quarter Personal Safety lesson will be taught between October 8th and October 19th 2018, during your child's Health class time. The age-appropriate lessons will be presented in a non-threatening way, along with the skills needed for self-protection. The lesson content is part of **the Anchorage School District's plan to enact the Alaska Safe Children's Act** and will be handled in a sensitive, respectful manner.

For more information on the topic, please visit our website:

<http://www.asdk12.org/healthpe/safechildrensact/>

If you have any questions about the content, please feel free to contact me through email. **If you wish to inquire about opting out, please contact the school office for an opt out form to be signed by a parent.**

Thank you for your support in keeping Alaska's children safe.

Ms. Anny Hunsucker - Health/SEL Specialist

Email: hunsucker_anny@asdk12.org

MARK YOUR CALENDAR FOR:

OCTOBER

- **FAMILY LITERACY NIGHT:** 10/11/2018
- **FALL SCHOOL PICTURE DAY:** 10/17/2018
- **NO SCHOOL:** 10/19/2018 & 10/26/2018
- **PARENT/TEACHER CONFERENCES**
(Early Release at 12:30pm):
10/24/2018 & 10/25/2018

NOVEMBER

- **NO SCHOOL:** 11/12/2018
- **FAMILY NIGHT-Multicultural Night:** 11/15/2018
(6pm - 8pm)
- **PICTURE RETAKES:** 11/20/2018
- **Thanksgiving Holiday:** 11/22/2018 & 11/23/2018

Meet Mrs. Carol Tucker ~ Instructional Coach ~



Greetings families! I am so excited to be part of the Ptarmigan team this year. This is my 15th year with the Anchorage School District and have taught outside of the district for a total of 20 years in education. I have had the honor to work with many of our schools in the Anchorage School District to include Fire Lake, Airport Heights, Muldoon, Williwaw, and Creekside. I have taught K-6th grades. I have also been part of the Title I, and Teaching and Learning teams.

I am married to a veteran who served for 23 years in the military. We have two adult children. One of our children is in service in Japan with the Air Force and the other is teaching 1st grade. When not in school, I enjoy spending time with my family. I enjoy camping, fishing, traveling, and reading. I am looking forward to being part of the Ptarmigan team this year!



SRSS-IE parental Fall notification:

This year, our school will be using an assessment tool to look at school-wide behavior and identify students who are at risk for behavioral problems. Teachers will assess various risk factors for each student in their classroom to determine who is at-risk. The assessment is called the Student Risk Screening Scale (SRSS-IE). Teachers will use it to evaluate all students in the building in order to identify students who may need additional supports. Responding to these students with additional support may prevent their behavior problems from escalating over time.

The screening will be conducted outside of classroom hours and does not involve any additional time or testing directly with students as it is a teacher rating scale. The assessment will be completed this in the Fall (October), Winter (December) and Spring (April).



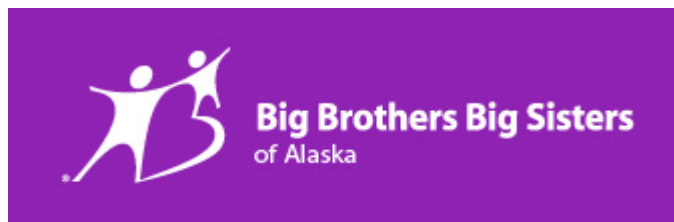
"Notes" From the Ptarmigan Music Room

Patriotic songs and drumming rhythms filled the music room this last month. Songs about America and pride in our country were heard as students acknowledged "Patriots" day on September 17th. Ask your fifth grader which song they voted for in the "Best National Anthem" contest.

Many students are still discovering their singing voices and they are learning that the music room is a safe place to do this. Yes, we sing in the music room every day. Your voice is the one instrument you can take with you everywhere. As the students get more confident you will hear their wonderful voices stream out of the music room. Ask your child to sing the "Welcome Song", "Round and Round" or "To Stop A Train" for you.

It was great seeing so many parents stop into the music room at Open House. I loved having family members experiment with the drums and enjoyed listening as they created some great grooves with their children. Remember its those boxtops that help get fun instruments into Ptarmigan. Clip and turn them into your classroom teacher. So far Mrs. Schneider's class is in first place for the prize this first quarter.

In Harmony,
Mrs. Benton Classroom Music Specialist

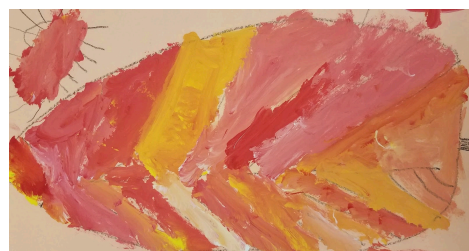
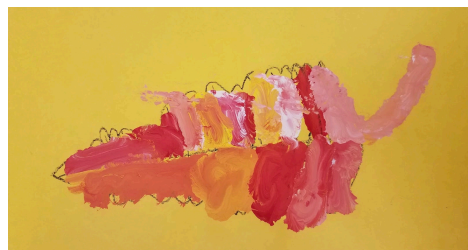


CREATIVE CORNER



Ptarmigan artists so creative, and I have been enjoying getting to know everyone through artwork and conversation. Here is what we are in the process of creating right now in the art room:

Kindergarten - Drawing and painting fall leaves & crayon rubbings



1st Grade - Examining "Tree of Life" by Gustav Klimt, painting with fall colors and making our own tree of life using multiple line types

2nd Grade - Drawing texture hands, learning the difference between tactile and visual texture

3rd Grade - Painting illuminated letters, drawing the first letter of our names with decorated pattern and painted with metallic paints

4th Grade - Name art, drawing expressive lettering

5th Grade - Name art, drawing expressive lettering with 3-dimensionality, and learning about light source and shadows

Feel free to contact me through email:
winkelman_katie@asdk12.org



PEAKS 2018 Student-Level Results

The Performance Evaluation for Alaska's Schools (PEAKS) is Alaska's summative assessment for students in grades 3-9 in English Language art and mathematics and grades 4, 8 and 10 in science and was administered in spring 2018. The purpose of a large-scale, summative assessment is to provide information to parents, educators, policy makers, communities and businesses about how Alaska's schools and districts are performing, along with an overall picture of an individual student's progress in meeting State of Alaska standards at his/her grade level.

At this time, districts and schools are beginning the score reporting process with the preliminary work of interpreting and understanding PEAKS results. The Anchorage School District is currently preparing our online student information system for parents to receive electronic PEAKS results on September 22st.

For both math and English language arts, each student will receive an overall score that is aligned to one of four achievement levels: Proficient, Advanced, Below-Proficient and Far-Below Proficient. Students performing at a scale score of 500 or more are Proficient. In addition, information on groups of standards, called reporting categories, will also be provided as part of the score reporting process. For detailed information on PEAKS score reporting, please reference the *ASD PEAKS Parent Guide* available on the ASD PEAKS website, <http://www.asdk12.org/peaks/>, along with the State of Alaska's *Parent's Guides to Student Reports Spring 2018 PEAKS Assessment English Language Arts and Mathematics* (and *Science* grades 4, 8 and 10), available on the Department of Education's website, <https://education.alaska.gov/assessments/peaks>.

Please remember, PEAKS is not a pass/fail test. PEAKS is aligned to the Alaska State Standards and the scores provide information to guide decision-making and support students on their path to success. Alaska increased the rigor of its standards and assessments so that our students are academically ready for jobs, career training and college. The Anchorage School District maintains high learning expectations for all students and is committed to preparing students for success in life.



~ NEWS from Nurse Brittany ~

ANNUAL FLU SHOTS

Friday, November 2nd, students will be able to receive the flu vaccine at school. Flu vaccinations are given only with parent permission and are completely optional. If you would like your student to receive a flu shot, please complete the attached consent form and send it back to the school. Paper copies will be available at the school and will also be provided at parent/teacher conferences. Please return Flu Consent Forms to the nurse's office no later than October 31st. If you have any questions, please contact Nurse Brittany at 742-0417.

Anchorage School Board:

Starr Marsett (President), Deena Mitchell (Vice President), Alisha Hilde (Clerk), Elisa Snelling (Treasurer), and Members Bettye Davis, Dave Donley, and Andy Holleman. ASD Superintendent, Dr. Deena Paramo.

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Influenza (“flu”) is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

2 Inactivated and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do not contain thimerosal are available.

There is no live flu virus in flu shots. **They cannot cause the flu.**

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn’t exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- flu that is caused by a virus not covered by the vaccine, or
- illnesses that look like flu but are not.

It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

3 Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- **If you have any severe, life-threatening allergies.**

If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.

- **If you ever had Guillain-Barré Syndrome (also called GBS).**

Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.

- **If you are not feeling well.**

It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible.

Most people who get a flu shot do not have any problems with it.

Minor problems following a flu shot include:

- soreness, redness, or swelling where the shot was given
- hoarseness
- sore, red or itchy eyes
- cough
- fever
- aches
- headache
- itching
- fatigue

If these problems occur, they usually begin soon after the shot and last 1 or 2 days.

More serious problems following a flu shot can include the following:

- There may be a small increased risk of Guillain-Barré Syndrome (GBS) after inactivated flu vaccine. This risk has been estimated at 1 or 2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be prevented by flu vaccine.
- Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting flu vaccine has ever had a seizure.

Problems that could happen after any injected vaccine:

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get severe pain in the shoulder and have difficulty moving the arm where a shot was given. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/

5 What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling 1-800-822-7967.

VAERS does not give medical advice.

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-338-2382 or visiting the VICP website at www.hrsa.gov/vaccinecompensation. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call 1-800-232-4636 (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/flu

Vaccine Information Statement Inactivated Influenza Vaccine

08/07/2015

42 U.S.C. § 300aa-26

Office Use Only





**ANCHORAGE SCHOOL DISTRICT
HEALTHCARE SERVICES
SEASONAL INFLUENZA VACCINE CONSENT FORM
FLU SHOT 2018-19**

Last:			First:			M.I.			Date of Birth (mm-dd-yyyy) - -		
Street Address:									Gender <input type="checkbox"/> Male <input type="checkbox"/> Female		
City				State				Zip Code		Telephone Number ()	
Race (Check One) <input type="checkbox"/> White <input type="checkbox"/> American Indian <input type="checkbox"/> Black or African American <input type="checkbox"/> Asian <input type="checkbox"/> Alaska native <input type="checkbox"/> Other <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> Multiracial <input type="checkbox"/> Unknown									Ethnicity (check one) <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Non-Hispanic or Latino		
Mother's Maiden Name (Last, First) (VactrAK requirement for Child if under 18)						Name of School:			Grade:		
Name of Parent or Guardian Responsible for Child if under 18: (Last, First Middle)									Relationship to child:		
***This section must be completed: <input type="checkbox"/> ASD employee insured -must provide proof of health insurance (Private Vaccine) Vaccine for Children eligibility <input type="checkbox"/> Medicaid/Denali Kid care (Medicaid eligible or Medicaid enrolled) <input type="checkbox"/> Native American or Alaskan Native <input type="checkbox"/> No medical insurance (VFC Uninsured) <input type="checkbox"/> Insured that covers vaccine (State Vaccine AVAP) <input type="checkbox"/> Insured that does not cover vaccine (State Vaccine AVAP)											
A. Please check YES or NO for each question. If you answer "YES" to one or more of the 4 questions, you will not be able to get flu vaccine in school unless there is a note from your health care provider saying it is okay for your child to get flu vaccine in school.										YES	NO
1. Do you have egg allergies or have you had any allergic reactions to previous flu vaccination?											
2. Has your child had an allergic reaction to the flu vaccine or any component of the vaccine in the past?											
3. Are you currently ill or feverish (other than a cold)?											
4. Has your child ever had Guillain-Barré Syndrome (a type of temporary severe muscle weakness) within 6 weeks after receiving a flu vaccine?											
The nurse will review any yes answers to determine if you should not receive any vaccine today. If you have a concern regarding the flu shot and a medical condition not listed above, please discuss with the nurse.											
Consent for Vaccination: <i>The most current influenza Vaccine Information Sheet has been made available for me to read. I understand their contents and hereby consent to receive (or for my child to receive) flu vaccine and understand this consent will be valid for the number of doses recommended. Yes, I give authorization for the nurse to review & enter this flu vaccine administered within the VAC-TRAK system managed by the Epidemiology Section of the Alaska Department of Health and Social Services (If this consent form is not signed, then flu vaccine will not be administered)</i>											
PRINT Name (If under 18, Parent/Guardian Name) _____											
Signature _____ Date signed _____											



ANCHORAGE SCHOOL DISTRICT HEALTHCARE SERVICES SEASONAL INFLUENZA VACCINE CONSENT FORM FLU SHOT 2018-19

Vaccination Record

FOR ADMINISTRATIVE USE ONLY

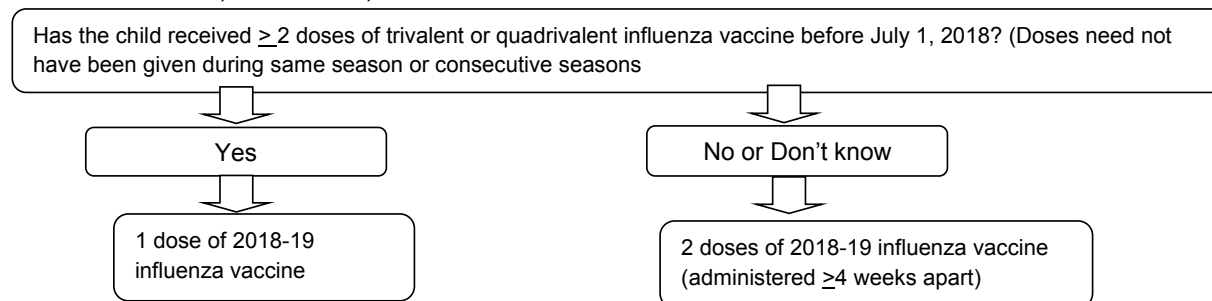
Before vaccinating, review form for completeness and make sure form is signed. Refer to Flu vaccine standing order for precautions and contradictions.

First Dose—District Use Only

Vaccine	Date Dose Administered	Manufacturer, Lot#, Expiration date, VIS Date	Vaccinator's Printed Name & Signature	Anatomical Site & Dose
Influenza		Manufacturer: Lot #: Expiration Date: VIS Date:		<input type="checkbox"/> IM RD <input type="checkbox"/> IM R anterolateral thigh muscle <input type="checkbox"/> IM LD <input type="checkbox"/> IM L anterolateral thigh muscle

Second Dose—District Use Only

FIGURE: Influenza vaccine dosing algorithm for children aged 6 months through 8 years - Advisory Committee on Immunization Practices, United States, 2018–19 influenza season.



Second Dose

Vaccine	Date Dose Administered	Manufacturer, Lot#, Expiration date, VIS Date	Vaccinator's Printed Name & Signature	Anatomical Site & Dose
Influenza		Manufacturer: Lot #: Expiration Date: VIS Date:		<input type="checkbox"/> IM RD <input type="checkbox"/> IM R anterolateral thigh muscle <input type="checkbox"/> IM LD <input type="checkbox"/> IM L anterolateral thigh muscle

IM – Intramuscular RD- Right Deltoid LD- Left Deltoid R- Right L- Left

Vaccines must be entered in VactrAK within 14 days and Student Information System (SIS- Zangle/Q)