

NOVEMBER ~ 2018 / 2019

PTARMIGAN ELEMENTARY

Dear Families,
We are thankful!

As we prepare to take a short break from school for Thanksgiving, we want to express our gratitude for everyone who makes it possible for as many children/youth as possible to come to school every day, on time, ready to learn. We thank:

- Our students and families for making daily attendance a priority since they know the habit of attendance will help them do well in the classroom and eventually in a job;
- Our wonderful teachers who pour their energy into making each classroom an exciting place for exploration and knowledge so children do not want to miss out on learning; and
- Our support staff and community volunteers who provide the extra hands and attention our children/youth need.

We appreciate each one of you so much. We look forward to seeing you after the Thanksgiving holiday. We also hope you will keep in mind that school is closed on Thursday, November 22, 2018 and reopens Monday, November 26, 2018.

We especially appreciate everyone's efforts to avoid taking extra days off during the Thanksgiving holiday. Just a few missed days here and there, even if they're excused absences, can add up to too much lost learning time and leave your child behind in school. This is as true in kindergarten as it is in high school. Just a reminder, a total of 9 or fewer absences in one school year is a great goal to help children stay in the good attendance range.

Have a wonderful holiday!

Kelly Ramey, Principal Ptarmigan Elementary



MARK YOUR CALENDAR FOR:

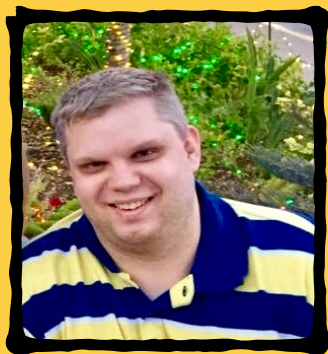
NOVEMBER

- **NO SCHOOL:** 11/12/2018
- **ROCK YOUR MOCS:** 11/12/2018
(support AK Native American & Indigenous Peoples)
- **SPIRIT DAY-HAT DAY:** 11/16/2018
- **PICTURE RETAKES:** 11/20/2018
- **Thanksgiving Holiday:** 11/22/2018 &
NO SCHOOL 11/23/2018

DECEMBER

- **CHOIR ASSEMBLY @2:30pm:** 12/7/2018
- **CHOIR WINTER CONCERT @6:00pm:** 12/7/2018
- **SCHOOL SING ALONG @10:00am:** 12/19/2018
- **WINTER BREAK:** 12/21/2018 -1/6/2019
NO SCHOOL

Hello! My name is Jamie Hobson, and I'm the new 21st Century Community Learning Center Coordinator. For the previous 8.5 years, I was Safety-Security at Hanshew Middle School. I have a BS in political science and criminology and a MAED in Secondary Teaching (Social Studies). When not at work, I'm usually with my dog, a shih tzu named Civic. I look forward to this new adventure, and working with Ptarmigan families to better serve our students.



~ Health / Social Emotional Learning ~

We had a wonderful 1st quarter of learning in Health/SEL class. I really enjoyed teaching your children the Safety Unit lessons. We will begin the month of November with Body Systems and end with the Nutrition Unit lessons. Here are a few ways to stay healthy this winter:

- Please be prepared with proper winter gear for outdoor recess;
- (Warm hat, thick warm gloves/mittens, winter coat, snow pants, warm winter boots, warm socks 'extra pairs to keep at school')
- Friendly reminder: Time of year to get your optional flu shots
- Wash your hands often to help prevent the spread of germs. ☺
- Use antibacterial gel to help prevent the spread of germs. ☺
- Cover your coughs and sneezes. (Remember to sneeze in your elbow sleeve/not hands) Sneezing/coughing into your hands spreads germs.

Below are the topics that will be taught in Health/SEL class for the first part of November:

- | | |
|---|---------------------------------------|
| K | The Five Senses (Senses) |
| 1 | Head to Toe (Body Facts) |
| 2 | How to Think (Your Brain) |
| 3 | The Better to See You (Your Eyes) |
| 4 | Let's Talk Teeth (Dental Facts) |
| 5 | Brainstorms: (Central Nervous System) |

Below are the topics that will be taught in Health/SEL class for the second part of November:

- | | |
|---|------------------------|
| K | Adventure in Food |
| 1 | Why Do We Eat? |
| 2 | The Wide World of Food |
| 3 | Let's Eat |
| 4 | The Digestive System |
| 5 | You Are What You Eat |

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

Ms. Ann Hunsucker - Health/SEL Specialist Email: hunsucker_ann@asdk12.org

~ NEWS from Nurse Brittany ~

Winter has finally arrived! As a reminder, please send your students with the proper snow gear including coats, boots, hats, gloves, and snowpants. Recess is about 25 minutes each day and we are unable to keep students in the building due to not having proper snow gear. The school nurse has a limited amount snow gear to lend out. If your family is having a difficult time getting snow gear, please let us know! We will do what we can to help your student.

Brittany Bretz, RN-BC ~ Ptarmigan School Nurse ~ Ph: 742-0417



"Notes" From the Ptarmigan Music Room



Mark your calendars for the upcoming concert "Bring On The Snow", by the talented Ptarmigan Choir. It is Friday December 7th at 6pm. The performance is full of songs and sketches for a Snowlarious Winter Concert. Choir students will also be bringing some Snowy music to the community on December 10th at the Centennial Village and the School District Education Building.

It is almost time for the annual Music Room Open House too! December 11th - 14th you are encouraged to come and observe your student's music class as they perform music and share what they have been learning this year. Be looking for letters home that state your student's music time right after the Thanksgiving Holiday. I love to have parents stop by and the student's love performing for you.

Fifth Graders are working up some Ukulele Holiday music. They are learning some strumming patterns and working on singing and playing at the same time. Fourth graders are preparing some songs on the recorder. Our third grade classes are learning some fun folk dances that will get your toes tapping. K-2nd grade are singing songs and performing on non pitched percussion.

Remember to be successful in music your child needs to listen and follow directions, cooperate and most of all participate. The best way to learn about music is to make music.

In Harmony,
Mrs. Benton Classroom Music Specialist

CREATIVE CORNER



Ptarmigan artists have finished quite a few masterpieces this past month. Please note that I try to send art home with students regularly, but I also hold on to quite a few for hallway displays or district art shows.

1st grade "Tree of Life" Paintings:



The New Masterpiece Gallery Wall in the Art Room:



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

- **Kindergarten** - Creating imaginary buildings and creative pumpkins.
- **1st Grade** - Learning how to draw full body people, drawing a family picture of a special memory, and finally we will be creating family 'fish portraits' inspired by the book "Only One You" by Linda Kranz.
- **2nd Grade** - Learning about horizon line and 1 point perspective. Next, we will start printmaking using foam.
- **3rd Grade** - Examining the Mexican Aztec Sun, using chalk pastel to draw our own sun designs with radial balance.
- **4th Grade** - Finishing up our bright, colorful paintings of Alaskan animals. Next, we will be studying architecture.
- **5th Grade** - Finishing up our bright, colorful paintings of Alaskan animals. Next, we will be studying Pablo Picasso and abstract art.

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

We are so proud of our
GIRLS ON THE RUN
girls!!

They made homemade pet
treats that they donated to the
cats and dogs housed at the
Animal Control Center here in
Anchorage. Here are the recipes
they used:

Pumkin Oatmeal Dog Treats Recipe

- 1 cup pumpkin puree
- 1/4 cup peanut butter
- 2-1/2 cups rolled oats
- 1/4 cup water

1. Add Pumpkin, peanut butter, oats, and water to a large bowl and stir to combine.
2. Form mixture into 1-inch balls and roll each ball through additional oats.
3. Flatten the balls with your finger (like a thumbprint cookie).
4. Bake at 350 degrees for 5 mins on each side.

Kitty Delights Recipe

- 1 5oz can of tuna
- 1/2 cup white cornmeal
- 1/2 cup flour
- 1/2 cup water

1. Mix all ingredients together and roll into a big ball.
2. Break off pieces and roll into bite size balls.
3. Place treats onto a rimmed sheet pan and refrigerate until firm, about an hour.



Congratulations
to our
**GIRLS ON THE
RUN** girls and
their running
buddies for
participating in
the 5K
CELEBRATION
on Saturday,
November 10th,
2018.

Dear Parents/Guardians,

Ptarmigan Elementary School will be teaching the 2nd Quarter Personal Safety lessons between December 3rd-14th in the Health classes. 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.

2 nd Quarter Lessons						
Kindergarten	1 st grade	2 nd grade	3 rd grade	4 th grade	5 th grade	6 th grade
Literature <u>It's My Body</u> (Large orange book) Or <u>No Means No!</u> AND No, Go, Tell coloring page	Literature <u>Your Body Belongs to You</u>	Literature <u>Do You Have a Secret?</u>	Literature <u>The Right Touch</u>	Literature <u>Talk About Touch</u>	Literature <u>Cell Phoney</u> Or Netsmartz PowerPoint and activities	Literature <u>The Kid Trapper!</u>

If you have any questions about the content of the program or if you wish to inquire about opting out, please contact our Elem. Health Specialist, Anny Hunsucker/ hunsucker_anny@asdk12.org. Thank you for partnering with us as we continue to provide learning opportunities to improve the safety and well being of our students.



Anchorage School Board:

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