



Dear Ptarmigan Families,

Winter is finally here. The snow and cold brings new challenges for students and parents getting to school safely and on time. Let's end 2019 by achieving our goal of 80% of our students attending 90% of the days. Together we can do amazing things, so parents, we need your help!

Along with getting students to school, please ensure that students are coming with snow gear so they can enjoy recess without getting cold and wet. They go outside until the temperature reaches -10 degrees. Students will not be able to use the sledding hill if they aren't wearing all of their snow gear including; a coat, snow pants, gloves or mittens, and hat or hood. Students should also not be wearing their outside coat and boots all day. Please ensure students have shoes to change into or a sweatshirt to wear while they are in the classroom.

We are excited to announce that Student Council is back at Ptarmigan Elementary! On November 5<sup>th</sup>, students in 3<sup>rd</sup>-5<sup>th</sup> grade voted and elected their own Student Council. I was so impressed and proud of all the students that wrote and presented their speeches to our student body. You all did a great job!

Each 3-5<sup>th</sup> grade classroom also elected representatives. Congratulations to the following students that were elected to serve their classroom and also inform students in grades PK - 2<sup>nd</sup> on what is going on in our school:

Avanté Meeks, Emma Salisbury, Erin Mygmarsuren, Journey Hornbuckle, Nahliah Houston, Skyler Harris, Kali Lozano, John Horner, Gabriella Blackmer, and Jayde Vang.

We are also having our all school holiday sing along on Wednesday, December 18<sup>th</sup> at 10:00am. Parents and family members are invited to come and sing with our students and staff. There is also no school for students on December 20, 2019.

Our 2<sup>nd</sup> Quarter Awards Assembly is on January 9<sup>th</sup>. Students in grades 3-5 will have their assembly from 9:30-10:00am and K-2 students will have their assembly from 10:15-10:45am. Each classroom teacher will let you know if your student is receiving an award.

Before I close, I would like to highlight the importance of our **Free Breakfast and Lunch Program**. Student cannot truly learn if they are hungry, so please encourage your student to take a breakfast, a lunch, or both.

Enjoy your holiday break and see you on January 6, 2020 for the start of 3<sup>rd</sup> Quarter!

Kelly Ramey  
Principal Ptarmigan Elementary



~ Ptarmigan's newly elected Student Council ~

President: Merced Dickens, Vice President: Chrysanthemum Yang, Secretary: Janel Austin, and Sergeant-at-Arms: Nicholas Cunitz.

## MARK YOUR CALENDAR:

### DECEMBER

- **SCHOOL HOLIDAY SING-A-LONG:**  
@10am 12/18/2019
- **GRADE REPORTING In-Service**  
**NO SCHOOL:** 12/20/2019
- **WINTER BREAK**  
**NO SCHOOL:** 12/23/2019 - 1/3/2020

(There is no 21st Century Afterschool Program the week of 12/16-1/10)

### JANUARY

- **2nd QUARTER AWARDS ASSEMBLY:**  
(K-2nd @ 10:15am-10:45am) & (3rd-5th @ 9:30am-10:00am)  
1/9/2020
- **MARTIN LUTHER KING JR. DAY**  
**NO SCHOOL:** 1/20/2020

# Health/ SEL (Social Emotional Learning)

## December 2019 and January 2020

The holiday season can sometimes bring additional stress to families. Practicing a healthy lifestyle can build your immune system to fight off viruses, bacteria, and germs.

Head to Toe Winter Gear for outdoor recess includes:

- Warm winter hat that covers their ears
- Heavy winter coat that zips, buttons, or snaps (No thin jackets or sweatshirts for outside wear this time of year) Children need long sleeve shirts for the classrooms. Please no sleeveless shirts or shorts.
- Snow pants (especially for primary grades)
- Thick winter mittens or gloves (write their names with a permanent marker) Thin stretchy gloves do not keep their hands warm.
- Winter boots (please no rain boots, or dress boots; **they do not keep their feet and toes warm**)
- Thick socks (extra socks to keep at school for extremely cold days)

During the first two weeks of December we will be focusing on the topic of Nutrition and the Digestive system in grades K-5.

January 2020: Here's to a **"Happy and Healthy New Year!"** This is the time of year where some of us may take a look at the choices we are making for our lives. Below are some examples of New Years Resolutions for children that come to mind that encourage a healthy lifestyle:

- \* I will get 60 minutes of exercise daily.
- \* I will drink low fat milk and water, and limit soda and fruit drinks.
- \* I will always wear a helmet when bicycling, skating, snowboarding, or riding my scooter.
- \* I will wear my seat belt every time I get in a car.
- \* I'll be kind to other kids. I'll be friendly to kids who need friends – like someone who is shy, or is new to my school.
- \* I'll never give out personal information such as my name, my home address, my school name, or telephone number on the Internet.
- \* I will eat fruits and vegetables every day, and limit sugar.

Parents can discuss this with their children and assist them with some healthy suggestions.

**These are the topics being taught in January during Health class:**

- |   |                                 |   |                           |
|---|---------------------------------|---|---------------------------|
| K | Going to The Doctor and Dentist | 3 | When Bodies Have Problems |
| 1 | How I Breathe                   | 4 | No Smoking!               |
| 2 | Your Heart, Small But Strong    | 5 | Love Your Lungs           |

## Here's wishing you a Happy & Healthy 2020 New Year!

Ms. Anny Hunsucker, Health Specialist, [hunsucker\\_anny@asdk12.org](mailto:hunsucker_anny@asdk12.org)







We owe a debt of gratitude to the Mountain View Lions Club for their generous donation to Ptarmigan. Our hearts are full! Thank You!



## UPCOMING SPIRIT DAYS: MARK YOUR CALENDARS!

**December 19th:** Wear Your PJ's to school Day

**January 15th:** Nat'l Hat Day

**January 31st:** Football Jersey Day



## CREATIVE CORNER

Hello Ptarmigan families!

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

**Kindergarten** - Mixing primary colors to make secondary colors inspired by the book "Mouse Paint" by Ellen Stoll Walsh. Then, we will begin learning about patterns in art.

**1st Grade** - Creating 'fish portraits' inspired by the book "Only One You" by Linda Kranz. Then, we will begin a cut paper collage unit.

**2nd Grade** - Drawing birch trees with oil pastels: blending, smearing, and adding texture.

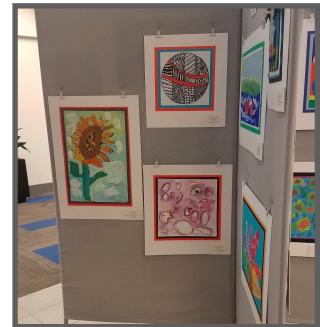
**3rd Grade** - Starting our textile weaving unit.

**4th Grade** - Sculpting clay cacti in creative pinch pots and glazing for the kiln.

**5th Grade** - Finishing up our 1 point perspective 3D shape drawings, and then we will start our textile weaving unit.



Also, here are photos from the art show hanging at the ASD Education Center until January 3rd. The art show features work by two of our own Timberwolves: Kindergartener, Hunter Goss and First grader, Jesse Shorey.



Thank you,

**Katie Winkelman, Art Teacher**

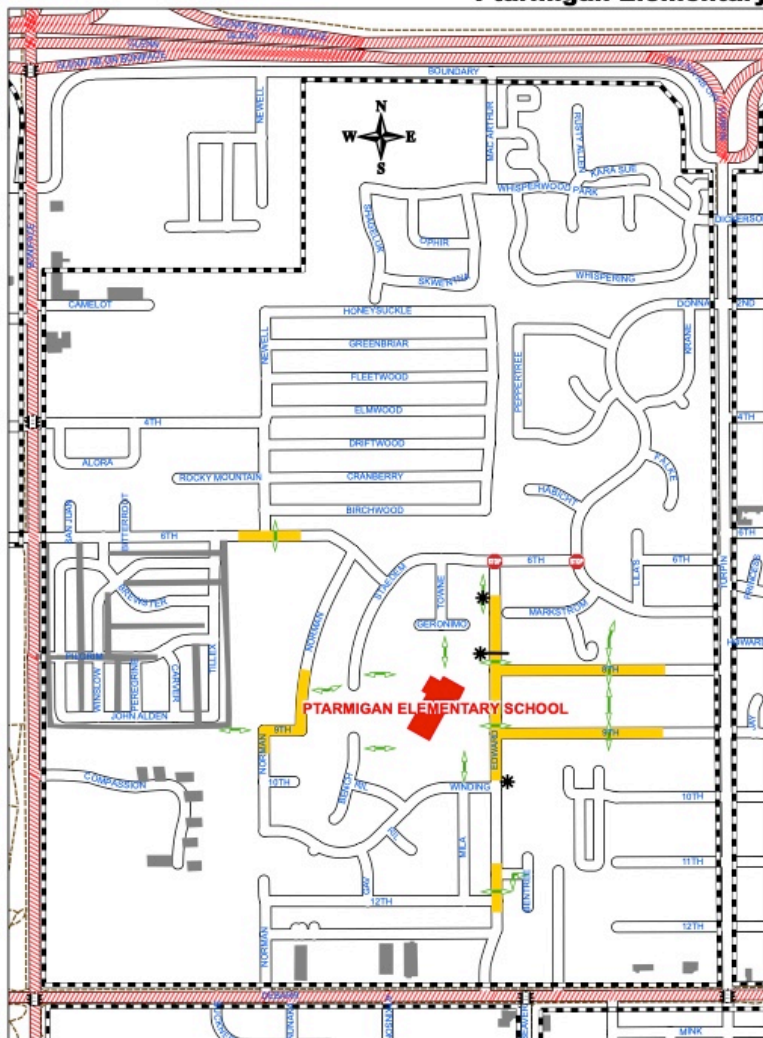
Feel free to contact me through email: [winkelman\\_katie@asdk12.org](mailto:winkelman_katie@asdk12.org)

# 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.

**Ptarmigan Elementary**



## HOW TO USE THIS MAP:

### I. WALKING ROUTES

- With your child, follow the arrows on the map and select the best route from your home to the school. Mark the route with a pencil or crayon.
  - Where no arrows are shown, all routes are considered equally safe.
  - Whenever you come to a double arrow in the roadway  your child should follow that route, as the safest available route.
  - If you come to a double arrow along side the roadway  your child should use that path or stay on that side of the street until he reaches a safer crossing.
- Whenever this symbol  has been used, your child **should NOT** be crossing the street, as the traffic conditions there are considered significantly less safe. He/she should cross these streets only at locations marked by the symbol shown at right. 
- Teach your child to follow this as the safest route, and to cross only at safer crossings shown on the map. You and your child should become familiar with the route by walking it together. Observe marked crosswalks, stop signs, traffic signals, and other traffic controls. Crossing points have been located wherever possible and should be used, even though a longer walk may sometimes be necessary.

### II. WALKING SAFETY

- Whenever there are not sidewalks, teach your child to follow safe pedestrian practice by **walking to the left side of the street, facing any oncoming traffic**.
- Teach your child to stop at the edge of the street, **look to the right, left and behind** when crossing at an intersection (pedestrians may be hit by turning cars as well as normal through traffic).
- In secluded or remote areas children are safer walking in groups of three or more. Remember, there is **safety in numbers**.

### III. SCHOOL BUS STOPS

Teach your child to follow safe walking practices to get to the bus stop. Changes in bus stop locations may possibly occur as neighborhood populations change. If so, you will be notified by the driver or your principal.

#### PEDESTRIAN SIGNALS



##### STEADY

You may begin to walk with caution in the direction of this signal.



##### FLASHING















If you are crossing the road when this signal appears you may continue to cross at a normal pace to the nearest curb or safety island. If you have not yet started to cross do NOT enter the roadway.



##### STEADY

Do NOT enter the roadway in the direction of this signal.

#### MAP LEGEND

	Recommended Walking Route: "Walk on Left Facing Traffic."		Recommended Walking Route: "Walk on This Side Only"
	Preferred Crossing		Preferred Crossing
	Underpass Crossing		Overpass Crossing
	"Do NOT Cross Here"		All-Way Stop
	School Walking Boundary		School Flasher
	Traffic Signal		Overhead Flasher
	School Zone		Railroad Tracks
	Crossing Guard		Trails



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• This year, 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), will be completed with all students in the  
• Fall (October), Winter (December) and 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 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.

• Thanks for all that you do for our Ptarmigan family!!



## *"Notes" From the Ptarmigan Music Room*

Ptarmigan students are continuing to explore all types of music. For the month of November, we spent some time learning about traditional Native American music and instruments. Morning announcements focused on Alaskan musical artists.

Fourth and Fifth graders had a blast at the Anchorage Symphony Concert. They were one of the best-behaved schools at the concert. Thanks to all the chaperones who volunteered to make the field trip a great success.



The Ptarmigan Choir performed an all-school assembly concert "Glo-Glo-Glorious" on December 13<sup>th</sup> and they also held a concert that evening at Ptarmigan that was open to the public. They memorized 7 songs that focus on all the winter holidays and songs about snow.



K-2<sup>nd</sup> graders are learning about musical form, rhythm reading and singing all types of songs.

Remember, Parents/Guardians are always welcome to come and visit the music room.

In Harmony,  
Mrs. Benton, Classroom Music Specialist



## ~ NEWS FROM NURSE BRITTANY ~

As I am sure many of you are aware, this time of year there are a lot of germs throughout our community. As a reminder, here is the school district's guidelines (taken directly from the district's website <https://www.asdk12.org/Page/5587> ) about when a child needs to be kept home from illness:

In general, children are too sick to come to school when:

- They are contagious.
- Their symptoms are serious enough to prevent them from focusing on the tasks they need to do there work

Or:

- o Does your child have a rash that is undiagnosed and could be contagious?
- o Does your child have a persistent, phlegmy cough?
- o Does your child have a stomachache accompanied by fever, vomiting, diarrhea, pain or hard belly?
- o Does your child have a sore throat with fever, headache, stomachache, or swollen glands?
- o Are your child's eyes crusty, bright red, and/or discharging yellow or green fluid?
- o Does your child have diarrhea?
- o Does your child have a fever above 101° F

If you answered yes to any of these questions, please keep your child home from school and consider seeking medical attention. Your child could have a serious or contagious illness. **Keep your child home until he or she has been symptom free for at least 24 hours or until a doctor indicates that he or she can return to school.** If children have a cold, headache, or stomachache that is not accompanied by fever, vomiting or diarrhea, he/she is welcome to come to school. If a child has a rash, it could be contagious. Please seek medical advice before allowing your child to come to school. Earaches are not contagious. Children can come to school as long as they can concentrate on their work.

## ~ News from Cafe Ptarmigan ~



### **Parents are Perfect!**

**We currently have several food service positions open at various schools throughout the district.** Substitutes are also needed in many school cafeterias to assist with preparing food, and serving breakfast & lunch to students. Hours are perfect for parents: part-time and flexible. Fill out an application at the ASD Building at 5530 East Northern Lights Blvd at the Boniface Mall or go to [www.asdk12.org](http://www.asdk12.org). For more information call Susan at 348-5185.



## Meet Yunju Myrick, our ELL Resource Tutor



Hello Ptarmigan Families,

I am so excited to be a part of the Ptarmigan family this year! I have worked as a Special Education Teacher for 6 years in the Anchorage School District at several elementary schools including Mt. Illiamna, North Star Elementary and Abbott Loop Elementary and this is my 7<sup>th</sup> year working for ASD in a new position as an ELL teacher. I am from South Korea where I graduated from college and worked as an article writer for a monthly health magazine.

I am married and have two children who also attend schools in ASD, a 5<sup>th</sup> and a 7<sup>th</sup> grader and my husband also works for ASD. I love gardening, camping, and fishing in summer and staying home and cooking lots of food for my family in winter 😊 I also love traveling to explore new places and experience diverse cultures around the world. Meeting new people, learning about new cultures and tasting new food are always fun!

I believe the diversity that our students bring to our school is valuable and I will work hard to incorporate that diversity into my lessons to help connect them to our school so that learning becomes more meaningful for our students. Please feel free to contact me if there are any question or if there is any way that I can support your child or family. Have a happy Holiday Season!



## Girls on the Run, Southcentral AK needs coaches for our Spring 2020 season!

**Who are GOTR coaches?** Girls on the Run coaches are carefully screened volunteers who participate in a one day training session, undergo a background check, and are certified in CPR and First Aid. Head Coaches are at least 21 years of age, and assistant coaches are 18 and older. They are moms, dads, grandmothers, teachers and students committed to changing the lives of young girls. GOTR coaches have experience working with youth, good communication skills, flexibility, strong organizational skills, the ability to recognize and help resolve conflict, and work in a partnership with other coaches.

**Do coaches have to be runners?** No! Anyone with a desire to work with girls of this age group, who believes in the mission of Girls on the Run, and inspires others to do the same are encouraged to coach a team!

**Can you describe a typical session?** Each session focuses on a specific issue-related topic, which is incorporated into the activities and games planned for the lesson. The coaches begin the lesson by introducing and explaining the day's topic. The girls then warm up their muscles with a brief interactive running activity or game. Then, the girls stretch and further discuss how the activity related to the topic. Next, the girls perform the workout activity, which can consist of running laps or an active game, but also integrates the topic of the day. For example, the girls may have to answer questions about the day's topic each time they complete a lap. The lesson ends with stretching, reviewing what the girls learned that day, a group cheer and a snack.

**What is the time commitment?** For 10 weeks, teams meet twice a week for 1.5 hours. Coaches are required to attend one coach training prior to season start, and participate in the Celebration 5K at the end of the season.

**How will Girls on the Run prepare me to coach a team?** At our one-day training seminar, we will go over the background and mission of the Girls on the Run program and policies and procedures. We will discuss the curriculum and role play lessons. You will leave at the end of the day with a box full of all the materials that you would need to run a full season of Girls on the Run. This support continues throughout the season as Girls on the Run staff remain an available resource for problem-solving and conflict management. We want each coach and girl to have a wonderful experience!

**Our Spring season will run the weeks of Feb 24<sup>th</sup>- May 9<sup>th</sup>, 2020**

Participating schools are located throughout Anchorage, Mat-Su and Eagle River. To sign up please go to our website at **GOTRsouthcentralak.org** or email Shaina at **coaches@gotrsouthcentralak.org**.

# Our 21st Century Afterschool Program's First Lego League Qualifying Robotics Tournament



## Anchorage School Board:

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