



JANUARY & FEBRUARY ~ 2020/2021

PTARMIGAN ELEMENTARY

Hello Ptarmigan Families,

2021 has started out with school back in session for our Preschool-2nd Grade and all Structured Learning students. Even behind the masks, I could see the smiling faces of both the students and staff happy to be back at Ptarmigan Elementary. On February 8th, we will welcome back all Ptarmigan students to in-person learning. We are still limiting visitors in the building and are following safety protocols such as wearing a mask at all times (except when eating or drinking), frequent hand washing, continuously using hand sanitizer, and keeping our classrooms separate throughout the day. As we move forward, parents will be a vital part of our doors remaining open. **If your student is not feeling well, keep them at home and contact your family doctor to get checked out.** Our school nurse is also available to answer any questions you might have.

School hours this year are from 9:30am-3:00pm. Students can arrive as early as 9:10am to eat breakfast in their classroom which is available until 9:30am. Students that arrive after 9:30am are considered tardy.

There will be no Parent Teacher Conferences like in years past. If you would like to schedule a meeting with your student's teacher, please reach out to them to schedule a phone call or zoom meeting.

Another way families can be involved in the decisions at Ptarmigan is through taking the time to

complete a survey. This survey is an important part of how we assess what we are doing as a school and district and what we can do better. Please use the following link to fill out the survey:

<https://surveys.panoramaed.com/aasb/asdfamily/surveys/v2/99692497?language=en>.

The survey is available in English, Spanish, Tagalog, Hmong, and Samoan and you can select the language in the upper left corner upon entering the survey. The survey is open until March 22nd.

There is **no school** for students on **Monday, February 15th** because of President's Day holiday and on **Friday, February 26th** because it is a Canvas workday. Students are to stay at home and are expected to log into Canvas to complete their posted activities for attendance on this day.

In closing, attendance is important in helping your student recover from the losses they may have experienced from distance learning. Again, when they are healthy, they need to be in school ALL DAY! Remember, help your student be a H.E.R.O.! (**H**ere, **E**very day, **R**eady, and **O**n Time).

Sincerely,

Kelly Ramey

Principal Ptarmigan Elementary

MARK YOUR CALENDAR:

FEBRUARY

- **3rd-5th Grade Return to In-Person Learning:** 2/8/2021
- **President's Day Holiday NO SCHOOL:** 2/15/2021
- **NO SCHOOL:** 2/26/2021
Canvas Workday from Home



MARCH

- **GRADE REPORTING IN-Service/ NO SCHOOL:** 3/5/2021
- **SPRING BREAK- NO SCHOOL:** 3/8/2021 - 3/12/2021
- **QUARTER 4 BEGINS-** 3/15/2021
- **SPRING PICTURES:** 3/23/2021
Subject to Change

COVID-19 Testing Sites at select ASD schools

Testing times are 8 a.m. through 7 p.m.

Date	Location
Monday, February 1	Williwaw Elementary School
Friday, February 5	Central Middle School
Saturday, February 6	Ptarmagin Elementary School
Monday, February 8	Taku Elementary School
Friday, February 12	Creekside Park Elementary School
Saturday, February 13	Airport Heights Elementary School
Monday, February 15	Lake Hood Elementary School
Friday, February 19	Northwood Elementary School
Saturday, February 20	Nunaka Valley Elementary School
Monday, February 22	Willow Crest Elementary School
Friday, February 26	Wonder Park Elementary School
Saturday, February 27	Alaska Native Cultural Charter School

~NEWS From Nurse Brittany~

Welcome back to our 3rd, 4th and 5th graders!

Just a few things to remind parents about:

1. If your student is sick, please do not send them to school. Any symptom that is on the COVID symptom list has to be treated as if it is COVID until proven otherwise. Please call the office and let them know your child is ill.
2. If someone your child has been around has tested positive for COVID, please do not send your child to school. Call the school nurse for help in determining whether or not your child is a close contact before sending your child to school.
3. If your child has COVID symptoms or is sent home for COVID symptoms, 1 of 3 things need to happen before your child can return to school:
 1. a negative COVID test
 2. a doctor's note stating the illness is not from COVID
 3. 10 days home isolation

The district has set up several testing locations at different schools to help make testing easier. Those locations can be found on the district website or by calling the school nurse.

I want to thank all the parents for the sacrifices they have made in keeping their child home who have even minor symptoms. This is a challenging school year but with everyone's cooperation, we will make it through. Thank You!

Nurse Brittany Bretz BSN, RN, NCSN Ptarmagin Elementary School Nurse PH: (907) 742-0417

FOLLOW THE 3 W'S

WEAR

WEAR YOUR FACE MASK AT ALL TIMES

- When you're with others
- Unless an adult says you don't need to
- Only use your mask
- Inside and outside
- Except when eating or drinking

WEAR IT OVER YOUR NOSE AND MOUTH

- Keep your hands away from your mask and face





WASH

WASH YOUR HANDS

- Wash for 20 seconds
- Before/after eating
- If you sneeze, cough or touch your face
- When you arrive at a new place
- After using the restroom

WASH YOUR TABLES AND SUPPLIES

- Wash tables and work areas after using them
- Wash any supplies you use that others might touch

WATCH

WATCH YOUR SPACE

- Use Airplane Arms
- Keep 3-6 feet away from others
- Greet without touching

WATCH YOUR SUPPLIES

- Use only your supplies
- Kindly remind others
- Eat only your food



3-6 feet

#KeepASDSymptomFree

#MaskUpAlaska





Health/SEL (Social Emotional Learning)

Next week: K-3rd Grade AND 4th-5th Grade will be discussing Winter Safety:

- proper winter clothing
- reflective gear for dark conditions
- safe places to play in the snow

In 2 weeks: K-3rd Grade will be discussing injury prevention:

- safe habits for avoiding common hazards
- taking the right action steps for emergencies
- good habits for avoiding fights and arguments using conflict resolution

In 2 weeks: 4th-5th Grade will also be discussing Injury Prevention:

- review different safety hazards and the injuries that might result
- fire safety procedures for injury prevention
- be responsible by taking time analyze risks to prevent injury

Jamie Wolfe

Health Specialist for Ptarmigan/Orion Elementary



"Notes" From the Ptarmigan Music Room.



Ah, the sound of children singing and the energy of children back at school. I missed it so much. I cried the first time I heard students sing back to me "Goodbye, Mrs. Benton". We are so lucky here at Ptarmigan that Mrs. Ramey worked hard to set up a schedule which includes live music classes in your student's learning during this pandemic. My hope is that even with all the adjustments and the shortened schedule we can continue to do so.

Kindergarten through 2nd grade students have been continuing their work with rhythm and movement to music. They have also been playing sounds on cups and environmental instruments. It's amazing the sounds you can get out of a plastic cup. Even the third, fourth and fifth graders have been practicing "cup routines" to music. The music of the Civil Rights era has been a focus for January and in February we will continue to learn about spirituals and the instruments of the orchestra.

Continue to share the oral traditions of your cultures with your children. Simple songs from your youth are a great way to connect to your heritage. Share it with your children. Ask your child to sing "This Little Light of Mine" this month. Listen as they share what "light" inside them makes them special and unique. All our Ptarmigan students have so many talents.

In Harmony, Mrs. Benton Classroom Music Specialist



2021 PEAKS State Assessment

Each spring, Alaskan students are provided an opportunity to show what they know. When students show what they know, teachers and parents can partner to promote student success.

The Performance Evaluation for Alaska's Schools (PEAKS) is Alaska's summative assessment administered to students in Grades 3-9 (English language arts and mathematics) and grades 5, 8 and 10 (science) each spring. The purpose of a large-scale, summative assessment is to provide parents and schools an overall picture of a student's progress in meeting the Alaska standards at his/her grade level. The assessment is taken on the computer and is not timed, but each content area takes approximately 100-180 minutes.

Parents can locate resources for the PEAKS assessment, including directions for PEAKS Practice tests, called Online Tools Training and PEAKS Tutorials on the ASD website at www.asdk12.org/PEAKS.

The ASD PEAKS testing window below allows for school assessment scheduling flexibility. Students! Get ready to show what you know during our school's PEAKS testing dates of March 29-April 30, 2021. A more detailed schedule will be published by your child's teacher so parents can avoid scheduling appointments on those days.

Parents please help your child do their best by ensuring they are well rested, eat a nutritious breakfast, and are at school on time for the days of their testing.

If you have questions, please contact your child's teacher.

Thanks, Principal Kelly Ramey

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
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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www.healthyfuturesak.org

-Positively PE-

We're going to start(attempt) the Spring 2021 Healthy Futures Challenge. It goes from February through April. Students fill out a monthly physical activity log and turn it into me at the end of each month. I then enter the names into the Healthy Futures database. Students are eligible for monthly prizes (must meet requirement of 60 minutes a day for at least 15 days out of the month) and for the grand prize (if they turn in all 3 months of logs & meet the 60 minutes a day and 15 days out of the month requirement). PE and recess time counts towards the 60 minutes of physical activity in a day.

<https://healthyfuturesak.org/the-challenge/elementary-schools/>

Stay safe, stay healthy,

Chad Garner

Ptarmigan Elementary P.E. Teacher



Virtual Event

for promoting literacy, language, and emotional development

Wednesday, February 10

6:30 – 7:30 p.m. or

Thursday, February 11

11 a.m. – 12 p.m.

COUNTDOWN TO KINDERGARTEN



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



Big Brothers Big Sisters
of Alaska

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.