



MARCH ~ 2021/2022 PTARMIGAN ELEMENTARY

Hello Ptarmigan Families,

It is amazing to realize that Spring Break is just around the corner, along with the start of the 4th quarter. March 4th – 11th there is no school and the 4th Quarter will begin on March 14th.

The health and safety of our students continues to be our priority so students can be in school learning. When your student is not feeling well, please keep them home. Also, starting February 28th, parents/guardians will be able to choose if they want their student(s) to wear a mask while at school. Masks will be optional for students as well as staff. If you would like your student(s) to continue to wear a mask while at school, please have them come to school with a mask as well as back-up masks if possible.

Also, it would be helpful if our families would complete the family survey. The survey is open now and closes March 25th and takes about 20 minutes to complete. Please use the following link to share how Ptarmigan Elementary is doing: <https://surveys.panoramaed.com/aasb/asdfamily/surveys?language=en>. The survey is offered in 5 languages. The button to change the language can be found in the upper left hand side of the page.

Our second family engagement event is March 3rd from 6:00pm-7:00pm. Our focus for this evening is Healthy Habits and how they positively impact academics. Our wonderful staff will be leading activities on healthy family activities. **The majority of this evening will be spent outside, so come dressed warmly.**

Our 3rd quarter assembly will be held on March 15th via Zoom. PK-2nd grade will 1:30pm and 3rd -5th grade at 2:30pm. Classroom teachers will let you know if your student will be receiving an award.

Meeting ID : 983 8791 4759

Passcode Award

Invite Link : [https://asdk12.zoom.us/j/98387914759?](https://asdk12.zoom.us/j/98387914759?pwd=TTluR2pWZ0piRUJJudnp0eGN0QzhhUT09)

[pwd=TTluR2pWZ0piRUJJudnp0eGN0QzhhUT09](https://asdk12.zoom.us/j/98387914759?pwd=TTluR2pWZ0piRUJJudnp0eGN0QzhhUT09).

Students in grades 3-5th will be completing our state assessment, AKSTAR. Classroom teachers will communicate when students will test in Reading, Math, and Science. Only 5th graders will take all three. If your student will be absent for a long period of time at the end of March or April, please let the office know, so we can plan for make-up sessions that support our COVID-mitigation plan.

Finally, just a reminder that even though it is getting lighter and a bit warmer, students still need to be dressed appropriately for recess. We still have lots of snow on the ground, so every student needs to wear a coat, boots, snow pants, gloves, and hats. Students go outside for recess every day, unless it is below -10 (or there is a moose on the playground). When it starts melting, our staff will try to keep them out of the puddles, but they still might get wet. Students may want to keep an extra pair of dry socks or pants in their backpacks just in case.

Mrs. Kelly Ramey
Ptarmigan Elementary Principal

MARK YOUR CALENDAR:

MARCH

- **FAMILY NIGHT (6pm-7pm):** 3/3/2022
- **TEACHER IN-SERVICE
NO SCHOOL:** 3/4/2022
- **SPRING BREAK:** 3/7/2022 - 3/11/2022
- **Q3 AWARDS ASSEMBLY via ZOOM:**
(PK-2nd@1:30pm & 3rd-5th@2:30pm) 3/15/2022



Hello from the Art Room! During art class, we do a mix of open studio, creative challenges, and teacher-led demos. What does this look like? During teacher led demos, I show a variety of techniques for students to practice. The students practice these methods during the project. During open studio, students use these approaches to create a project of their choice. Creative challenges focus on strengthening creativity and problem solving. They are a lot of fun! Here is one to try with your family:

SCRIBBLE CHALLENGE

Each person will make one scribble on paper. (Crayon, Marker, Pencil, any medium you choose) Pass your scribble to someone else and exchange. Here is the challenge: with that new scribble, transfer it into a drawing! If you are having trouble coming up what to transform the scribble into, turn the paper in different directions to see if that sparks an idea. Need additional help? Check out this video (they create a scribble with their foot!): <https://www.youtube.com/watch?v=FAGQ36kd6uQ>

Youth Art Month

During the month of March, The Anchorage Art Museum, Loussac & Muldoon Libraries, 5th Ave Mall, and City Hall will be hosting Youth Art Month. Artwork created by students in the Anchorage School District will be displayed in each of their buildings. The kickoff event will be March 4th and the artwork will be displayed all month. Five students from Ptarmigan will have their artwork included! Congratulations to Salena Xiong, Clairabelle Vue, and Alanys Ventura Cruz as well as former Ptarmigan students Jeremiah Johnson and Joaquin Audette for having their artwork chosen. I hope you take time to visit the exhibits, it is a wonderful display!

Cheers!

Ms. Walker
Ptarmigan Art Teacher

Ptarmigan Healthy Habits Family Night



Healthy Habits

Celebrate the beginning of Spring Break by joining us for a Title I/21st CCLC family fun night led by our wonderful specialists and focusing on educational, engaging, and healthy family activities!

When?

Thursday, March 3rd, 2022: 6:00-7:00 PM

Where?

OUTSIDE, weather permitting, on/around Ptarmigan's field
(please enter through the main doors so attendance can be taken)

Who is invited?

All Ptarmigan families! Students must be accompanied an adult.

Will there be food/drinks/prizes?

Yes! A hot drink and sweet treat will be provided.

Participating students will be included in a raffle for prizes.





"Notes" From the Ptarmigan Music Room



Get out your dancing shoes and get ready to learn some fun steps at the Family Night on Thursday, March 3rd from 6pm-7pm. I will be running a folk dancing station in the gym. For the next couple of weeks Ptarmigan students will be learning folk dances to share.

Ptarmigan fourth and fifth graders will begin a unit on playing the recorder starting after Spring Break. The recorder helps students prepare for more complex instruments in 6th grade band and orchestra. It is also a great instrument for introducing how to read music on the treble clef staff. I have classroom sets and each student will have one assigned to them for this unit. Each will be kept in their own bag and stored in-between classes.

COVID Mitigation:

1. Students use hand sanitizer before entering the music classroom.
2. Mask will be worn according to ASD guidelines when the recorder is not being played.
3. Students will have assigned spots while we are playing recorder.
4. Students are encouraged to purchase their own recorder if they do not want to use a school recorder. Students will have a school recorder assigned to them if they do not purchase their own. Recorders will not be shared during our unit.

I highly **encourage** each student to purchase their own recorder so they can practice at home. You can purchase them at:

Music Man
4637 Old Seward Hwy
Anchorage, AK 99503

or

Horn Doctor
1000 Ingra Street
Anchorage, AK 99501

or

Amazon.com

*Please do not buy toy recorders for your child. These do not tune well and will not give your child the proper sound.

Thank you for encouraging and supporting the music program at Ptarmigan Elementary School. Hope to see you all at the Family Night on March 3rd.

In Harmony, Mrs. Benton Classroom Music Specialist



**A HUGE THANK YOU GOES OUT TO THE
ANCHORAGE GATEWAY ROTARY CLUB FOR
DONATING REFLECTORS TO OUR SCHOOL
THAT FEATURE OUR PTARMIGAN
TIMBERWOLF LOGO! ~THANK YOU!**

MEET PTARMIGAN'S NEW SCHOOL NURSE

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I moved to Alaska with my husband 1-1/2 years ago from Littleton, Colorado. I was born and raised in Colorado but felt ready for a change, so I decided to start a life in my favorite vacation location: Alaska! When I am not working as a nurse, I am out with my new puppy and husband hiking, camping, and just soaking up every minute of this amazing place we get to call home. I love spending time with family, friends, and the outdoors. Some of my favorite trips so far have been to Homer, Seward, and Talkeetna.

I knew I wanted to work in nursing after several years of experience as an EMT in Denver. After graduating, I worked bedside nursing in the hospital for a time and learned a lot! But after growing up as a nanny, I missed working with kids. I love seeing these kids grow and learn every day. My main goal is to keep students happy, healthy, and in school while hopefully instilling healthy habits that they can carry with them as they grow. Even after a few short months of working at Ptarmigan, I know that this is my passion and can't wait to continue working beside these young learners.

I am always here to answer any questions you may have and will be happy to point you in the right direction if I do not have a solution. I am always an advocate for your child and the idea that there are no silly questions because we are all still learning every day.

My hope is that students, staff, and families feel that their health and success are well-advocated for.

~NEWS FROM NURSE JESSIKA~



- It is still very chilly out! Please make sure children are coming to school in snow pants/ coats/hats/gloves/boots/etc. Students are still going outside with temperatures down to -10 degrees.
- Please **always keep students home if they have fevers or are taking medications to reduce a fever** as this means they are able to spread illness to other students (even with the help of fever-reducing medications). Please let us know if/when students are absent due to illness.
- Please **forward all COVID tests to hartman_jessika@asdk12.org**; it is very important that I know who has/has not had COVID within the last three months due to changing ASD policies regarding symptoms after having tested positive for COVID
 - Students who have tested positive for COVID and completed their isolation are likely to have some lingering symptoms in the following days. For these students, ASD is currently **not** recommending we re-test for COVID for the following **3 months** as the chances of contracting the virus again are very low. If symptoms arise post-COVID please:
 - Make sure I am aware that your student has had COVID (email test results)
 - Keep me updated on symptoms—as long as they are mild and fever-free, I can help manage those symptoms here

- ASD still asks that **students who are absent/sent home due to illness do one of the following:**

1. Receive a lab-confirmed, molecular-based negative test (PCR test) (and please forward me those results to hartman_jessika@asdk12.org) and symptoms are resolving and 24-hour fever free without help from a medication.

-I can do this at school if your student is registered through Beechtree Labs (link below). If you've registered them anytime prior, you do not need to do it again, just call me to do the test as a drive thru.

<https://beechtree.rymedi.com/#/registration-form?irbuuid=bdfc13af-f77b-4778-b666->

[feaa965a1360](https://beechtree.rymedi.com/#/registration-form?irbuuid=bdfc13af-f77b-4778-b666-feaa965a1360) If there are any questions while filling this out, please give me a call/email and I can help walk you through any tricky parts)

*** ASD is still not accepting antigen tests or at-home tests.**

2. Obtain a doctor note that states that the symptoms are not COVID-related

3. Isolate for 5 days from the start of symptoms (can return to school on Day 6 if symptoms are resolving and 24-hour fever free without medications).

Jessika Hartman, RN Ptarmigan School Nurse PH: 742-0417

~ Health / Social Emotional Learning ~

For the month of March, students will be learning about diseases and How to Say No to Drugs!

During the disease unit, students will learn all about what it means to be sick, how germs cause sickness, and how to do our best to stay as healthy as possible and not share our germs! The older grades will learn what makes up our blood; antigens and pathogens, platelets, etc. Activities that parents could do with students at home during their disease unit: talk about washing hands, healthy activities, doctor checkups, covering coughs and sneezes, and other healthy habits!

During our Say No to Drugs unit, students will learn about medicine and medicine safety, dangerous activities like smoking and drinking, and the connection between peer pressure and unsafe decisions! Activities that parents could do with students at home during the Say No to Drugs unit: talk about ways to say "no" when they feel pressured to do something wrong or unsafe, explain how medicines can help when given as prescribed and to never share medicine, build your child's self-esteem, encourage creative and/or helpful activities, and surround your child with positive role models!

Jamie Wolfe
Health Specialist Teacher
Ptarmigan/Baxter Elementary



Family Survey:

Ptarmigan Elementary values input from our families. We ask each family to complete one survey before March 4, 2022. If you have more than one child attending Ptarmigan, you only need to complete it once. If you have students at other schools, please also consider filling out another survey for that school. The family survey can be found by clicking on the following link:

<https://surveys.panoramaed.com/aasb/asdfamily>

We look forward to hearing about how we can improve the education your student receives.



**WE'RE ON
FACEBOOK!!**

CLICK HERE:
Ptarmigan Facebook



**VIEW PICTURES
FROM SCHOOL
EVENTS AND HAVE
ACCESS TO
MONTHLY
NEWSLETTERS!**

**RECEIVE UP-TO-
DATE
NOTIFICATIONS!**



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