

GIRDWOOD NEWS

GIRDWOOD K-8 SCHOOL

P.O. BOX 189 GIRDWOOD, AK 99587

(907)742-5300

Happy Holidays, Families of Girdwood School,

We are nearing the half-way point of the school year and are ready for our seasonal celebrations, rest and remembrances. Winter is back with the cold and snow. Please remember to send your student to school with the proper winter gear each day. We will be conducting our evacuation (fire) and ALICE drills once we return from the winter break, which will require students to leave the school and walk through the snow.

As most of you are aware, our school fared well during the recent earthquake. Our students, staff and families maintained composure and worked intentionally to reconnect students with their families. Thank you for your patience during the emergency.

Our Middle School Debate team recently won the JV Debate Championship held at UAA on Saturday, December 15. There were twenty-one teams from seven ASD middle schools. Girdwood had two three-person teams who debated the topics of Universal Basic Income, School Uniforms and Standardized Testing. Two Girdwood students also ranked in the top twenty out of over sixty individual students competing.

Our Primary Performance will be this Wednesday, December 19, at 6:30 pm in the school commons. Students in kindergarten through third grade, with the leadership of Mrs. Wells, will be singing some of your favorite seasonal music. Please stop by the school and support our young singers.

When we return to school on January 7, 2019, students in grades 6-8 grade will have the opportunity to join our middle school cross country skiing team or our middle school boys basketball team. The first XC ski practice is Tuesday, January 8, while the first basketball practice is Monday, January 14. We are happy to share that our school ski program will return towards the end of January. This year, with the wonderful support of Alyeska Resort, we will be changing from a Thursday to a Friday ski day.

Lastly, teacher and principal evaluations are available to the public. Please consider going to <https://www.asdk12.org/Page/7965> and completing a teacher and/or principal evaluation.

Kind regards,

Erik Viste
Principal

Upcoming Events

- 12/19 PTA Meeting 3:15-4pm
- 12/19 Middle School Raffle Drawing 6:30 pm
- 12/19 Primary Holiday Show 6:30 pm
- 12/20 Student Government School Spirit Day
"Wear the Bear"
- 12/20 Staff vs. Student Volleyball Game 1:30 pm
- 12/21 No School for Students—Inservice
Day End of 2nd Quarter
- 12/23-1/6 Winter Break
- 1/15 School Store
- 1/16 Coast Pizza Fundraiser for Girdwood School
- 1/21 Martin Luther King Jr. Day—No School
- 1/29 School Store



Anchorage School Board

Starr Marsett, president
Deena Mitchell, vice president
Elisa Snelling, treasurer
Alisha Hilde, clerk
Dave Donley
Andy Holleman
Mark Foster

Superintendent
Dr. Deena Bishop



Box Tops for Education

We are continuing to collect **General Mills Box Tops For Education**. Mrs. Bethanie, in the office, will be collecting the Box Tops and keeping track of which class collects the most. The class that brings in the most Box Tops by the end of April will win a root beer float party. For each Box Top a student brings in, Girdwood K-8 School receives ten cents. We use the money for Grizzly Buck supplies, and other miscellaneous items, so please continue to cut out those Box Tops and send them in. They can be found on boxes of cereal, Ziplock baggies, Progresso soup cans, and many other items in your pantry. Currently, the 3rd Grade is in the lead for the root beer float party!!



Girdwood K-8 and the Girdwood PTA are on Facebook. Please check our pages out and "**LIKE**" us! We will be posting frequently and our pages will have the latest school information.



TEXT MESSAGES

Sign Up and receive text messages from ASD regarding school closures and late busses. You must opt in. They are not automatic. Visit ASD's website to learn more about receiving text messages:
<http://www.asdk12.org/textupdates>.



Girdwood School Parents:

Glacier Valley Transit is providing an after school activities service at The Girdwood School. The GVT bus will stop at the Girdwood School Mondays through Fridays, at 4:40 pm heading toward Alyeska Resort and looping back toward the Seward Highway.

There is no charge for this service. For more information about Glacier Valley Transit and for current bus stops and schedules please visit www.glaciervalleytransit.com or contact Sam Marshall, Operations Manager, at 907-382-9908.

Big Brothers Big Sisters Drop-Off Bin

For those of you who don't know, Big Brothers Big Sisters of Alaska has provided Girdwood with an additional donation drop-off box. This bin is located in the over-flow parking lot on the right hand side of Hightower Road, before you get to the school. Please donate gently used clothes, shoes, and cloth items only. To donate household items, please call Big Brothers Big Sisters at 563-1997 to set up a time for pick up. This service is provided for free by Big Brothers Big Sisters. These donated items are used to stock local Value Village locations and the proceeds of the items are given to Big Brothers Big Sisters of Alaska in order to help them reach their yearly goal of serving 2,000 children across Alaska.



Sign up for FVCS Classes!

Four Valleys Community Schools has classes going on now for community members of all ages and they are constantly rolling out new ones. If you feel unable to take any of our classes due to class costs, please contact Catherine at cmcdermott@fourvalleys.org or by phone at 907.742.5317. We have financial aid, scholarships, and payment plans available.



We would like to shout out a big THANK YOU to Subway and the Ice Cream Shop, Girdwood K-8's school business partners! If you know of anyone else who would like to be our partner, please let us know.



Dear Parents,

School Ski Days are just around the corner. **Girdwood staff and Alyeska Resort have moved School Ski Days to Fridays this year!** This is a trail year. We are hoping it works well for our school and for the resort.



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School ski days are:

January 25

February 1

February 8

February 15

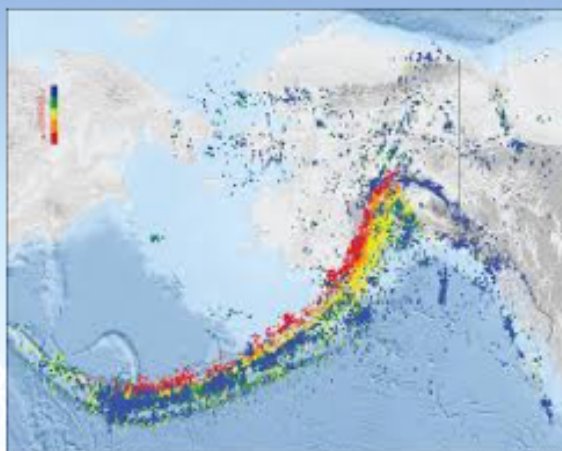
March 1

March 7 (Thursday)

March 29 (make up) if needed

Pray for Snow!

Emergency Preparedness: Earthquakes!



Students in school during the earthquake on Friday, 11/30 did an excellent job of doing exactly what they were supposed to during an earthquake. They dropped, covered under desks and held on. Did you feel prepared at home? Did you know the safest places to go?

According to the Alaska Earthquake Information Center you should do the same thing at home: drop, cover, and hold. Go under a sturdy piece of furniture and hold on so that you can move with the furniture if needed. Stay away from windows, heavy wall hangings, and furniture or appliances that could fall.

Contrary to what some people have learned it is not a good idea to run outside during an earthquake. You may be struck by projectiles or fall and be injured on your way. Doorways have also been previously recommended as safe places to stand during an earthquake but this is not the best option. You are not protected from falling or flying objects and doors can slam shut causing injury.

Consider in your recovery that children are highly influenced by the emotional state of their caregivers and that exposure to media can further traumatize children and adults. We hope that you, your family and home are recovering well and feel ready for the next earthquake.

Have a Wonderful Winter Break: Full of Laughter

We hope you have a wonderful winter break creating memories with your families and friends. Hopefully your days will include some laughter! Did you know how healthy laughter is? Generally it is believed that laughter reduces stress, reduces pain and improves healing. We know that while you are laughing your heart rate, respiratory rate and depth, and oxygen consumption increases. After laughing your heart rate, respiratory rate, and blood pressure decrease. Exactly how laughter effects stress hormones like cortisol, or immune function is not known but we know that when laughter is incorporated health outcomes are improved. Just like you should eat your fruits and veggies, get enough sleep and exercise, be sure that you laugh every day too!

Warm Wishes,

Nurse Raquel and Nurse Summer