Dear Sand Lake Families,

I would like to start this newsletter with a big thank you. Our participation rate for Parent Teacher Conferences was above 90%! Conferences are an important part of what we do, and working together great things will happen at Sand Lake Elementary. Now that conferences are over, please remember to check Q for updated progress summaries for your children.

Third quarter conferences will happen in February, but please do not wait for the next round of conferences to ask your child’s teacher a question about what is happening here at school. We need you to be involved.

One of our school goals is to have 90% attendance every day of the year, and During the month of October, 86.6% of our students had 90% attendance. This is a bit of a slip from September, but I’m confident we can reach 90% for November. We do need your help with students showing up tardy. Students that are late miss instructions they need to be successful throughout the course of the day. We want each of our students here every day, and ready to go at 9:00 a.m. Again, with your help we can make this happen.

Now that it is much darker during the morning commute to school, please make sure your children have something reflective on their winter gear whether they are walking to school or waiting at the bus stop. Jewel Lake road is very dark from 86th to Strawberry Rd, if your child is walking along this road please make sure they understand to only cross the road at the crosswalks at Strawberry Rd and Jewel Lake. We have staff at this intersection from 8:40 am until 9 am every morning to help students cross the road.

Finally, just a reminder about our pick-up/drop off area, this is a cellphone free zone, and the speed limit should not exceed 5 mph.

Sincerely,
Linson Thompson
Principal, Sand Lake Elementary

Important Dates
- 11/11 In Service Day - No School
- 11/12 PTSA/TNK meeting 6:30 (Library)
- 11/28-29 Thanksgiving Break – No School
- 12/2-19 MAP Testing Window
- 12/19 Last day for students
- 12/20 No School – Grading Day
- 12/23-1/3 Winter Break – No School

Anchorage School Board
Starr Marsett-President
Andy Holleman
Deena Mitchell
Alisha Hilde
Dave Donley
Margo Bellamy
Elisa Vakalis
No School

Monday, November 11th

HAPPY THANKSGIVING

No School November 28th and 29th.
News:
Bookmark Contest~ Our theme this year is **Blast Off @ your Library**
See the attached bookmark template; let your creativity run wild.
Bookmarks are due by 12/6/2019.

Our Scholastic Book Fair was a huge success! 🌞
A big Sand Lake Thank You to the following volunteers who made it happen;
Victoria Cobo, Haydee Lopez, Erin Webb, Vicki Hui-Ting Tu, Melanie O'Rourke,
Valerie McKay, Kehle Middleton, and Jen!

**Open Library Times:**
Monday 3:00pm — 3:30pm & Tuesdays 9:05am — 9:30 am

Questions/Concerns
Please stop by the library anytime to talk with me!

Mr. Waters
Sand Lake Teacher Librarian
Waters_marty@asdk12.org
Your design should reflect the theme: **Blast Off @ your library**
Entries are due: **12/6/2019**

Make your bookmark colorful, outline in fine point black marker, official size is 7” X 2-3/4”, put your name, grade and school name on the back! Include the Theme and @your library on your bookmark.
Rock Your Mocs !!
Friday, November 15th, 2019
“Just rock ‘em!!”

We invite everyone at Sand Lake to join in the worldwide celebration for Alaska Native/American Indian Heritage Month.

Wear your moccasins, mukluks, kuspuk or wear the color Turquoise Blue to show support.
Dear Sand Lake Parents,

Your child’s Health teacher, Mrs. Engle, will be teaching the 2nd Quarter Personal Safety lessons between November 18 and December 2, 2019 during 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.

2nd Quarter lessons center upon children’s books selected by the District on the topic of personal safety. Here are the titles for the different grade levels:

Kindergarten:  No Means No! by Jayneen Sanders
First Grade:  Your Body Belongs To You, by Cornelia Spelman
Second Grade:  Do You Have a Secret? by Jennifer Moore-Mallinos
Third Grade:  The Right Touch, by Sandy Kleven
Fourth Grade:  Talk About Touch, by Sandy Kleven
Fifth Grade:  Cell Phoney, by Julia Cook
Sixth Grade:  The Kid Trapper, by Julia Cook

If you have any questions about the content of the program or if you wish to inquire about opting out, please contact our Health Specialist, Valerie Engle, engle_valerie@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.
Thank you for supporting Sand Lake Elementary at the Book Fair

We sold over $4800 in books, earning over $1200 for our school!
Sand Lake PTSA
Presents
Dine to Donate
At
Texas Roadhouse
9001 Old Seward Hwy

Join us for dinner on
November 19
4:00-10:00pm

Bring this flyer or mention
Sand Lake Elementary to your server
and we will earn 10% profit!
And the winner is...

CONGRATULATIONS TO 1ST GRADE FOR WINNING A POPCORN PARTY!!

THANKS FOR CLIPPING BOX TOPS!
SAND LAKE PTSA WANTS TO THANK YOU VERY MUCH FOR ALL OF THE VOLUNTEERS AND FAMILIES WHO CAME OUT OR DONATED FOR THE FALL CARNIVAL
2020 Chitose Outbound Exchange Group will be selling

**Turkey Grams**

November 15th—22nd before and after school

Look for the sale table at 4 corners

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**WHY:** to show how thankful you are for a student, teacher, administrator or other school staff member and make them feel special!

**COST:** $1.00 per Turkey Gram includes a candy treat

**DELIVERY:** Turkey Grams will be delivered by Wednesday. November 27th
Candlelight Vigil for Youth Experiencing Homelessness

Join us to honor the thousands of youth who have entered the doors of Covenant House Alaska. We look forward to seeing you at this open community event. Come support our mission by shining a light on our young people and providing hope in our community.

Thursday, November 21st
5:30 pm
F Street
Between 6th and 7th Ave.

Reception to follow inside Williwaw

For more information: contact Holly Lee, Special Events Coordinator
hlee@covenanthouseak.org

The Anchorage School District does not endorse these materials or the viewpoints expressed in them.
Save the Date: Anchorage School District Substitute Teacher Open House

Anchorage School District is hiring Substitute Teachers. Are you interested in teaching for ASD but not sure what grade level or school is best for you? Are you recently retired and want to try something new? Or are you a recently retired teacher that misses working with students? Consider applying to be a Substitute Teacher at ASD.

**ASD Substitute Teachers:**

- Work a flexible schedule during the school year with summers off.
- Have options to work in different schools and grade levels.
- Are provided with lesson plans, tools, and support.
- Receive $150 payment for a full day of substitute teaching.

For more information or if you are interested in applying to be a substitute teacher, contact:

**ASD Talent Management Department**

907-742-4264

Or apply online at

www.asdk12.org/workforasd

The Anchorage School District is an Equal Opportunity Employer.
Healthy Serving Ideas
- Instead of potato chips, peel and slice raw sweet potatoes and serve with a fat free dip for a healthy snack.
- Dip strips of sweet potatoes in egg substitute and bake on a lightly oiled pan at 42S F for 25-30 minutes to make sweet potato fries.
- Bake sliced sweet potatoes with apples and cinnamon for a hot dessert.

SWEET POTATO HASH
Makes 6 servings, 1 cup per serving. Cook time: 40 minutes

Ingredients:
\( \frac{3}{4} \) cup vegetable oil
2 cups frozen or fresh chopped bell peppers and onions
2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
1 teaspoon cumin
1 teaspoon salt
1 teaspoon red pepper flakes

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Nutrition information per serving:
Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

How Much Do I Need?
- A ½ cup of sweet potatoes is about one cupped handful.
- A ½ cup of sweet potatoes is an excellent source of vitamin A and vitamin C. It is also a good source of fiber, vitamin B₆, and potassium.
- Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.

It is important to eat a variety of colorful fruits and vegetables every day to get the nutrients you need to be healthy. The amount each person needs depends on age, gender, and physical activity level (see chart below). Fruits and vegetables are just two of the six food groups you should eat every day. To learn about the other food groups, visit www.mypyramid.gov.

Let’s Get Physical!
- Challenge your kids to a basketball or soccer game. After playing outside, make Sweet Potato Hash together.
- If your family must stay inside, be active by dancing to music or doing sit-ups during TV commercial breaks.
- Ask your child to help you clean and do chores like dusting or sweeping.

For more ideas, visit www.foodlinkny.org/pdfs/Physical_Activity_Ideas_for_Kids.pdf
Anchorage School District
Mobile App
Connect with your child’s school through our mobile app.

The ASD mobile app allows parents and families to stay connected in real time.

- Student academic performance
- School calendars
- Account balances and lunch menus
- Timely updates and push notifications
- News, photos and more

Pick your schools and stay connected!

**Step 1:**
Download the app from the App Store or Google Play

**Step 2:**
*For parents/guardians*

Click “Student Info” and login using the email associated with your Q.ParenConnection account. Your app password was sent to that email, if you lost it or haven’t received it, click “Forgot Password” in the app.

Learn more at www.asdk12.org/mobileapp
Anchorage School Board

Strategic Planning
Community Forums

The Anchorage School Board invites anyone with a stake in the educational success of our children to participate in one of four community forums about the future goals and direction of the Anchorage School District.

Community involvement and feedback in the School Board's strategic planning process will contribute to a new set of Districtwide goals to be introduced next fall.

Please join us in this community-wide process focused on educating all students for success in life.

Forums are open to the general public

**Service/South Region**

**Thursday, Nov. 7**
6–7:30 p.m.
Goldenview Middle School
15800 Golden View Drive
Anchorage, AK 99516

**Bartlett/East Region**

**Tuesday, Nov. 12**
6–7:30 p.m.
Begich Middle School
7440 Creekside Center Drive
Anchorage, AK 99504

**Chugiak/Eagle River Region**

**Wednesday, Nov. 13**
6–7:30 p.m.
Mirror Lake Middle School
22901 Lake Hill Drive
Chugiak, AK 99567

**Dimond/West Region**

**Thursday, Nov. 21**
6–7:30 p.m.
Mears Middle School
2700 W 100th Avenue
Anchorage, AK 99515

If you are unable to come to one of the regional forums, you can still provide input via our community-wide survey at [https://www.surveymonkey.com/r/KYRJY56.](https://www.surveymonkey.com/r/KYRJY56.)
The survey will be available to the public from Nov. 4 through Nov. 27.

Anchorage School District
Educating All Students for Success in Life

www.asdk12.org
BOYS & GIRLS CLUBS - ALASKA

BASKETBALL

AGES
U10 - U12 (8 - 12 year olds)
Boys & Girls

SEASON STARTS
January 21, 2020

REGISTER AT
ATHLETICS.BGCALASKA.ORG

"The Anchorage School District does not endorse these materials or the viewpoints expressed in them."

BOYS & GIRLS CLUBS - ALASKA

VOLLEYBALL

AGES
U10 - U18 (8 - 18 year olds)
Boys & Girls

SEASON STARTS
January 21, 2020

REGISTER AT
ATHLETICS.BGCALASKA.ORG

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BLACK FRIDAY BASEKTBALL CAMP .... DROP THE KIDS OFF -- GO SHOPPING... FOR KIDS 4 YRS.
OLD–12TH GRADE  ALASKA EAGLES BASKETBALL CAMP

FRIDAY NOVEMBER 29TH, 2019 FROM 8:00-1:00
WHERE: O’MALLEY SPORTS CENTER  11001 S. CENTER DR. ANCHORAGE

WHO: TRUMAN AND SANDIE NEWSOME. Over 30 years of experience in Basketball Camps. AAU certified. We will focus on FUNDAMENTALS, skills and fun drills to help your child get better at basketball.
This is first come first serve basis so please get your forms in early. 40 players max. Younger group will be with me.. and older group will be with Mr. Newsome.

RETURN completed form and check to Sandie Newsome: 321 Melody Place Unit D, Anchorage AK 99504.
Phone number is (907) 903-3131 and (907) 250-9640.
Email is newsome_sandie@asdk12.org or newsome_truman@asdk12.org.

STUDENT NAME ________________________________

PARENT CELL __________________________________

GRADE: __________________________. What do you want to work on? __________________________

The undersigned as parent or guardian for the child participant, I hereby recognize an acknowledge that Alaska Eagles Basketball Camp is not liable just in case there is an injury to your child. Any accident and injuries shall be referred to the child’s parent or guardian insurance carrier and they shall assume full responsibility. I, the parent or guardian will assume full responsibility and agree to pay all expenses associated with accidents or injuries arising out of participation in the activities offered by the Alaska Eagles Basketball Camp. I release Truman Newsome and Sandie Newsome from all obligations, claims, demands, costs and expenses including attorney fees arising from any injury of an accident sustained by the participant. I authorize Truman and Sandie Newsome to notify emergency help in case of an accident or injury.

Parent or Guardian Signature ________________________________ Date ________________

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AFTER SCHOOL PROGRAMS

Where: Sand Lake Elementary in Art Room
When: Monday November 4th - December 16th 2019
Times: 3:30pm - 5:30pm

All girls entering K-6 are welcome!
Cost: $10/girl for entire six meetings
Financial aid is available for families in need.
Register online at surveymonkey.com/r/GSAAfterSchoolRegistration
or fill out the form below and bring it to the first meeting.

Please make sure to notify your daughter’s school that she will be attending.
Questions? Contact Marnie at 907-273-0304 or by email at mstewart@girlscoutsalaska.org

Please print clearly:

GIRL’S FULL NAME ________________________________
GRADE/SCHOOL _____________________ DATE OF BIRTH _____________________
ADDRESS WITH ZIP CODE ________________________________
PARENT FULL NAME ________________________________
PARENT EMAIL ___________________ PHONE ____________________

CUSTODIAL CARE □ Both parents □ Mother only □ Father only □ Grandparent □ Other:
SECONDARY CONTACT NAME/RELATION ________________________________
SECONDARY CONTACT PHONE NUMBER ________________________________

My daughter has permission to join Girl Scouts. We understand that when participating in Girl Scout activities that she may be photographed for print, video, or electronic imaging. We understand that the images may be used in promotional materials, news releases, and other published formats for either the local Girl Scout council or Girl Scouts of the USA. We acknowledge that the images will be the sole property of either the local Girl Scout council or Girl Scouts of the USA. □ I wish to opt out of media permission at this time.

PARENT/GUARDIAN SIGNATURE ___________________ DATE ____________

I give permission for Girl Scouts of Alaska to serve as an authorized pick up for my child in the event Girl Scouts of Alaska is unable to contact parents or secondary contacts.

PARENT/GUARDIAN SIGNATURE ________________________________

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TELL US WHAT IS SPECIAL ABOUT THE PLACE THAT YOU CALL HOME

CREATIVE WRITING CONTEST
Tell us what you think is super special about your home! Is it what your mom cooks for dinner? The room where you store your toys? A treehouse in the backyard? Short descriptions and/or drawings will be accepted! 8 elementary school winners will be chosen.

Visit www.dwellrealtyak.com for more details on the available prizes for winners and their classrooms!

Please include your name, elementary school, teacher and a contact phone number with each submission. The winning students will be notified by November 29 and awards will be presented on December 3rd at the Anchorage School Board Meeting. Winners will have their photograph featured in the Alaska Dispatch Newspaper given parental approval.

SUBMISSION DEADLINE: NOVEMBER 25
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GUIDELINES

Topic:
A home is a place where you spend time and feel comfortable. Tell us what is special about the place that you call home. Entries will be judged on creativity and a clear voice.

Maximum Word Count:
300 Words

Prizes:
16 prizes will be awarded to winners and their teachers. For more detailed prize information visit, www.dwellrealtyak.com

Submission:
Send entry to claire@cyalaska.com or drop off in person at Dwell Realty, 561 E 36th Avenue, Suite 200. For more information call 907-646-3600.

Sponsored By:
Dwell Realty
Stone Soup Group

November Events 2019

Special Education and Discipline

November 5 @ 5:30 pm - 7:00 pm
Stone Soup Group

Learn about special education, discipline, and the law.

Soupper Gaming Night!

November 15 @ 4:00 pm - 8:00 pm
Anchorage, AK 99503

Our video/gaming club, an opportunity for kids and teens who experience developmental differences to socialize and have fun in a safe and supportive way. Parents and guardians must sign a release and provide contact information. Littles are invited from 4-5:30pm (parents or guardians must be present), and teens and youth time is from 6pm-8pm. FREE for all families!

Building Strong Parents

November 20 @ 5:30 pm - 7:00 pm
Anchorage, AK 99503

A support group for Alaskan families who care for children with special needs. Share your ideas and stories in a neutral setting. Sign-up to connect in person or via teleconference.

Transition Series: Supported Decision Making Agreements and Alternatives to Guardianship

November 21 @ 5:30 pm - 7:00 pm
Anchorage, AK 99503

A series of lectures on what you need to know as you and your student with disabilities prepare for adulthood. Also available via webinar. Every third Thursday 9/19/19-3/19/20

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