Dear Sand Lake Families,

The students, staff, and parents of Sand Lake have all worked together to make the start of this year something special. It's hard to believe October is here, and first quarter conferences are just a couple of weeks away.

The end of the quarter is October 18th, and conferences are the following week, October 23rd & 24th. We look forward to seeing you and sharing your child's progress.

One of our school goals is to have 90% attendance every day of the year, and I'm happy to report we have met the goal for September, 90.84%! With your help, and continued effort I'm confident this will continue. 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.

The Fall Carnival will be held on October 26th starting at 5:00 pm. The Fall Carnival is a family fun night, and we are looking for another great turnout. If you are able to help with set up or take down, the PTSA is looking for volunteers. We hope that all of our families will be able to stop by and have a fun night with other Sand Lake families.

Parents who drop off and pick up their children, please do not block parking spots near the East end of the school when you are waiting for your children. There have been times when parents or visitors cannot leave the school at the end of the day due to the amount of cars blocking their way. Thank you for helping make our parking lot safe for everyone.

Sincerely,

Linson Thompson
Principal, Sand Lake Elementary

---

**Important Dates**

- 10/12 Fall Dinner, 6 pm Mears MS
- 10/15 Picture retakes
- 10/18 No School, Grading day
- 10/23-24 Sand Lake Book Fair, Library
- 10/23-24 Parent Teacher Conferences, School ends at 12:30 pm
- 10/24 Flu Shots, free to the community, starting at 12:30 in the art room
- 10/25 No School
- 10/26 Fall Carnival, 6 pm

**Anchorage School Board**

Starr Marsett-President
Andy Holleman
Deena Mitchell
Alisha Hilde
Dave Donley
Margo Bellamy
Elisa Vakalis
TNK Fall Family Dinner & Silent Auction

October 12th Saturday 2019
6:00-8:30pm

Mears Middle School
• Taiko Drumming
• Crafts
• Activities for Kids

Pre-order meals at www.tomonokai.org

Otsukimi
2019 TNK Fall Dinner Meal Orders

Fall Dinner is coming on October 12th and it is time to order meal tickets. YUM! Meals must be purchased online through pre-order only.

You can use the link below, or go to www.tomonokai.org and click on Fall Dinner. Ordering is quick and easy!

The deadline to order is Tuesday, October 8th.

Meal options include the following:
Vegetable Udon Noodle Soup, Teriyaki Chicken Bento, Teriyaki Salmon Bento, or California roll.

See the website at www.tomonokai.org for details on each option.

Purchase TNK Fall Dinner Tickets

tomonokai fall dinner
Picture Retake Day is Coming

Tuesday, October 15, 2019
Sand Lake Elementary School
You can still order on mylifetouch.com with your Picture Day ID:

AK019025Q1

Want us to retake your picture?
Simply return your original package on Picture Retake Day.

¿Deseas que volvamos a tomar tu foto? Simplemente envía tu paquete original el día de la nueva toma fotográfica.

AK019025Q1 73502

Lifetouch
Please remind your students to be gentle with their library books. Sadly, we have had a large number of books come back damaged this year.

I am in the process of creating a library web page for our school. The library web page should be up and running by the end of the first quarter on October 18th.

The Scholastic Book Fair is back!
Please join us in the Library on October 23rd & 24th from 12:30 pm — 4:00 pm. Come by and shop for a good book and some cool trinkets. You can also donate a book to your teacher’s classroom or the Library.

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@ask12.org
Parents,

Please take a moment to look through our lost and found bins located in the warm up room down the 2nd Grade Hall.

The bins are overflowing with boots, coats, hats, lunch boxes, and water bottles.

All items will be bagged up and donated to charity on Friday, October 25th.
Dear Sand Lake Families,

Recent and upcoming health screenings for your child or children include height, weight, hearing, distance vision, and photo screening. Photo screening is completed with Lion’s Club volunteers who use a photo screener called a Plusoptix. This device completes measurements of the eye and refractive error. This helps to catch some near vision problems that may require glasses as well as amblyopia. Normal results will be sent home with your student. Abnormal results are sent home and reported to you by phone. If you have any questions regarding these screenings, feel free to contact me.

Please do not send cough drops to school with your children. School nurses district wide are trying to avoid use of cough drops in school, and per ASD recommendations, cough drops are treated as a non-prescription medication, meaning they cannot be given to a child without parent/guardian written consent. This also means that when they are used, the school nurse should distribute them. Children cannot carry medications without a doctor’s order.

I do not recommend cough drops for multiple reasons:

1. Dehydration. During any illness, having adequate fluid intake is important. It is especially important when you are ill. Having something in your mouth causing salivation can decrease the sensation of thirst. Dehydration can worsen and prolong illness.
2. Choking hazard. Holding something in your mouth for minutes on end can be a choking hazard.
3. Distraction. Having a cough drop can distract students from their classwork. It can also distract the nearby students as they think their peer is allowed candy in class.
4. Sugar. Some children do not understand the difference between candy and medications. This is not safe and extra sugar is not helpful to anyone.
5. Asthma. The scent of most cough drops can be strong and therefore irritating to those with sensitive airway conditions like reactive airway disease and asthma.

As an alternative to cough drops, sips of water have been proven just as effective. This is what I recommend for relief during the school day.

In some cases, a salt-water gargle will help. In addition, some parents opt to give their student medication such as Acetaminophen or Ibuprofen.

For prolonged sore throat, please contact your child’s pediatrician. Also, be aware of the How Sick is Too Sick for School Guidelines.

Thank you for your time and attention.

Nurse Laura
FLU SHOTS

Join us for a NO COST flu shot clinic at:

Sand Lake Elementary
Thursday - Oct 24th
12:00pm - 4:30pm

- Open to anyone ages 6 months and older.
- No insurance required.
- Parent or guardian consent required for ages 17 and under.
- Contact the school nurse with any questions.
**FLU SHOTS**

- **NO COST, NO INSURANCE REQUIRED**
- Open to anyone age 6 months and older.
- Parent or guardian consent required for ages 17 and under.
- For questions, contact the [Anchorage Health Department](#) @ (907) 343-4799.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday - Sept 26</td>
<td>ASD Maintenance/Nutrition Center</td>
<td>12:00pm - 4:00pm</td>
</tr>
<tr>
<td>Friday - Sept 27</td>
<td>ASD Education Center</td>
<td>9:00am - 2:00pm</td>
</tr>
<tr>
<td>Saturday - Sept 28</td>
<td>Girdwood Library</td>
<td>9:00am - 1:00pm</td>
</tr>
<tr>
<td>Tuesday - Oct 1</td>
<td>Mears Middle School</td>
<td>1:45pm - 5:00pm</td>
</tr>
<tr>
<td>Wednesday - Oct 2</td>
<td>Loussac Library</td>
<td>10:30am - 3:30pm</td>
</tr>
<tr>
<td>Thursday - Oct 3</td>
<td>Spenard Recreation Center</td>
<td>2:00pm - 6:30pm</td>
</tr>
<tr>
<td>Friday - Oct 4</td>
<td>Mirror Lake Middle School</td>
<td>2:00pm - 5:00pm</td>
</tr>
<tr>
<td>Tuesday - Oct 8</td>
<td>Rabbit Creek Elementary</td>
<td>3:30pm - 6:30pm</td>
</tr>
<tr>
<td>Thursday - Oct 10</td>
<td>Taku Elementary</td>
<td>3:00pm - 5:30pm</td>
</tr>
<tr>
<td>Friday - Oct 11</td>
<td>Wonder Park Elementary</td>
<td>3:30pm - 5:30pm</td>
</tr>
<tr>
<td>Saturday - Oct 12</td>
<td>Anchor Park UMC - 2300 Oak St.</td>
<td>10:00am - 3:00pm</td>
</tr>
<tr>
<td>Tuesday - Oct 15</td>
<td>Northern Lights ABC Elementary</td>
<td>12:00pm - 4:00pm</td>
</tr>
<tr>
<td>Wednesday - Oct 16</td>
<td>Girdwood Library</td>
<td>2:30pm - 7:00pm</td>
</tr>
<tr>
<td>Thursday - Oct 17</td>
<td>Mountain View Library</td>
<td>11:00am - 6:00pm</td>
</tr>
<tr>
<td>Saturday - Oct 19</td>
<td>Muldoon Library</td>
<td>12:00pm - 5:00pm</td>
</tr>
<tr>
<td>Tuesday - Oct 22</td>
<td>Creekside Park Elementary</td>
<td>2:30pm - 4:30pm</td>
</tr>
<tr>
<td>Wednesday - Oct 23</td>
<td>Service High School</td>
<td>12:00pm - 6:00pm</td>
</tr>
<tr>
<td>Wednesday - Oct 23</td>
<td>Eagle River High School</td>
<td>12:00pm - 3:00pm</td>
</tr>
<tr>
<td>Thursday - Oct 24</td>
<td>Sand Lake Elementary</td>
<td>12:00pm - 4:30pm</td>
</tr>
<tr>
<td>Thursday - Oct 24</td>
<td>Homestead Elementary</td>
<td>12:00pm - 4:30pm</td>
</tr>
<tr>
<td>Tuesday - Oct 29</td>
<td>Rilke Schule German School</td>
<td>3:00pm - 5:30pm</td>
</tr>
<tr>
<td>Wednesday - Oct 30</td>
<td>Willow Crest Elementary</td>
<td>2:30pm - 4:30pm</td>
</tr>
<tr>
<td>Friday - Nov 1</td>
<td>Airport Heights Elementary</td>
<td>3:00pm - 6:00pm</td>
</tr>
<tr>
<td>Tuesday - Nov 5</td>
<td>South High School</td>
<td>1:00pm - 4:30pm</td>
</tr>
<tr>
<td>Wednesday - Nov 6</td>
<td>Chugiak High School</td>
<td>9:00am - 1:00pm</td>
</tr>
<tr>
<td>Thursday - Nov 7</td>
<td>Russian Jack Elementary</td>
<td>6:00pm - 7:30pm</td>
</tr>
<tr>
<td>Friday - Nov 8</td>
<td>East High School</td>
<td>7:00am - 11:30am</td>
</tr>
<tr>
<td>Tuesday - Nov 12</td>
<td>Hanshew Middle School</td>
<td>2:45pm - 4:45pm</td>
</tr>
<tr>
<td>Wednesday - Nov 13</td>
<td>Baxter Elementary</td>
<td>2:00pm - 5:00pm</td>
</tr>
<tr>
<td>Thursday - Nov 14</td>
<td>Eagle River Library</td>
<td>1:00pm - 5:00pm</td>
</tr>
</tbody>
</table>
IT'S TIME FOR A
BOX TOP DRIVE!!

There are TWO ways you can support Sand Lake through the Box Tops Program!

**Turn in Box Tops**
1. Save Tops from product packaging.
2. Put Tops into a bag or envelope labeled with your student’s grade.
3. Turn Tops into your classroom teacher or drop in Box Tops collection bin.

**Use the Box Tops App**
1. Download the “Box Tops for Education” app on your smartphone and select our school.
2. Purchase products with the “NO MORE CLIPPING” Box Top label.
3. Follow the instructions on the app to scan the receipt from the purchase and indicate which grade you want to receive credit.

We’re holding a competition to see which GRADE can bring in the most Box Tops! Please turn in your clipped Box Tops to your teacher or drop them in the collection bin by the front door by Friday, October 25. Don’t forget to label the Tops you submit! The grade that brings in the most Box Tops will be awarded a 🍿 POPCORN PARTY!!! 🍿
Come Dressed in Costume, but please no masks & bring a bag or bucket for treats & prizes

Avoid the lines and pre-purchase online! Punch cards for games & Haunted House Tickets can be pre-ordered online at www.sandlakeptsa.com through October 20
All pre-orders will be sent home with your Sand Lake Student the week of October 21st
*Games are $0.50 a play, concession prices range $1.00-$5.00
Healthy Futures in Full Swing!

Is your child participating in the Healthy Futures Challenge? If not, it's not too late to get up and get moving!

With your assistance, your child records physical activity on the Healthy Futures Activity Log he or she received from Mrs. Hardin. Qualifying logs must show at least 60 minutes of physical activity during a day, for at least 15 days of the month. Students can now count their active time during P.E. class or any activity they do outside of the school day.

At the end of the month, Mrs. Hardin will collect the logs and enter them into a data base. Once that is complete, incentives will come and Mrs. Hardin will pass them out to students who qualify during P.E. class.

If your child did not receive an activity log or has misplaced their log, you can pick up another copy in the rounder by the front office.
Sand Lake parking lot and drop off zones are cell phone free zones. Please refrain from using your cell phone while in our active loading/unloading areas.

There is a $500 fine for using a cell phone in a school Zone.
STEM DAY

OCTOBER 5
11AM - 4PM

www.aaa.alaska.edu/stem

INTERACTIVE ACTIVITIES,
PLANETARIUM SHOWS, & LABORATORY TOURS
UAA, CONOCOPHILLIPS INTEGRATED SCIENCES BUILDING
3101 SCIENCE CIRCLE (UAA CAMPUS)
FREE PARKING & FREE ADMISSION!
Wolf Day

Saturday, October 12th, 12PM to 4PM

Join the Alaska Zoo for a howling good time celebrating wolves!

Zoo Guests will enjoy:

- Wolf Fact Scavenger Hunt
- Canine Biofact Table
- Wolf-themed Storytime
- Wolf-themed Kids' Craft
- Wolf-themed Coloring Station
- Wolf & Family Game Station
- What Wolves Eat Station
- Enrichment-making Station

There will be wolf encounters, enrichment and a howling contest too, so bring your friends!

For more information contact Stephanie Hartman, Education Director, at slhartman@alaskazoo.org or 341-6463.

The Anchorage School District does not endorse these materials or the viewpoints expressed in them.
GIRL SCOUT FAMILY STEM NIGHT

Ready for a Fun Family Adventure? Bring the whole crew and join Girl Scouts for hands-on STEM activities at
Wendler Middle School on October 15, 6:00 - 7:30 pm.

You’ll learn the building-blocks behind robots, gadgets, and gaming with activities inspired by Girl Scouts’ Coding For Good badges—no tech experience necessary! Pizza will be served! RSVP at bit.ly/GirlScoutFamilySTEMNight by October 11, 2019. See you there!

Who can participate:
Girls in grades K-12 and their families

Date:
October 15, 2019

Time:
6:00 pm - 7:30 pm

Location:
Wendler Middle School Cafeteria
Youth Basketball Camp
Eagle River High School

October 18, 2019
8:00 AM – 2:00 PM
2nd – 8th Graders

*Campers need to bring a lunch and a water bottle*

Sign up at:
ERHS.Girlsbasketball.Boosters@gmail.com

Payment at check-in by cash or check only
Make checks out to: ERHS Girls Basketball Boosters

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

MAKE A DIFFERENCE IN YOUR COMMUNITY!

The Anchorage School District is currently seeking qualified candidates for our special programs and behavior support teacher assistant positions.

Starting wage is $13.97-$16.00 per hour (depending on experience). Hours worked vary from 3.5 to 7 hours per day depending on the position. If you are interested in these opportunities please apply on our website at www.asdk12.org/workforasd.

For more information about our current vacancies, you can visit the website at www.asdk12.org/workforasd or contact Amanda Graham, Recruiter, at graham_amanda@asdk12.org or call 907-742-4515.
Want to receive text messages from us?

Sign up to receive SMS text updates from ASD or your child's school.

Sign up at:
www.asdk12.org/textupdates

The Anchorage School District is not responsible for any costs incurred from receiving text messages.
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 QParentConnection 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