Dear Sand Lake Families,

If you have not already heard, Sand Lake is part of a pilot program this year. The program is all about getting our students moving at least 54 minutes a day. One change that students will notice is that recess is now 30 minutes, and they'll also have more time to eat. Additional minutes will come from PE, Health, Music, and your child's classroom teacher will also have planned time to get their students moving throughout the school day. Again, the goal of the program is to get kids moving at least 54 minutes a day while at school, and throughout the year I'll be meeting with our teachers to discuss the progress of the pilot program. Parents will also receive information about the program from their child's teachers, so be looking for that.

We are having our first PTSA meeting tomorrow evening starting at 6:00 pm, followed by the first TNK meeting starting at 7 pm. Both meetings are in the school library. These groups do a tremendous amount of work for Sand Lake and the Immersion program, so if you are able to volunteer a little time, it is always appreciated.

As of June 20, 2019 handheld cell phone use is illegal in active school zones and/or upon school grounds. If caught violating this new ordinance, the fine is a big one: 6 points on driver's license and a $500 fine. A fact sheet is included with this newsletter that includes additional information. Please make sure you are not on your phone while in school zones, and especially not while in our drop off/pick up zone.

Finally, if you ever have any questions, comments, or concerns please feel free to contact us at 243-2161.

Sincerely,

Lincoln Thompson
Principal, Sand Lake Elementary

Important Dates

- 9/10 Picture Day, 9 am
- 9/10 PTSA/TNK mtg., 6 pm (library)
- 9/11 Junior Achievement Day, all day

Anchorage School Board
Starr Marssett-President
Andy Holleman
Deena Mitchell
Alisha Hilde
Dave Donley
Margo Bellamy
Elisa Vakalis
Please join PTSA/TNK at our first meeting of the school year, Tuesday, September 10, 6:00 pm, Sand Lake Library

Volunteers Needed:
LIFETOUCH IS STILL IN NEED OF 2 VOLUNTEERS TO HELP WITH PICTURE DAY. PLEASE CLICK THE LINK BELOW TO SIGN UP.

[Picture Day Volunteer Sign Up]
Do you want to know what is going on at Sand Lake?

Check out our school website for upcoming events, teacher email addresses, Lions Roar Newsletters, PTSA events, Supply Lists, Lunch times, Nurse Notes, how to report an absence and much more!

www.asdk12.org/SandLake
Tuesday, September 10, 2019
Sand Lake Elementary School

PICTURE DAY IS:
EL DÍA DE LA FOTO ES:

Order today on mylifetouch.com using your Picture Day ID: AK019025Q0
Encarga hoy en mylifetouch.com usando tu ID del Día de la Foto.

Lifetouch + Shutterfly

NEW! Order an eligible package on mylifetouch.com and receive your digital images on shutterfly.com

<table>
<thead>
<tr>
<th>Packages</th>
<th>Paquetes</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Deluxe</td>
<td>$39</td>
<td>Premium</td>
<td>$58</td>
</tr>
<tr>
<td>A</td>
<td>$39</td>
<td>G</td>
<td>$66</td>
</tr>
<tr>
<td>Deluxe Plus</td>
<td>$46</td>
<td>Family</td>
<td>$46</td>
</tr>
<tr>
<td>B</td>
<td>$46</td>
<td>I</td>
<td>$25</td>
</tr>
<tr>
<td>Premium Plus</td>
<td>$65</td>
<td>J</td>
<td>$16</td>
</tr>
</tbody>
</table>

**A** Deluxe
- Shutterfly Eligible Package (online exclusive)
  - 1 - 8x10
  - 2 - 5x7
  - 4 - 3x5
  - 8 - 2x3
- 8x10 Calendar

**B** Deluxe Plus
- Shutterfly Eligible Package (online exclusive)
  - 1 - 8x10
  - 2 - 5x7
  - 4 - 3x5

**C** Premium
- Shutterfly Eligible Package (online exclusive)
  - 2 - 8x10
  - 4 - 5x7
  - 4 - 3x5
  - 12 - 2x3
- 8x10 Calendar

**D** Premium Plus
- Shutterfly Eligible Package (online exclusive)
  - 2 - 8x10
  - 4 - 5x7
  - 4 - 3x5
  - 12 - 2x3

**E** Value
- 2 - 5x7
- 8 - 2x3

**F** Value Plus
- 2 - 5x7
- 4 - 3x5
- 8 - 2x3
- 8x10 Calendar

**G** Ultimate
- Shutterfly Eligible Package (online exclusive)
  - 3 - 8x10
  - 4 - 5x7
  - 16 - 2x3

**H** Family
- Shutterfly Eligible Package (online exclusive)
  - 1 - 8x10
  - 3 - 5x7
  - 4 - 3x5
  - 12 - 2x3

**I** Basic
- 4 - 3x5
- 8 - 2x3

**J** Entry
- 2 - 3x5
- 4 - 2x3

Or customize your package and see more choices at mylifetouch.com O personaliza tu paquete y mira más opciones en mylifetouch.com

Choose your look
Elige tu estilo

1
2
3
4
5
6

Look Code

Enhancements

<table>
<thead>
<tr>
<th>Name &amp; Grade</th>
<th>$9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nombre y grado</td>
<td>Add to All Portraits</td>
</tr>
<tr>
<td></td>
<td>Añadir a todos los retratos</td>
</tr>
<tr>
<td>-OR-</td>
<td></td>
</tr>
<tr>
<td>Add to Wallets (2x3)</td>
<td>$6</td>
</tr>
<tr>
<td>Añadir a las fotos para la Lifetouch</td>
<td></td>
</tr>
</tbody>
</table>

Enhancement Special | $11 |
| Especial de realce | Name & Grade On All Portraits |
|                    | Añadir Nombre y Grado en todos los retratos |

NOTE: Background for your yearbook is selected by your school.
Nota: El fondo para tu anuario lo selecciona tu escuela.
Get this classroom keepsake for only $12
Obtén este recuerdo del salón de clases por solo $12

Mark Your Calendar

Tuesday, September 10, 2019

Sand Lake Elementary School

Picture Day ID: AK019025G0

IMPORTANT:
Payment for class pictures must be received by Picture Day!

To order a class picture, please fill out this form and give to the photographer on Picture Day.

Student's Name: [name]
Teacher: [name]
Grader: [level]

Sand Lake Elementary School

Pay at mylifetouch.com

Pay by check or money order payable to Lifetouch. Please include label and payment for each picture order. Exact payment required. When you pay by check, you authorize us to process the payment as a check deposit. If you lose or return your check, please write or call us with the same payment information.

Send payment in this envelope

Final Total: $12

Add 0% tax

Total Enclosed: $12

[En español] Importante: El pago por las fotos de la clase debe ser recibido el día de la foto.

Para ordenar una foto de la clase, por favor complete este formulario y entregue a la fotógrafa el día de la foto.

Nombre del Estudiante: [nombre]
Maestro: [nombre]
Nivel: [nivel]

Escuela Elemental Sand Lake

Pay at mylifetouch.com

Pague por cheque o por dinero en efectivo a favor de Lifetouch. Por favor incluya el etiqueta y el pago para cada orden de fotos. Se requiere pago exacto. Cuando pague por cheque, usted autoriza que se procese el pago como depósito de cheque. Si pierde o regresa su cheque, por favor escriba o llame a nosotros con la misma información de pago.

Envíe el pago en este sobre

Total final: $12

加上0%的税

Total pagado: $12

[Spanish] Importante: El pago por las fotos de la clase debe ser recibido el día de la foto.

Para ordenar una foto de la clase, por favor complete el formulario y entregue a la fotógrafa el día de la foto.

Nombre del Estudiante: [nombre]
Maestro: [nombre]
Nivel: [nivel]

Escuela Elemental Sand Lake

Pay at mylifetouch.com

Pague por cheque o por dinero en efectivo a favor de Lifetouch. Por favor incluya la etiqueta y el pago para cada orden de fotos. Se requiere pago exacto. Cuando pague por cheque, usted autoriza que se procese el pago como depósito de cheque. Si pierde o regresa su cheque, por favor escriba o llame a nosotros con la misma información de pago.

Envíe el pago en este sobre

Total final: $12

Agregue 0% de IVA

Total pagado: $12

[Nota: la factura debe ser firmada y devuelta para confirmar la orden.]
Order today on [mylifetouch.com](http://mylifetouch.com) using your Picture Day ID: AK019025Q0

**Tuesday, September 10, 2019**

Sand Lake Elementary School

**Packages**

<table>
<thead>
<tr>
<th>Deluxe</th>
<th>$39</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deluxe Plus</td>
<td>$48</td>
</tr>
<tr>
<td>Premium</td>
<td>$58</td>
</tr>
<tr>
<td>Premium Plus</td>
<td>$65</td>
</tr>
<tr>
<td>G. Ultimate</td>
<td>$66</td>
</tr>
</tbody>
</table>

**Family**

<table>
<thead>
<tr>
<th>1</th>
<th>2x3</th>
<th>$12</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td></td>
<td>$26</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>$46</td>
</tr>
</tbody>
</table>

**Choose your look**

| 1 | 2 | 3 | 4 | 5 |

**Enhancements**

- Name & Grade: $9
- Add Portraits: $6

**Enhancement Special: $11**

- Name & Grade on All Portraits
- Basic Retouching (Removingacne/blemishes)

**Order before Picture Day on mylifetouch.com**

If you order online at mylifetouch.com, please enter the correct picture ID [AK019025Q0](http://mylifetouch.com) when placing your order. If you order offline at school, please call your school at [800-736-4753](tel:+18007364753) to place your order and mention the picture ID. The order must be placed by the end of the week to ensure your order is processed in time for Picture Day.

**Questions?** Please contact Customer Service at [800-736-4753](tel:+18007364753). For公安校 students, please visit the Image Center at 2000 Boyden St. to place your order. Or call [800-736-4753](tel:+18007364753) to place your order and mention the picture ID. Payment must be made in the form of a check or money order. All orders must be placed by the end of the week to ensure your order is processed in time for Picture Day.

---

**Student Info**

<table>
<thead>
<tr>
<th>Name</th>
<th>Grade</th>
<th>Class</th>
<th>Teacher</th>
</tr>
</thead>
</table>

**Teacher Info**

<table>
<thead>
<tr>
<th>Name</th>
<th>Grade</th>
<th>Class</th>
<th>Teacher</th>
</tr>
</thead>
</table>
Fall into a good book. Please remember to take care of your library books and to return your books on time. 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.

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

Mr. Waters
Sand Lake Teacher Librarian
Waters_marty@asdk12.org
HEALTH NEWS

To fulfill the requirements of the Alaska Safe Children’s Act, signed into law by Governor Walker in 2017, the Anchorage School District has designed four quarterly lessons to be delivered by Health teachers to grades K-6 in all schools, so each quarter in The Lion’s Roar, I’ll let you know when these lessons are coming up.

The age-appropriate lessons will be presented in a non-threatening way, along with the skills needed for self-protection (such as “say NO, GO/leave, and then TELL a trusted adult”). I’m your child’s Health teacher, Valerie Engle, and I’m a mom of four kids attending public schools in our district. After having taught the lessons last year at two schools, I agree that the lessons give adequate, age-appropriate teaching about abuse prevention without overly compromising the students’ innocence at the various age levels for which they are designed...and that’s important to me as a mom!

This quarter... •Kindergarteners get a lesson about safe touches and unsafe touches and learn NO-GO-TELL.

•First graders get a review of the concepts taught in kindergarten with the addition of “confusing touches” (like tickling that starts to hurt or hugs from someone you don’t know well).

•Second graders get the previous content reinforced with the addition of two safety rules: don’t go anywhere alone; and always ask permission from your parents before going anywhere, letting anyone in your house, or giving out personal information.

•Third graders get all that the second graders get with the addition of identifying safe and trusted adults in your life, practicing refusal skills (no-go-tell), and knowing how to get help (know where phone numbers of trusted ones are located or memorize them; what is 9-1-1).

•Fourth graders identify different types of mistreatment, practice refusal skills, and identify support systems.

Because there might be younger children reading this, I want to invite you to email me at engle_valerie@asdk12.org, if you would like the summary of what will be taught to the fifth and sixth graders this quarter.

My desire is that all students are present for these lessons, but there are forms available in the school office if you want to “opt out” your child from this lesson, you must fill out and sign the form. The lessons will take place at Sand Lake starting September 30 and going through October 14. Your child’s class will have this lesson during part of only one Health class period. In future Lion’s Roar newsletters, I’ll let you know about the personal safety lessons coming up for quarters two, three, and four.
NO CELL PHONES IN SCHOOL ZONES FACTSHEET*

A new ordinance (law) passed by the Anchorage Assembly on June 20, 2019 makes it unlawful for a driver of any vehicle to talk on a mobile communication device while driving a vehicle within an active school zone or on school grounds, unless the vehicle is stopped or a hands-free device is used.

1 PURPOSE OF THE LAW

- Student safety is extremely important.
- Distracted driving is dangerous.
- Talking on a cell phone or mobile communication device is distracted driving and jeopardizes student safety in designated school zones.

2 TERMS USED IN THE NEW LAW

A mobile communication device is a cellular phone, smart phone, personal data assistant, wireless tablet, computer, or any similar device used for voice or visual communication.

An active school zone is a school zone with signage between 6:00 a.m. and 9:00 p.m. and where the maximum speed is 25 miles per hour or less on the streets permanently or due to a temporary speed reduction indicated by flashing school zone lights.

A hands-free device is a phone with speaker capability, an attachment, or other piece of equipment that allows the use of the device without either of the operator's hands.

3 THERE ARE SOME EXCEPTIONS IN THE LAW

- A vehicle is stopped OR a mobile communication device is used with a hands-free device.
- A mobile communication device is used to dial 911 and make an emergency call.
- An operator of an authorized emergency vehicle is using a mobile communication device while acting in an official capacity.

*This fact sheet is provided as a courtesy to the public to highlight provisions of the law; it is not the law. For specific details of the law and the requirements or prohibitions in the law, please refer to the text of the ordinance (AO No. 2019-51(S)am) or Anchorage Municipal Code section 9.28.055.
NO CELL PHONES IN SCHOOL ZONES FACTSHEET (CONT.)

CONSEQUENCES FOR VIOLATIONS

- A $500 fine, or
- A class A misdemeanor if a person's driving causes physical injury or death to another person.

QUESTIONS AND ANSWERS

- Why isn’t talking on cell phones banned while driving everywhere in Alaska? The State of Alaska has preempted Anchorage's right to ban talking on a cell phone while driving, but reading or typing a text message while driving is prohibited statewide.
- Can I call my student when I’m there to pick them up? Yes, if your car is stopped, then you can call your student on your cell phone. Or, you may call your student on a hands-free device.
- Do these rules apply only when the school zone lights are flashing? No! Most schools don’t have flashing lights. These rules apply in an active school zone, where the speed limit is 25 mph or less, even if temporarily indicated by the flashing lights, and is designated by the signs posted that say “School Zone”. If the speed limit is never reduced to 25 mph or less, the street is not in an active school zone and the rules don’t apply even if there are signs.
- How can I be sure if I am in a place where I can legally use my cell phone? If you are unsure, don’t use your cell phone! Pull over, stop, and use your cell phone when you are not driving.

Reviewed by the Municipality of Anchorage Legal Department

If you have additional questions, your Assembly Member's contact information may be found at www.Muni.org/Assembly.
TNK Fall Family Dinner & Silent Auction

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

Pre-order meals at www.tomonokai.org
2019 Haunted Halloween Fun Night

Saturday
October 26, 2019, 1-6pm

UAA Student Union
2921 Spirit Way, Anchorage, AK

All ages welcome

Monster Hunt, Games, Prizes and Candy!

Free Parking
Free Admission

50 Cent Activity Tickets Max 3 per booth
Calling all Anchorage fourth and fifth graders!

Help others learn about being POWERSMART by entering ML&P’s Calendar Art Contest.

The 12 winners’ artwork will be featured in the 2020 ML&P POWERSMART calendar and the winners will receive a certificate and a Dave & Buster’s gift card.

The Grand Prize winner’s art will be featured on the cover of the calendar and also inside, with his/her birth month. He or she will receive two day passes to the Anchorage Museum and an Amazon gift card.

Ask your teacher for an official entry form. Forms are also available on our website at www.mlandp.com.

Student entry deadline: Wednesday, October 23, 2019
Entry deadline to ML&P: Friday, October 25, 2019

The Anchorage School District does not endorse these materials or the viewpoints expressed in them.
ML&P 2020
Calendar Art Contest
ENTRY FORM

Required signatures: This entry form must be signed by both the teacher and parent/guardian.

Deadline: Please print and submit this completed form to the classroom teacher by Wednesday, Oct. 23, 2019. Students must be fourth- or fifth-graders in Anchorage.

Student's name: ___________________________ Grade: ______

Telephone: ________________________________

Parent/Guardian name: ______________________

School: ________________________________ Teacher: ________________________________

Principal: ________________________________ Teacher's email: __________________________

Title of artwork: __________________________

I certify that this artwork was created solely by the student named above. I also agree that the artwork becomes the property of ML&P and may not be returned. Submission constitutes my full permission to exhibit, use and publish the artwork for any purpose and to publish the student's name, grade, teacher's name, school and photographs of the student without compensation.

Required signatures:

Teacher: ________________________________ Date: ________________________________

Parent/Guardian __________________________ Date: ________________________________

Student submission deadline:
Wednesday, Oct. 23, 2019

Teacher deadline to ML&P:
Postmarked by Friday, Oct. 25 2019, 5 p.m.
ML&P
2020 Calendar Art Contest
RULES

Who may enter: All fourth- and fifth-graders in Anchorage.

Artwork theme: Energy conservation or electrical safety. Tell ML&P how you conserve energy and are POWERSMART!

Artwork requirements: Artwork must be original and the work of one student only. Size: 8.5" x 11" horizontal only. The art may be made with crayon, felt pen, paint, collage or created with computer software. All pencil marks should be colored over. Writing should be neat, large and bright enough to reproduce well. Don’t forget to check your spelling.

Use of characters: Copyrighted characters or products, such as cartoon characters, are not permitted and will not be accepted.

Student’s name: The name of the student must not appear on the front of the artwork. Complete an entry form and attach it to the back of the artwork.

Judging: A jury of ML&P employees will select 13 winning entries from those submitted. Teachers of the students with winning entries will be notified via email by Nov. 12, 2019. Prizes will be awarded in December 2019.

Recognition: Each student who submits artwork will receive a 2020 calendar. Winners will receive a certificate of appreciation and a $25 Dave and Buster’s gift card. The Grand Prize Winner will receive two day-passes to the Anchorage Museum and a $75 Amazon gift card.

Entering artwork: Artwork is due to your teacher by Wednesday, Oct. 23, 2019, or to ML&P by 5 p.m. on Friday, Oct. 25, 2019. Teachers: mail or deliver your students’ entries to ML&P at 1200 E. 1st Ave. Artwork must be received or postmarked no later than Friday, Oct. 25, 2019 by 5 p.m.

Teacher/parent checklist: To ensure the entries submitted by your students receive proper recognition, please check that the entry form is legible and complete with parent/guardian’s AND teacher’s signatures and is taped to the back of artwork with transparent tape.

Electrical safety and energy conservation tips at home:
www.mlandp.com/safety
www.mlandp.com/powersmart
2020 Anchorage Fur Rendezvous Festival

BOOSTER BUTTON CONTEST

Ask your art teacher for an entry form!

WINNER RECEIVES
Pizza party for the student’s entire class
Ride in the Rondy Grand Parade

All Anchorage School District Elementary Students are eligible!

Deadline for entries:
5pm on Thursday, October 17th,
at the Rondy Office.

Pick up your official Booster Button Contest forms and rules at your local school or visit the Fur Rondy office at 400 D. Street, Suite 110.

"The Anchorage School District does not endorse these materials, or the viewpoints expressed in them"
2020 Fur Rondy BOOSTER BUTTON CONTEST

Official Rules

- The Fur Rondy Booster Button Contest is open to all Anchorage elementary school students (Kindergarten through 6th grade)
- Artwork must be original and the work of one student only. Artwork must be in a circle that is 2 - 2.5 inches in diameter
- Artwork should reflect the Fur Rondy Festival, with special attention to the 85th Anniversary celebration this year. Students should focus on one main topic or idea in their artwork
- Entries may be on this entry form or on 8.5” X 11” white paper. Entries may be done in crayon, pencil, felt pens, paint (watercolor, tempera), computer paint or draw software
- The words “I support Fur Rondy” and “Anchorage, Alaska” along with the current year and mention of the 83rd Anniversary are the only words that should appear on the drawing
- Please do not use copyrighted characters such as Mickey Mouse, Pokemon, Beanie Babies, etc.
- A merchandise committee of the Fur Rondy Board of Directors will judge all entries and select the winner. The decision of the judges is final
- The winner will receive / win a pizza party for their class, the opportunity to ride in Rondy’s Grand Parade on Saturday, February 29, 2020 and public recognition for their design
- All entries must be delivered to the Rondy office by 5pm, Thursday, October 17, 2019. Rondy is located at 400 D Street in downtown Anchorage

Artist Release Form/Agreement

- I understand that the design described below will become the sole and exclusive property of Greater Anchorage, Inc., for perpetuity. I relinquish all rights and claims to any future use of this design and understand that my design submission will not be returned to me
- It is understood that Greater Anchorage, Inc., will have the right to make changes to this design in order to meet manufacturing and marketing needs
- I also understand that while I will be recognized as the artist, my design is a donation to Greater Anchorage, Inc. and carries no monetary remuneration, benefits, or other commitments

________________________________________
Artist Name (please print or type)

________________________________________
Artist Address

________________________________________
Phone Number

________________________________________
Signature (parent or legal guardian)

________________________________________
Date

________________________________________
Printed (parent or legal Guardian)

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

www.furrondy.net