Birchwood ABC achieves high academic standards through a structured, well-defined curriculum, based on the mastery of skills, mandated homework and consistent grading procedures. Our program emphasizes leadership, citizenship, self-discipline, and character development as its guiding principles.

Principal’s Corner

We hope you had an enjoyable and restful winter break. We have accomplished many good things throughout the 1st semester but we still have a lot of work to do. The attendance goal that we established for this school year is 95% or better throughout the school year. Unfortunately, our rate has fallen to 94.87%. School attendance for every child that exceeds 95% is the greatest predictor of student success. One of the best things that we can do for our children is to ensure that they attend school on time, more than 95% of the time. Please help us improve our attendance rate throughout the 2nd semester.
Birchwood ABC Current Overall Attendance Rate for 2020-2019 School Year  
94.87%

- Excellent = 0-3 absences (98-100%)
- Good = 4-9 absences (95-98%)
- Average = 10-14 absences (92-95%)
- Poor = 15-19 absences (89-92%)
- Severe = more than 20 absences (<89%)
PEAKS Testing Window, Content Areas and Testing Times

2020 State Testing Window: March 30-May 1

ASD Window: March 30-April 10 (Make-ups may occur at any time March 31-May 1)

PEAKS (Performance Evaluation for Alaska’s Schools) will be administered to Anchorage students in Grades 3-9 (English language arts and mathematics) and grades 4, 8 and 10 (science) during the weeks of March 30-April 10. Schools have flexibility in providing the test to students to minimize the impact on instructional time. Make-ups are allowed any time between March 31-May 1. Students are not allowed to complete more than one full content area in a day.

*Testing times to complete PEAKS vary by grade level and content area. While the assessment is untimed, approximate testing times by content area and grade level are included in the table below. Using these estimates, ASD has included a recommended minimum test session length.*

### English Language Arts (ELA)—Grades 3-9

<table>
<thead>
<tr>
<th>Grade(s)</th>
<th>Parts</th>
<th>Time Per Part</th>
<th>Time Total</th>
<th>Test Session Time Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>P1: Reading</td>
<td>55 Minutes</td>
<td>90 minutes</td>
<td>120-130 minutes</td>
</tr>
<tr>
<td></td>
<td>P2: Writing</td>
<td>35 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-5</td>
<td>P1: Reading</td>
<td>55 minutes</td>
<td>115 Minutes</td>
<td>145-175 minutes</td>
</tr>
<tr>
<td></td>
<td>P2: Reading and TDA*</td>
<td>90 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>P3: Writing</td>
<td>30 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-9</td>
<td>P1: Reading and TDA*</td>
<td>85 Minutes</td>
<td>120 minutes</td>
<td>150-180 minutes</td>
</tr>
<tr>
<td></td>
<td>P2: Writing</td>
<td>35 Minutes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Mathematics—Grades 3-9

<table>
<thead>
<tr>
<th>Grade(s)</th>
<th>Parts</th>
<th>Time Per Part</th>
<th>Time Total</th>
<th>Test Session Time Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-5</td>
<td>P1: Non-Calculator</td>
<td>40 Minutes</td>
<td>80 minutes</td>
<td>110-120 minutes</td>
</tr>
<tr>
<td></td>
<td>P2: Non-Calculator</td>
<td>40 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>P1: Non-Calculator</td>
<td>40 minutes</td>
<td>80 Minutes</td>
<td>120-130 minutes</td>
</tr>
<tr>
<td></td>
<td>P2: Calculator</td>
<td>50 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>P1: Non-Calculator</td>
<td>25 minutes</td>
<td>80 Minutes</td>
<td>120-130 minutes</td>
</tr>
<tr>
<td></td>
<td>P2: Calculator</td>
<td>65 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>P1: Non-Calculator</td>
<td>20 minutes</td>
<td>80 Minutes</td>
<td>120-130 minutes</td>
</tr>
<tr>
<td></td>
<td>P2: Calculator</td>
<td>70 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>P1: Calculator</td>
<td>45-60 minutes</td>
<td>90-120 minutes</td>
<td>150-180 minutes</td>
</tr>
<tr>
<td></td>
<td>P2: Calculator</td>
<td>45-60 minutes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Science—Grades 4, 8 and 10

<table>
<thead>
<tr>
<th>Grade(s)</th>
<th>Parts</th>
<th>Time Per Part</th>
<th>Time Total</th>
<th>Test Session Time Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>4, 8, 10</td>
<td>Part Only</td>
<td>60-70 minutes</td>
<td>90 minutes</td>
<td></td>
</tr>
</tbody>
</table>

*Testing times are approximate and do not include time needed to start computers, student logins, reading directions and handing out test materials.

*TDA: Text-Dependent Analysis. A TDA is a written response based on a reading passage. TDAs are included in the ELA test and are applicable for grades 4-9 only.*
The Birchwood ABC Spelling Bee will be February 11th. Students may participate if they have an A in spelling or the permission of their teacher. Though that may seem like a long time from now, this is the time to start studying spelling patterns and word origins. (For example, scientific words usually use Latin spellings and word endings)
**Colds and the Flu**

If there's one thing kids seem to have no trouble sharing, it's their germs. In fact, most children will come down with 8-10 colds before their 2nd birthday. Here are some steps you can take to help your child feel better when they have a cold or the flu.

**Clear head and chest congestion**
Plain saline (salt water) nose drops can help clear a stuffy nose. For babies, use a suction bulb or nasal aspirator to remove mucus after using the drops. To loosen mucus in the chest, gently tap on your child’s back. At night, place a cool-mist humidifier near your child’s bed.

**Soothe cough and sore throat**
Chicken soup or other warm liquids can soothe an irritated throat. Children ages 4 and up can also use cough drops or throat lozenges. For coughs, try honey if your child is older than 1 year.

**Prevent dehydration**
Have your child drink lots of fluids. If they refuse, try popsicles. For babies, offer extra formula or milk throughout the day. Continue to breastfeed baby even if you have a cold to pass on your own virus-preventive antibodies.

**Call the pediatrician**
If your child is older than 3 months, call the doctor if they are having trouble breathing, being unusually tired or cranky, acting abnormal, or have a fever higher than 102°F. For babies under 3 months old, call the doctor at the first sign of symptoms.

### Is it a cold or the flu?

<table>
<thead>
<tr>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms come on gradually and last 2-14 days</td>
<td>Intense symptoms come on quickly and last 2-7 days (cough and fatigue may linger for weeks)</td>
</tr>
<tr>
<td>• Mild symptoms</td>
<td>• Fever (usually over 101°F)</td>
</tr>
<tr>
<td>• Runny or stuffy nose</td>
<td>• Stuffy nose</td>
</tr>
<tr>
<td>• Fatigue</td>
<td>• Extreme fatigue</td>
</tr>
<tr>
<td>• Cough</td>
<td>• Dry cough</td>
</tr>
<tr>
<td></td>
<td>• Headache</td>
</tr>
<tr>
<td>• Muscle aches</td>
<td>• Muscles aches, chills, and sweats</td>
</tr>
<tr>
<td>• Headache</td>
<td>• Nausea, vomiting, and diarrhea (sometimes)</td>
</tr>
<tr>
<td>• Sore throat</td>
<td>• Loss of appetite</td>
</tr>
<tr>
<td>• Sneezing and watery eyes</td>
<td></td>
</tr>
</tbody>
</table>

Although colds usually go away on their own and don’t lead to anything more serious, it’s always a good idea to talk to your child’s doctor if you have any questions or concerns.

**To help protect your kids** over age 6 months from illness, get a flu vaccination for them and all others in your household for whom it is appropriate.

For aches, pain, and fever, TYLENOL® and MOTRIN® are **Always On Call**
**SHOULD MY CHILD STAY HOME? GUIDELINES FOR DECIDING HANDOUT**

**FEVER**
A fever is a warning that the body is fighting an infection that could easily spread to others. A child with a temperature of 101°F should not be sent to school; s/he should stay home until fever free without the use of fever reducing medications like Tylenol.

**Colds**
Are more difficult to assess. A slightly runny nose and occasional dry cough is not enough to keep your child home. However, if your child’s nose runs constantly and/or the cough is frequent and wet, or your child is experiencing nausea or is too tired and uncomfortable to function at school it would be best to keep the child home for a day or two.

**Cough**
If your child has a severe cough, rapid and/or difficult breathing, wheezing, or bluish tint to the skin or the cough is accompanied by a sore throat or not feeling well, the child should stay home from school.

**Diarrhea**
This is defined as an unusual amount of very liquid stools compared to the child’s normal pattern. Child should stay home until able to participate normally at school.

**Ears**
If the child has pain, swelling, drainage or difficulty hearing; please see your healthcare provider. Untreated ear infections can cause temporary or permanent hearing loss.

**Eyes**
Red, itchy eyes with a clear, yellow or green drainage from the eye may be contagious and a sign of bacterial conjunctivitis (pink eye). A child with pink eye can attend school as long as they are able to keep from touching their eyes and show that they can properly wash hands after contact with the infected eye.

**Medications**
The school district has very specific rules for all medications in school including cough drops. Please see the School Nurse if your child requires any medications while at school.

**Rash**
A rash might be the first sign of an illness. If your child has a rash with a fever and behavioral changes, or a rash that is oozing/open wound, or is tender with the rash worsening, s/he should be evaluated by a healthcare provider.

**Sore Throat**
If your child has a sore throat, have the child gargle with warm salt water. If his/her behavior is normal and the child ate breakfast, it’s probably safe to send him/her to school. If the child has difficulty swallowing, or you notice saliva building up in the child’s mouth because s/he can’t swallow, please keep the child home. If you notice white spots seen in the back of the throat please contact your doctor, this could be a sign of an infection.

**Vomiting / Nausea**
Please keep your child home if he or she has vomited more than 2 times in 24 hours or also has a fever or if s/he looks or acts ill.
**Physical Activity Log**

Be active 60 minutes or more at least 15 days per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes.

Get Out and Play, Every Day!

www.healthyfuturesak.org

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**Physical Activity Log**

- **Month:** [Dropdown]
- **Student Name:** [Dropdown]
- **Teacher Signature:** [Dropdown]

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**JNYO Club**

The Junior Native Youth Olympic Club will begin in January. **All 1st-6th grade students are eligible to participate in this afterschool activity. More details to come!**

**Shoes Needed**

All youth sizes! Birchwood participates in the Kicks for Kids program which provides gently used shoes to students from around ASD including students right here at Birchwood. If your child has grown out of a decent pair of gym shoes, please drop them off in the blue tub at the main entrance of the school.

**Healthy Future Activity Logs**

**NOVEMBER LOGS DUE: ASAP**

Activity Logs are available at school, online at healthyfuturesak.org, and all students are encouraged to **make their own activity logs on a scrap piece of paper.** For more info about the Healthy Futures program visit healthyfuturesak.org.

**HEALTHY FUTURES TAKES A BREAK FOR DECEMBER AND JANUARY,** but Birchwood students are encouraged to continue tracking their activity on a calendar, and 4th-6th grade will receive extra credit towards their 3rd quarter PE achievement grade for submitting activity logs for these months.

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**Ninja Warrior System**

The Anchorage School District has purchased the “Master” Ninja System and has made it available for checkout for Elementary PE programs. Birchwood ABC has reserved the equipment as part of our climbing unit, which also includes our climbing wall and ropes. All Birchwood students will participate in this unit during their normal PE times January 27th - February 7th. To preview this equipment, follow the link, which has a short video of the Master Ninja System. **There will be additional opportunities for students to use this beyond PE.**

**“Master” Ninja System**

https://www.resilite.com/ninja-warrior-mats/
Physical Activity Log

Be active 60 minutes or more at least 15 days per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. Get Out and Play, Every Day!

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</tbody>
</table>

Month: ____________________
Student name: ____________________
Teacher: ____________________
Signature: ____________________

www.healthyfuturesak.org
The PTA will be meeting January 9th at 3:45 p.m. in the library. We will be looking at getting a Winter carnival committee together and could use a lot of help with this family event.

Winter carnival will be held Friday, February 7th.

Also, a huge thank you for everyone's support with the Holiday Market and Teacher Giving Tree. Whether you volunteered to help, donated items or were a shopper, you made a difference. This is one of the most favorite events for the kids and we have to agree, seeing all those smiling faces all week.
Dear Birchwood Families,

You may or may not be aware that YMCA is offering school age childcare before and after school hours. We still have a number of open spots for care. If you are interested, please feel free to inquire in the MPR, before or after school, with Ms. Erika or call 223-7628. We also offer care during in-service and snow days. However, due to low attendance, we may not be able to provide these services this year. If you are interested in possibly using our care, please inquire with Ms. Erika.
Birchwood Advisory Committee (BAC) News:

Next Meeting: The next BAC meeting is scheduled for January 16th at 6:00 PM in the library. Please email bacbirchwood@gmail.com with any questions or curriculum matters you’d like to discuss or address.

Did you know: You do not need to be a BAC member to attend monthly meetings. Anyone interested in curriculum proposals, philosophy matters, or school academic policies are welcome and encouraged to attend. We want to hear from the parent/guardian body so that we may better represent you and our students.

The BAC is a committee of parents or guardians of BWABC students organized to advise, consult, and assist the school's administrative staff on matters relating to the curriculum.

Each month Birchwood ABC focuses on a different character trait. One student from each class will receive an award for demonstrating this trait, which will be presented at the quarterly Red, White, & Blue Assembly.

January’s Character Trait

Responsibility: A form of trustworthiness; the trait of being answerable to someone for something or being responsible for one’s conduct.
January
6th- First day back from break
9th – PTA Meeting (3:45PM-Library)
10th- Red/White/Blue Assembly
16th- BAC Meeting (6PM-Library)
27th- 5th and 6th grade Battle of the Books
29th- 3rd and 4th grade Battle of the Books

February
7th- Winter Carnival
20th- BAC Meeting (6PM-Library)
28th- Popcorn Friday

Thank you to our School Business Partner!!

773 Logistics Readiness
JBER, AK