Dear NLABC Families,

I hope this edition of Tiger Tracks finds you and your family in good health. We are in uncharted territory and are diligently working hard to ensure the safety of all students and staff. Teachers have been in contact with you to best see how to move forward with education.

I ask that during this time, you please continue reading your emails that will be sent to you either from your child’s teacher, myself, and from ASD. Our goal is to keep you informed as to what is occurring within our school and district.

In the meantime, for primary students, they can practice their phonograms on our website, practice telling time, counting money, and doing a daily writing journal. Older students can practice their math skills, writing a short story or poem, or practice their instruments. Everyone can read for Tiger Reading! I have a strong suspicion that our Tiger Reading goal will be met easily. We have some great resources on our school’s website. Our school’s Facebook page also has information and links as well.

Please practice social distancing and good hand washing. I wish you and your family well as we journey down this unknown path. Together we will rally through this storm. We, as Alaskans, are resilient.

If you have any questions, please feel free to contact me at duff_tammy@asdk12.org.

Warmest Wishes for Good Health,

Tammy Duff
Principal
Northern Lights ABC
Nurse’s Reminder to Parents
Talking to Children about COVID-19

Please read the 4-page handout for helpful information at:
Parent Resource information

Trusted Official Websites to stay informed about COVID-19:
CDC Center for Disease Control and Prevention
WHO World Health Organization
DHSS State Department of Health and Social Services

ASD Communication:
Note: Always check your email and text messages

Anchorage School District: ASD Homepage
Northern Lights ABC School: NLABC Homepage
Northern Lights ABC Facebook Page: NLABC Official Facebook
Sleep Matters
Sleep, School, and Social Skills

Approximately 60 percent of children have sleep problems. Poor or inadequate sleep often leads to mood swings, behavioral problems such as hyperactivity or oppositional behavior, and cognitive problems that impact the ability to learn in school.

Sleep Needs
- Toddlers (1-3 years) = 12-14 hours of sleep
- Preschoolers (3-5 years) = 11-13 hours of sleep
- School-age (5-12 years) = 10-11 hours of sleep
- Teenagers = 8.5-9.5 hours of sleep
- Adults = most need AT LEAST 8 hours, varies through life

<table>
<thead>
<tr>
<th>Sleep Robbers</th>
<th>Sleep Strategies</th>
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<tr>
<td>Stress &amp; Anxiety</td>
<td>Predictable routine, reduce exposure to “adult” conversations and topics</td>
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<tr>
<td>Wrong Schedule</td>
<td>Learn the body’s natural rhythm, set a regular routine for bedtime</td>
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<tr>
<td>Caffeine</td>
<td>Avoid caffeinated drinks and foods (hot cocoa, chocolate, sodas, etc.)</td>
</tr>
<tr>
<td>Environment</td>
<td>Keep screens out of the bedroom, turn screens off at least 30 minutes before bedtime, keep the room dark, cool, and quiet</td>
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DID YOU KNOW?
Meals during closure for students is available: ASD Student Nutrition
Congratulations!

To this year’s Science Fair Winners! All students did an amazing job! Special thanks for the judges who donated their time and efforts in judging. Below is a list of winners:

**Primary:**
- **Physical Science-**
  - 1st- Emma Anderson
  - 2nd- Tristan Malapit
  - 3rd- Eva Pokidov
- **Life Science-**
  - 1st-Daniel Muldoon
  - 2nd- Wisdom Marquez
  - 3rd- Olivia Maglaqui
- **Technology and Engineering-**
  - 1st-Asher Swanson
  - 2nd- Cayla Homerding
  - 3rd- Robert Romanovski
- **Social/Health Science-**
  - 1st- Ryan Deykes
  - 2nd- Michael Njoku
  - 3rd- Gramelie Cabanilla & Beatrice Anunciacion & Carson Hultquist

**Intermediate cont’d**
- **Physical Science-**
  - 1st-Michael Njoku
  - 2nd- Gramelie Cabanilla
  - 3rd- Beatrice Anunciacion & Carson Hultquist
- **Life Science-**
  - 1st-Jace Griffith
  - 2nd- Jaelyn Jordin Lorenzo, Sawyer Nickerson, Gianna Garcia
  - 3rd- Micah Lane
- **Technology and Engineering-**
  - 1st-Gabrielle Gaspard
  - 2nd-Camden Nickerson, Kyle Sobolesky
  - 3rd-Tyson Bishop, Maddie Nickerson
- **Social/Health Science-**
  - 1st- Caleb Jay Curtis
  - 2nd- Dallas Sulley
  - 3rd-Ava Jones
Congratulations to Andrew Hippler in Mrs. Hughes’ 5th grade class for winning 1st place in the NAWIC State competition. In December, Mrs. Hughes’ class participated in a program called Block Kids, sponsored by the NAWIC (National Association of Women in Construction).

Students were challenged to build a workable Lego construction apparatus with time and material constraints, all while keeping in mind a cost-effective budget. His project was an oil pump that extracts oil out of the ground and is put into a crate. Not only did Andrew win 1st place in his class, but he also won 1st place for the State of Alaska. His building design will now go on to compete against other states in May. Good luck Andrew! We are so proud of you!

We are also proud of Jace Griffith and Jaegar Huelskoetter who came in 2nd and 3rd place in our classroom competition.
Congratulations to the 5th/6th Grade Battle of the Books Team of Rayana Carpenter, Claire Jong, and Catalina Whited for their FIRST PLACE win at the State Battle of the Books Competition.

These ladies competed with 30 other teams around the state, winning first place during a sudden-death tie-breaking round.

Their Coach, Mrs. Cotten, is extremely proud of the hard work, dedication, and good sportsmanship these ladies displayed.

The NLABC family applauds all of the Battle of the Book champions!

Congratulations to our 3rd and 4th grade champions winning FIRST PLACE at the State Battle of the Books Competition.

Miles Berg, Karis you, and Kevin Zhang along with coaches Heather Kaas and Jillaine Heinrich had been working hard together for months.
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PRIMARY ACADEMIC AWARDS - Assembly Recognition

**Department Continue**
Wyatt Hultquist  
Arjay Bugarin  
Avery Bennett  
Cassidy Soneoulay  
Chibuikem Anene  
Junia Son  
Kaiya Clancey  
Karlee Farler  
Leevi Fesolai  
Oscar Scordino  
Sebastian Medina Zamora  
Advaith Warrier  
Allyn Aldeza  
Bella Nguyen  
Devyn Gould  
Esther Quan  
 Gunnar Hultquist  
Hailey Henderson  
Joanna Crowe  
Joshua Park  
Laila Myal  
Naelani Peters  
Reuben Kaniut  
Weston Patkotak  
Brynlee Jeppson  
Charlotte Mitchell  
Elizabeth Han  
Finnley Johnson  
Samantha Moe  
Savannah Graham  
Suin Kim  
Traeson Tolentino  
Ahoska Young  
Aliza Malpaya  
Avianna Allen  
Evan Gogain  
Jaselle Marquez  
Kaylee Radford  
Koen Castronuevo  
Robert Romanovski  
Blaire Agustin  
Blake Kaiser  
Ethan Flores  
Mykayla True

**Art Stars Continue**
Sydney Castillo  
Gunnar Hultquist  
Arjay Bugarin  
Cailly Sampaga  
Ethan Hunt  
Alexander Zelaya Arias  
Cayla Homdering  
Trevor Pendley  
Sophia McDaniel  
Glory Afieroh  
Amelia Ellison  
Zoey Schlaubaugh

**Music Stars Continue**
Reagan Taylor  
Wyatt Hultquist  
Arjay Bugarin  
Avery Bennett  
Devyn Gould  
Reuben Kaniut  
Brynlee Jeppson  
Christian Ramirez  
Emma Anderson  
Gerald Loges  
Blake Kaiser  
Mackenzie Salvanera  
Emma Benton  
Jayden Selga  
Raegan Cadavos  
Soren Lommell  
Chase Clancey  
Lillyenne Peters

**Health Stars**
Gaige Warren  
Hannah Harrington  
Amelia Ellison  
Tristan Malapat  
Konrad Kafar  
Madison Russell  
Elias Poe  
Reagan Taylor  
Allie Wuerth  
Oscar Scordino  
Allyn Aldeza  
Weston Patkotak  
Finnley Johnson  
Rowan Pendley  
Ahoska Young  
Hudson Gaspard  
Khloe Tresnak  
Kyler Jones  
Jamilla Cooper  
Paxson Henry  
Hope Hultquist  
Rafael Dimaano  
Artemio Rivera  
Shiloh Tollefson

**Library Stars**
Gaige Warren  
Malayn Poulsen  
Amelia Ellison  
Brigham Jeppson  
Anna Evanson  
Caleb Quintanilla  
Arias Zelaya  
Elias Poe  
Allie Wuerth  
Marcelo Whited  
Joanna Crowe  
Reuben Kaniut  
Brynlee Jeppson  
Rowan Pendley  
Hudson Gaspard  
Kaylee Radford  
Danica Valinske  
Daniel Miles  
Kato Ramos  
Trinity Reed  
Hope Hultquist  
Yuan Ravana  
Lillyenne Peters  
Zachary Verley
INTERMEDIATE ACADEMIC AWARDS - Assembly Recognition

3.0 GPA
Myla Fischer
Lena So
Molly Sillers
Nyoko Ramos
Aubrey Forth
Brodie Pont
Cynthia Pedraza
Logan Hultquist
Marcus Daniel
Mareena Roemer
Jace Griffith
Jaelyn Lorenzo
Joseph Keum
Peyton Marcum
Crystal Chau
Elliot Smith
Prince Ice Natividad
Emmi Baez
Ellen Whitson

3.17 GPA
Hunter Bernas
Giavannia Schmidt
Giuliano Maddamma
Owen Schlabaugh
Thaddeus Franklin-Lounsbury
Kegan Lennox
Madelyn Nickerson
Jaezelle Quintanilla
Christine Han
Andre Santiago
Miles Berg
Karis You
Kevin Zhang
Khloe Hill
Mykailla Fischer
Adrianna Flores

3.33 GPA
Ethan Luedde
Grace Mihalka
Demyan Baumgartner
Jenna Pendley
Leila Henderson

3.33 GPA Continue
Maria Dumaguing
Sofia Holck
Jaegar Huelskoetter
Lucas Catapia
Amelia Agron
Jonathan Sargent
Safira Akhmadeeva
Sarah Han
Curtis Taylor
Sean O'Toole

3.5 GPA
Caralina Whited
Daniel Dixon
Julian Berg
Nicholas Kiefer
Autumn Stone
Phoebe Salvanera
Avery Sundberg
Olivia Maglaqui
Bella Valinske
Ryder Patkotak
Brayden Ulep
Julius Villaflor

3.67 GPA
Bianca Gonzales
Zed De Lara
Adrielle Malpaya
Evelyn Whitson
Daniel You
Raegan West
Kyle Sobolesky
Trace Verley
Graceila Nunes

3.83 GPA
Charlize Malapit
Troy Neilson
Yedidia Diboue
Madison Darvell
Todd Debenham
Yuna Chung

3.83 GPA Continue
Johannah Butler
Lincoln Kaniut
Aizhou Wei
Marquin Dizon

4.0 GPA
Beatrice Anunciacion
Claire Jong
Joselyn Vesely
Andy Zhang
Naomi Njoku
Leigh Rivera
Ammon Jeppsson
Lora Rivera
Ariana Bond
Dain Kim
Davina Blanks
Endo Ramos
Isabelle Maddamma
Isaiah Kim
Isaiah Reynoso
Xayden Luedde

Deportment
Beatrice Anunciacion
Bianca Gonzales
Charlize Malapit
Claire Jong
Grace Mihalka
Joselyn Vesely
Myla Fischer
Troy Neilson
Caiden Fischer
Dallas Sulley
Jenna Pendley
Justin Nebrida
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Adrielle Malpaya
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Maria Dumaguing
Ammon Jeppsson
## INTERMEDIATE ACADEMIC AWARDS - Assembly Recognition

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<td>Aubrey Forth</td>
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INTERMEDIATE ACADEMIC AWARDS - Assembly Recognition

Library Stars
Grace Mihalka
Gabriella Paraoan
Zed De Lara
Logan Hultquist
Adrielle Malpaya

Madelyn Nickerson
Vincent Verley
Todd Debenham
Vera Halim
Eleanor Suralta
Jayden Castillo

Ja'Mya Siah
Miles Berg
Dylan Poe
Mykailla Fischer
Isabelle Maddamma
Xayden Luedde

Join us!
Are you a parent who is passionate about NLABC’s philosophy?
If so, you should consider running for a seat on NLABC’s Parent Advisory Board.
The term of service is two years. Information will be posed on the school website.
If you have questions, please contact Brittani at (907) 202-1982, or any current Board Member.
# MIDDLE SCHOOL ACADEMIC AWARDS - Assembly Recognition

## 3.0 GPA
- Si Hyun Chung
- Kylenicole Clundrina
- Faigh Hughes
- Rosabella Leon
- Sophya Ramos
- Martin Hermansen
- Jorryn Thiel
- Jayden Poulson

## 3.17 GPA
- Sophia Hidalgo
- Ma'Hayla Swann
- Keona Taylor
- Alal'e Alexander
- Jonathan Anunciacion

## 3.34 GPA
- Brynn Shasby
- Emmerie Stone
- Jaeden Buenaflor
- Luis Castillo
- Rachel Foster
- Jayden Harrington
- Ethan Holland
- Briley Loncar
- Alexander Michel
- Aubrey Price

## 3.5 GPA
- Izara Adams
- David Cabrera
- Sebastian Maglaqui
- Josheph Mahoric
- Preston Lee

## 3.67 GPA
- Travis Fredenhagen
- Sebastian Lopez
- Oksana Martynyuk
- Randonn Wray
- Destiny Delara
- Grace Kim
- Blake McDade
- Shane McDonald
- Jayelle Padron
- Faith Villaflor

## 3.84 GPA
- Naomi Fernandez
- Delaney Johns-Kahler
- Alice Kim
- Keasiya Luedde
- EllaRose McDermott
- Konnie Towner
- John Cervana
- Payton Hahn
- Francis Santiago
- Emma Sundberg
- Caden West
- Yohan Wang

## 4.0 GPA
- Nicole Agustin
- Grelmeli Cabanilla
- Angelyn Calderon
- Rylan Forth
- Joshua Gaspard
- Penelope Gaspard
- Cannon Kaniut
- Yunseo Keum
- Hayoung Kim
- Eli LaFevers
- LC Munar
- Michael Njoku
- Dean Pagalilauan
- Dihan Pagalilauan
- Liam Sherburne
- Elizabeth Bingham
- Makayla Hartman Trumblee
- Rebecca Henderson
- Jisela Ieremia
- Preston Kaniut
- Eli LaFevers
- Preston Lee
- Aspen Lennox
- Rosabella Leon
- Briley Loncar
- Sebastian Lopez
- Keasiya Luedde
- Sebastian Maglaqui
- Joseph Mahoric
- Oksana Martynyuk
- ElaRose McDermott
- Shane McDonald
- Michael Melgar
- Alexander Michel
- Maylina Middleton-Sihabout
- LC Munar
- Michael Njoku
- Gabriel Novero
- Jayelle Padron
- Dean Pagalilauan
# MIDDLE SCHOOL ACADEMIC AWARDS - Assembly Recognition

**Department Continue**
- Dihan Pagalilauan
- Kaia Reeg
- Francis Santiago
- Brynn Shasby
- Angela Shen
- Liam Sherburne
- Caleb Song
- Emmerie Stone
- Emma Sundberg
- Ma'Hayla Swann
- Konnie Towner
- Cyrus Varela
- Deanna Vendiola
- Jace Vesely
- Faith Villaflorres
- Caden West
- Randonn Wray
- Adrian Wuerth

**Band Stars**
- Michael Njoku
- Alal'e Alexander

**Orchestra Stars**
- Adria Wuerth
- Yohan Whang

**Choir Stars**
- Sumiko Ramos
- Shane McDonald

**PE Stars**
- Nicole Agustin
- Kylienicole Clundrina

**PE Stars Continue**
- Penelope Gaspard
- Delaney Johns-Kahler

**Art Stars**
- Ma'Hayla Swann
- Michael Njoku

- Izara Adams
- Aspen Lennox
- Jaeden Buenaflor
- Cyrus Varela
- Konnie Towner
- Oksana Martynyuk
- Alice Kim
- Rachael Foster
- Rebekah Henderson
- Alex Michel
- Zackary Sigafos
- Preston Kaniut
T.I.G.E.R. Reading Club
January and February Assembly Recognition

Intermediate

5,000 PAGES - Level 1
Sarah Han, Hazel Hayes, Kingston Scherrer

10,000 PAGES – Level 2
Lauchlin Johnston, Brooklynn Ridgeway, Meleena Sok, Juno Summerlin, Luna Summerlin

15,000 PAGES – Level 3
Ike Anene, Meylynn Nothstine, Cynthia Pedraza, Jonathan Sargento, Esther Vargas

20,000 PAGES – Level 4
Jaylynn Burnett, Bianca Gonzales

25,000 PAGES – Level 5
Rylen Achenbach, Yedidia Diboue

30,000 PAGES – Level 6
Aubrey Forth, Nicholas Kiefer

35,000 PAGES – Level 7
Johanna Butler, Andrea Cuengco, Ayla Dickey, Xayden Luedde, Evelyn Whitson

40,000 PAGES – Level 8
Johanna Butler, S.H.

45,000 PAGES – Level 9
Johanna Butler, Kaitlyn Joseph, Elizabeth Lee

50,000 PAGES – Level 10
Johanna Butler, Mharcus Melgar, Karis You

55,000 PAGES – Level 11
Kristen Castillo, Haizel Ezell, Sophia Gutierrez-Valencia, Patryk Kafar Ammon Jeppson, Gabriella Paroan, Giavannia Schmidt

60,000 PAGES – Level 12
Annabelle Graham, Sophia Gutierrez-Valencia, Khloe Hill, Avery Sundberg, Raffy Villarin

65,000 PAGES – Level 13
Todd Debenham, Isabella Maddamma, Wisdom Marquez

70,000 PAGES – Level 14
Caleb Curtis, Logan Hultquist, Jaezelle Quintanilla, Camden Nickerson

75,000 PAGES – Level 15
Michael Conway, Jaezelle Quintanilla, Elliot Varela

80,000 PAGES – Level 16
Michael Conway, Madelyn Nickerson, Sawyer Nickerson

85,000 PAGES – Level 17
Michael Conway, Adrielle Malpaya

90,000 PAGES – Level 18
Kyle Sobolesky

100,000 Page TROPHY – Level 20
Dain Kim, Kaiden Warren

100,000+ PAGES – Level 21
Zed De Lara, Leila Henderson, Lora Rivera
T.I.G.E.R. Reading Club
January and February Assembly Recognition

Primary

3,000 PAGES - Level BR3
Blaire Agustin, Zeke Arts, Denyelbert Bascug, Raegan Cadavos, Chase Clancey, Isaiah Crawford, Kaylee Gallagher, Stella Kavar, Gerald Loges, Harper Logue, Trinity Reed, Zachary Verley

5,000 PAGES – Level 1
Alek Abes-Guzman, Lanre Akindipe, Isaac Evason, Chase Clancey, Knonn Kiddle, Koen Castronuevo, Marcus Mayo, Gabriela Meleghemi, Laila Myal, Bella Nguyen, Nason Northcutt, David Pak, Weston Patkotak, Josephina Reid, Melareena Sok, Pearl Thayer, Shiloh Tollefson, Matthew Watkins

8,500 PAGES – Level BR3
Blake Cabasag, Jaxon Justiniano, Zachary Kemp, Robert Romancovski, Mark Shportko, Josephia Reid, Artemio Rivera, Kayden Waddell

10,000 PAGES – Level 2
Avianna Allen, Michael Baello, Audra Butler, Zachary Kemp, Aliza Malpaya, Daniel Muldoon, Deniz Onur, Madalyn Poulsen, Esther Quan, Yuan Ravana, Josephina Reid, Artemio Rivera, Madison Russell, Mark Shportko, Tristan Suralta, Mykayla True

15,000 PAGES – Level 3
Semi Akindipe, Zhoh Belmont, Michael Baello, Sydney Castillo, Anna Evason, Karlee Farler, Senna Hickey, Mai Ling Johnson, Daniel Muldoon, Gwendalynn Severance, Lucas Son, Kaiden Mead, Conner Ulep, Advaith Warrier, Mia Watkins

20,000 PAGES – Level 4
Allyn Rose Aldeza, Landon Johnston, Suin Kim, Noah Lapierre, Caleb Quintanilla, Samantha Moe, Aubriana Paraoan, Advaith Warrier

25,000 PAGES – Level 5
Gunnar Hultquist, Ethan Hunt, Nathan Xavier

30,000 PAGES – Level 6
Caiden Del Rosario, Ethan Flores, Eva Pokidov

35,000 PAGES – Level 7
Rowan Pendley, Elias Poe, Amuthan Srinivasan, Gaige Warren

40,000 PAGES – Level 8
Cayla Homerding, Mykenzi Fischer, Max McDade, Dylan Pechacek, Rowan Pendley, Ava Taylor

45,000 PAGES – Level 9
Caleb Arduser

50,000 PAGES – Level 10
Glory Afieroho, Aidan Hippler, Sye Allen, Jolar Castillo, Audrey Radford

55,000 PAGES – Level 11
Zoe Schlabaugh

60,000 PAGES – Level 12
Shelby Haag, Blake Kulberg

65,000 PAGES – Level 13
Erin Kopiasz

75,000 PAGES – Level 15
Brigham Jeppson

80,000 PAGES – Level 16
Naelani Peters, Shaan Sujith

85,000 PAGES – Level 17
Shaan Sujith

100,000+ PAGES – Level 21
Hailey Henderson
T.I.G.E.R. READING CLUB UPDATE

February Reading, 2020

- **251** student readers met the January goal!
- Students read **433,639** pages and the staff read **21,098** pages in February.
- **1,103,364** pages remain to reach the student goal!

- **PRIMARY CLASS TROPHY K-3 WINNER:**
  Mrs. Pugh’s & Mrs. Navio’s classes had the most primary students read to goal!

- **INTERMEDIATE CLASS TROPHY 4-6 WINNER:**
  Mr. Walsh’s class had the highest number of intermediate students read to goal!

- **CLASSROOM GRADE LEVEL TROPHY WINNERS**
  Kindergarten – Mrs. Montes
  1<sup>st</sup> Grade – Mrs. King
  2<sup>nd</sup> Grade – Mrs. Pugh
  3<sup>rd</sup> Grade - Mrs. Navio
  4<sup>th</sup> Grade – Ms. Basinger
  5<sup>th</sup> Grade – Mrs. Cotten
  6<sup>th</sup> Grade – Mr. Walsh

**Ms. Kelly in the library** is our top staff reader with **5,223** pages read in January.
Access Digital Books/Resources

- Visit the [ASD Digital Library](#) and read in your browser :) So Easy!
- Download the SORA APP and read or listen @ [A.S.D. Digital Library with SORA](#)
- Usernames & Passwords
  1. USERNAME: lastname.firstname@asdk12.org
  2. PIN/PASSWORD: Varies by student - what students use in the computer lab or on Chromebooks

- **Password problems? Email Ms. Collins for help with usernames. passwords, or resetting passwords :)**
- **Simple Directions for ASD SORA**

Login to Clever Portal (access ASD Apps like Lexia & Math Whiz)

NLABC Weblocs

ASD Educational Resources

More Library Resources available with ASD Library Codes *(email for yours!)*

- **Anchorage Municipal Library Downloadables** (Available with parent permission given during the registration process using the ASD [student library codes](#) - find Tumblebooks e-books, read-along, and animated books, Hoopla, Lynda, and MORE!!)
- **Alaska Digital Library** If asked for home library, pull down to Anchorage Public Library
- **Alaska State Library Resources** - BrainPop and MORE! Alaska residents, call 1-800-440-2919 for a username & password if needed (try it first, your ISP may automatically identify you as an Alaska Resident).
- **Anchorage Public Library's COVID-19 Family Resource List**
Hello NLABC Families! Let’s get moving!!

Being physically active is an important part of a healthy lifestyle! Because students are not participating in recess or P.E. class, there are ways to stay active at home. Students receive 90min of PE a week while in school which is equal to only 15min. a day. Healthy recommendations are for 60min. a day of physical activity. Remember, the more physical activity you do, the greater the health benefits, and the better you will feel! Getting your body moving can help you:

* Feel better about yourself
* Strengthen your muscles and bones
* Sleep better at night
* Maintain or achieve a healthy weight
* Increase your chances of living longer
* Have more fun

So what can you do while school is closed?

*GO OUTSIDE! It is spring, days are long and the sun has been out-free play, sledding, walking, running, biking, skiing, snowshoeing, snow cave building, jumping rope, hula hooping…….

*Here is a fun March activity calendar and a kids activity pyramid you can use as a guide. Start with today’s date or pick and choose any of the daily recommended activities.

Ms James & Mrs. Ireland
Health

To all our healthy NLABC Families,

We have been studying My Plate, Nutrition, and digestion in my health classes and will be heading into dental health. Attached are some fun, informative videos, games and songs that any child at NLABC can interact with to reinforce what we have been learning and get them ready for our next units.

From Colgate comes The Tooth Defenders! [https://www.youtube.com/watch?v=qCJxXsTkqW0](https://www.youtube.com/watch?v=qCJxXsTkqW0)

My Plate: [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)

Blast Off nutrition game: [https://www.fns.usda.gov/apps/BlastOff/BlastOff_Game.html](https://www.fns.usda.gov/apps/BlastOff/BlastOff_Game.html)

Berenstain Bears visit the dentist: [https://www.youtube.com/watch?v=bBcYQZCtELY](https://www.youtube.com/watch?v=bBcYQZCtELY)

Nutrition and 5 food groups songs: probably need itunes.

And, always remember-Play Everyday!!

Ms. James
Farewell to Mr. Sims

A heartfelt farewell to our retired BPO last month!
SPIRIT DAY !!! SUPER HEROES

It was good to see a lot of Super Heroes at NLABC school today! What a day to end the 3rd Quarter!

Congratulations to Mr. Cullings’ class. What an (The) Incredibles job!!!

Thank you for all that you do. You are all our Super Heroes every day at NLABC! We hope that you all have a safe and fun spring break!

See below for photos.
ART NOTES

Hi Northern Lights Students and Families,

I am still working on the Northern Lights Yearbook. The last day to order online is April 1st. (NO JOKE)

I am getting some great 8th grade baby pictures. I still need more. If anyone has other pictures they would like to submit to the yearbook please e-mail them to me at Easton_Miriam@asdk12.org

I don't know about you but my children are going a little stir crazy. During this time of change, it has given me and my family opportunities to be creative. Well, I have been staring at a computer screen working on my technology skills and yearbook. My children have been exploring ideas and creating their own art work. These are just a few examples of their work. I hope this time gives you an opportunity find a “how to draw” video, book, or app that you can explore and pick and choose things you like.

The above artwork is created by Anna on heavy watercolor paper using sharpies. The lower art is a page in Eva’s 9x12 sketchbook. She used Sharpies and Chameleon Marker. She also used a thin piece of cardboard under the page as she was working so her work wouldn’t bleed onto other pages. I find them both fun and inspiring.

As we move forward, I will continue to share artistic ideas in different ways. I miss you all. During this time, enjoy your family and stay creative. I know I am.

Until we meet again,
Mrs. Easton