Dear Parents:
We are having the most amazing Spring! I know, as Alaskans, we are all appreciating the increased day-light.

I am very proud of our students, all of our Third through Sixth Grade classes have finished the state PEAKS testing. We are now focusing on make-up testing for students who were not here during their scheduled testing time. Thank you parents, for getting your children to bed early, and getting them off to school on time. Your support is always critical, not just during testing but throughout the school year. Please keep in mind, all K-6 students will also be doing the third round of MAP and AIMSweb screening at the end of the month.

For our Third Quarter Assembly, we recognized students for Honesty and Fairness. For a complete list, please take a look at our awards section in our newsletter. Our focus for Fourth Quarter will be Trustworthiness and Citizenship. Please discuss these character traits with your children at home.

We do live in Alaska, so please continue to monitor and send your children dressed for the weather. Also know that Spring Hill is not a biking/walking school due to Lake Otis’ designation of a hazardous roadway. Only student residing at Trailside Heights are able to walk to school. Thank you for your understanding and help in keeping all of our kids safe.

Speaking of safe, if you are available in the mornings and afternoons, adult presence at bus stops really helps. For those of you that do it already, a HUGE thank you. For all of our bus riders, please continue to remind your child that safe, respectful, and responsible behavior is expected on the bus and at the bus stop, as well as in school. Your support really makes a difference.

If you have a child entering Kindergarten next year, we have our Kindergarten Round-up scheduled for April 11th at 9:00. Please bring your child for a sneak preview and come and find out how you can help your child get ready for Kindergarten.

We have so much learning left to do and so little time. As the daylight increases, I know an early bedtime becomes more challenging. Stay strong and keep the routine! Tired kids struggle to stay awake and learning becomes a challenge.

As always, if you have questions or concerns, please do not hesitate to contact our office.
Lana Bailey, Principal

DATES TO REMEMBER:
April 11—Kindergarten Round Up, 9:00 a.m.
April 12—Popcorn Friday
April 15—Talent Show permission slips due
April 16—Math & Science Night, 6:00-7:00 p.m.
April 25—Choir Concert, 5:30 p.m., in the gym
April 29—Talent Show Auditions 3:30-5:00 p.m.
May 6-8—6th Grade Camp
May 6-10—Teacher Appreciation Week
May 7—PTA Meeting, 5:00 p.m. in the library
May 16—Spring Hill Talent Show, 2:00-3:15 p.m.
May 22—Last Day of School
A Reminder from the Nurse About Getting Good Rest

As we are (finally!) reaching the time of year when the days are getting a little longer, it may be harder to stick to an appropriate bedtime. We are seeing an increase in tired children in all of the classrooms. As the school day puts increased demands on a child’s time and energy, it is vitally important that they are getting adequate rest at night.

A Well Rested Child…
- Is cheerful and ready to get up in the morning
- Is more willing and able to follow instructions
- Learns better in school
- Feels more like playing
- Is generally ill less often than the over-tired child

A Tired Child…
- Has difficulty concentrating and focusing on classwork
- Is more nervous and irritable when studying or playing

So how much sleep is enough?
Young children need 11-12 hours of sleep at night. As they grow older, they will gradually grow into needing a little less sleep. It is recommended that children get 10-11 hours of sleep between the ages of 7-9, and a minimum of 9 hours of sleep at night by the time they are 10-12 years old. For most elementary aged children, this translates to quiet time after 7:30pm, and lights out around 8:30.

Children need a dark, quiet, comfortable environment at night in order to get the best opportunity to succeed during the day. Calming activities are recommended for the hour before bedtime. Reading, coloring, bath time, and conversation with you are all great ways to calm down and get the mind ready for rest after a long day.

Even if your child does not immediately fall asleep at their given bed time, it is so important to have a consistent time when daily activities and stimulus end for the day. Studies have shown that children’s brains benefit from the rest that is provided, even if they aren’t necessarily quick to fall asleep.

Thanks for partnering with us to make your child’s day the best it can be,

Naomi Gerwin, RN
## 3rd Quarter Spring Hill Awards

### CLASS AWARDS

<table>
<thead>
<tr>
<th>Category</th>
<th>Fairness</th>
<th>Honesty</th>
<th>Teacher</th>
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<tbody>
<tr>
<td><strong>Library Awards:</strong></td>
<td>Eikenbary</td>
<td>Freligh</td>
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<tr>
<td>Eikenbary</td>
<td>JR Ratsaphon</td>
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<td>Freligh</td>
<td>Ricky Vang</td>
<td>Naomi Lee</td>
<td>5-6 Meyer</td>
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<td><strong>Music Awards:</strong></td>
<td>Freligh</td>
<td>Coburn</td>
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<td>Freligh</td>
<td>Charli-May Ferguson</td>
<td>Phoenix Kelly</td>
<td>K-Eikenbary</td>
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<td></td>
<td>&amp; Nyla Mailloux</td>
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<td><strong>P.E. Awards:</strong></td>
<td>Winchester</td>
<td>Meyer</td>
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<tr>
<td>Winchester</td>
<td>Kahlia Norris</td>
<td>Ileiyah Johnson</td>
<td>1-Sparrow</td>
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<td>Meyer</td>
<td>Cason Woods</td>
<td>Ezekiel Yang</td>
<td>2-Brown</td>
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<td><strong>Art Awards:</strong></td>
<td>Meyer</td>
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<td>Meyer</td>
<td>Fernanda Santillan</td>
<td>Brenston Guidry</td>
<td>3-Winchester</td>
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<tr>
<td>Eikenbary</td>
<td>Cayden Wilson</td>
<td>Ella Falagai</td>
<td>3-Morris</td>
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<td>Ruby Davis</td>
<td>Oliver Dolchok</td>
<td>4-Campbell</td>
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<td><strong>Health Awards:</strong></td>
<td>Winchester</td>
<td>Humphrey</td>
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<tr>
<td>Winchester</td>
<td>Samson Falemai</td>
<td>Rhys Gilchrist</td>
<td>4-Falconer</td>
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<td>Humphrey</td>
<td>Kiara Romero</td>
<td>Lucious Johnson</td>
<td>4-Falconer</td>
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<td></td>
<td>Audrina Brown</td>
<td>Asiji Nasufi</td>
<td>5-Falconer</td>
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<td><strong>Golden Heart:</strong></td>
<td>Emmery Lozano</td>
<td>Aubrey Winchester</td>
<td>5-Osowski</td>
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<tr>
<td>Emmery Lozano</td>
<td>Amar Shabani</td>
<td>Emmery Lozano</td>
<td>5-Renschler</td>
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<td>Ericka Carter</td>
<td>Tristen Wtanabe</td>
<td>Amelia Genao-Medina</td>
<td>6-Wien</td>
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<td></td>
<td>Logan Winchester</td>
<td>Alan Wu</td>
<td>6-Christian</td>
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Easter Egg Sales: Friday, April 19th:
Student Council is fundraising for the food pantry “New Hope in the Last Frontier”

The event works just like Popcorn Friday. Bring in 50 cents for one egg. Inside the egg will be a toy! Best of all, for each egg bought, the student will entered into a drawing for a Fred Meyer gift card. One gift card will be awarded for the primary wing and one gift card for the intermediate hall.

Let’s help raise money for the food pantry!

Library News:
4th quarter is upon us and will be over before we know it. In looking at statistical reports, our school currently has 247 overdue library books, these do not include books that are not considered overdue by the computer system. Overdue notices will go home by the end of this week. Please help your student find their missing library books and get those turned in before the end of the quarter.

As in prior years, if your student has overdue library book, they will miss out on participating in field day. This can be avoided by turning in missing books, paying a replacement cost for the missing books, or replace missing books with like titles (I always recommend going to either Title Wave to see if they have a copy or going through Amazon).

Dates to Remember:
April 19th - Students with overdue books will no longer be able to check books out.
April 22nd - All students limited to 1 book for check-out.
May 3rd - Last day for check-out.

Marlena Henrie, Librarian
https://springhill.asdk12.org/library/
Mrs. Hanley's and Ms. Coburn's class wish to thank Anchorage Schools Foundation for their $500 grant to fund a puppeteering project. On two different afternoons, international puppetry artist, Salila Kubitza, will visit us to perform a puppet show, provide supplies for kids to make a marionette puppet of their own, and show kids how to develop their puppet's character so they can perform a show of their own. This project is only possible due to the generous grant from ASF.

Ms. Osowski’s class would like to thank Papa Murphy’s Pizza for donating the pizza sold on movie night last Friday. Overall, the movie night generated $516 toward the class’s over-

**Musher Blair Braverman’s #UglyDogs Twitter Followers Donate Thousands in Materials to Alaskan Schools During Iditarod**

Fans and Twitter followers of musher Blair Braverman have banded together in support of Alaskan schools. Some of her followers are fans dog mushing, while others just love the pictures and stories Blair shares of her husky family.

While Blair was on the trail and out of contact with the online community, her followers started looking for Alaska school projects that they could help support. Several of our teachers received donations through their Donors Choose pages, and overall, schools statewide received over $100,000 in support of projects, field trips, and supplies.

Spring Hill gives a huge Thank You to the #UglyDogs community for their support.
More School News:

**Kindergarten round-up:** Thursday April 11 – 9:15am

**Girls On The Run (GOTR)**

GOTR is a non-profit organization that teaches girls how to respect themselves, prevent bullying, healthy habits, teamwork, and much more. This is our first season at Spring Hill and we have 10 girls! We are looking for Running Buddies for our end of the program celebratory 5K run (walk, jog, skip) on May 11th. Please let me know if you are interested in being a Running Buddy or sign up online at [www.gotrsouthcentralak.org](http://www.gotrsouthcentralak.org).

Thanks, Carissa Hodson

**Teacher Appreciation Week:** Teacher appreciation week is May 6th – May 10th. Please say Thank You to your child’s teacher for all that they do.

Dear Parents and Guardians,

Spring Hill Elementary School will be teaching the 4th Quarter Personal Safety lessons the weeks of April 29-May 9, 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.

If you have any questions about the content of the program or if you wish to inquire about opting out, please contact our Elementary Health Specialist, Catherine Boutin on district email: [boutin_catherine@asdk12.org](mailto:boutin_catherine@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.
Play Ball!
Far North Youth Baseball
Sign up now at www.farnorthysa.org

At Far North, our Mission is to inform, instruct and inspire youth baseball players! We are about instilling passion for the great game of baseball in young athletes. Our players learn skills, sportsmanship, leadership, and build lasting friendships in a safe and fun environment. It’s the best game in town!

Program Highlights
- All boys and girls ages 3-17 throughout the Municipality of Anchorage are welcome
- Equal play time for every ball player
- Certified coaches
- Trained and qualified umpires
- Players are placed into the division best suited for their skill level and success
- Field sizes are conformed to players age and ability
- Longer summer season. We play a full month past other baseball programs. Far North Baseball is about development, time and value!
- Modified MLB rules are introduced starting at age 9 resulting in a fun and exciting experience for ball players
- “Denali League” comp division available
- Space is limited so register now
- Far North is a non-profit organization and tax deductible donations are always accepted and greatly appreciated
- For more information go to www.farnorthysa.org or call us at 907-563-7922.

Walk-In Registration & Clinics
March 17th & 24th
At the Dome
Player Evaluations
April 7th– South High School
April 14th & 17th- Dome
See website for more info

Far North Youth Sports · PO Box 232446 · Anchorage, AK 99523 · 907.563.7922

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

SO MUCH FUN,
EVEN THE DOME CAN'T HOLD IT ALL!

This summer, join us at The Dome for an amazing summer camp run by our incredible staff! Open to children ages 6 to 12, this day camp provides a summer filled with games, creative activities, sports, and field trips every week!

Every day at The Dome's summer camp features a wide range of group activities, focused on everything from athletic movement to creative exploration. Kids will have a terrific experience each day with opportunities to grow emotionally, mentally, and physically. Each day is packed, and we'll be doing everything from soccer and football to field trips to the Alaska Zoo and Roadrunner Amusement Park!

SO MUCH ROOM
FOR ACTIVITIES!

We've got a 180,000 square foot playground here at The Dome, and we make the most of it! This summer, we're providing our campers a huge range of activities to keep their minds and bodies moving. The turf is yours, the track is yours, The Dome is yours! Join us in the largest indoor playground in Alaska!

FIELD TRIPS

We want to give our campers as wide a range of fun experiences as possible, so we're planning at least one field trip every week! Some of the field trips may include:

- The Alaska Zoo
- Mini Golf at Putters Wild
- Anchorage Museum
- Imaginarium
- Bowling at Dimond Center
- Reindeer Farm
- Roadrunner Amusement Park
- Dave and Buster's
- Ice Skating at Dimond Center

FREE EARLY DROP OFF
AND LATE PICKUP.

MAY 28 – AUGUST 16

Camp Hours: 8AM – 5PM
Drop Off / Pickup: 7:30AM – 6PM
Ages 6-7 • Ages 8-10 • Ages 11-12

ACTIVITIES

Some of the activities campers will be experiencing this summer include:

- Laser tag
- RC Cars
- Skinny Raven Kids Running
- Arts and crafts
- Painting
- Nerf war
- Soccer
- Football
- Baseball
- Kickball

REGISTER AT THE Dome.US

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

**Lunch Club:** We are meeting for lunch to pick projects for the Spring. 6th grade students will be starting their large drums after Spring Break.

**Summer Enrichment Program:** K – 7th grade – Maritime Theme – Registration opens March 6th! Session 1 is already full! Enroll asap for Session 2 or 3! [https://goo.gl/forms/uDXwrVf80ySUZ52D2](https://goo.gl/forms/uDXwrVf80ySUZ52D2)

**Summer Opportunities:** Updated weekly, click link below for updated summer activities [https://docs.google.com/spreadsheets/d/1C-8tkVlBe92PxKSseMokxJPOLE-M6Sz6ozk6vm5kLXg/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1C-8tkVlBe92PxKSseMokxJPOLE-M6Sz6ozk6vm5kLXg/edit?usp=sharing)

**ANSEP:** Eligible 5 & 6th graders. Application packets have been given to all students, and we have less than 3 weeks until the deadline! See packet for schedule, or contact me for more details. I am available Monday and Thursday mornings 8-8:45 am to help with essays and completing the application. Don’t miss out on this opportunity! Application below: [https://drive.google.com/file/d/1Aon3UY0txnPmg78W3TZgrKLDey8cebdw/view?usp=sharing](https://drive.google.com/file/d/1Aon3UY0txnPmg78W3TZgrKLDey8cebdw/view?usp=sharing)

**Academic Tutoring & Open Gym:** Every Wednesday at Wonder Park El. from 6-8 pm. Contact Amanda Hoffman (907) 742-7867 or click [https://goo.gl/forms/FIs3VhjU4WCoVpwM2](https://goo.gl/forms/FIs3VhjU4WCoVpwM2)

Emily Lucy (907) 742-5450 lucy_emily@asdk12.org

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