Dear Parents:

Wow! We sure have a busy month ahead of us. Iditaread, Ski-a-thon, After School Ski program, Spelling Bee, Spirit Days, etc.

**Idita-read** – Our hallway is lined with Iditarod checkpoints for readers to make their way to Nome. Information is being sent home with your child. All students who reach the end of the Iditarod trail will participate in a party. Read-on!

**Skiing** - We altered our schedule, and classes began cross country skiing outside for one hour. Our after school program is also filled. If you didn't get in this year, we always have next year. Be sure students have enough gear to keep them warm outside for an hour. PTA has also created an exciting fundraiser (Ski-a-thon) to help motivate student in their skiing efforts. Please make sure you take a look at that pledge form.

**Spelling Bee** - Our school spelling bee is scheduled for February 20th. Our winner will then be eligible to participate in the State Spelling Bee.

**Sprit Days** - February 8 is twin day. Students can either choose a friend at school they can dress alike or they can dress like someone they want to be a twin with (parent, family member, superstar, celebrity). On February 15 we are celebrating over 100 days of school so we are asking students and staff to dress for the future.

**Reminder** - Third quarter parent-teacher conferences have been cancelled due to the missed school days in December. If you have questions or concerns regarding your child or his/her performance, please reach out to the teacher. We have an amazing staff who are excited to partner with you as we make our way through the year.

Lana Bailey
Principal
Spring Hill Elementary

**DATES TO REMEMBER:**

February—Iditaread all month long.
February—Visit our Schools Month, Tuesdays @ 9:30am
February 5th—PTA Meeting, 5:00pm in the Library
February 8th—Popcorn Friday
February 11-15th—Ski-A-Thon Week
February 14—Choir Jubilee, West High School 7:00pm
February 18 — No School, President’s Day
March 4t-7 — Dr. Seuss’s Birthday Spirit Week
Congratulations to Mrs. Freligh for two awards received in January!

Elisabeth Freligh was selected for a $200 classroom grant from the Central Alaska Retired Teacher’s Association! The grant will support the multi-faceted vegetable garden project in the front of our school.

Mrs. Freligh was also selected for the Magic 98.9 Teacher of the Month award! She was nominated by David Clark & family. Darcie Clark, David’s mother, says, “She goes above and beyond not just for David but for all her students.” When Mrs. Freligh sees students struggling, she intuitively knows how to reach them and help them overcome learning obstacles. We are proud to have Elisabeth in our Spring Hill family.
I’d like to take a moment to talk about self-esteem. A positive self-image is an essential component to any child’s growth and development. In fact, it may be one of the most important things that we can pass on to our children to allow them to become fulfilled, healthy adults down the road. There are a few things to keep in mind as we work together to develop self-confidence in every Spring Hill student.

Self-confidence is developed from so much more than scoring a winning shot in a basketball game, or getting an A on a report card. In fact, when too much focus is placed on performance, a child’s self-confidence may actually begin to falter. When the focus is on achievement, children end up only feeling pride when external circumstances send them the message that they’ve done well. When praising your children, look for ways to recognize their character and effort, and let them see you valuing those traits in others.

For children to truly grow up to be healthy adults ready to face the world’s challenges, we need to allow them to fail sometimes. There is so much to be learned from trial and error. When they aren’t initially successful and continue to work towards other solutions, resiliency is built. When we artificially create circumstances that always work out perfectly for our children, we rob them of the chance to develop inner strength and tenacity.

We also need to allow children some measure of independence. Don’t jump in and do things for children that they can do for themselves. Allow them to make decisions, to the extent that they are able to do so reasonably and safely. Doing this sends the message that adults believe in their ability to manage difficult situations, and provides them with tools for facing trials in the future. While they are still under our care, this is their chance to explore and feel empowered while still having that underlying protection that adults provide.

WAYS TO PRAISE…

“I love to watch you play. You showed so much determination out there!”

“You spent so much time on that art project. I’m so impressed with the detail on your truck.”

“Thank you for not interrupting. I know it’s hard to do, and you showed me so much respect. I’m proud of you.”

“It was so much fun spending time with you today. What was your favorite part?”

“You made your friend feel so good. That was so kind of you.”

“Great job doing that yourself. That was a lot of work and you stuck to it. Look at all you accomplished.”
By Brenston Guidry
Coral reefs are homes for fish, let’s say there under water cities, but for fish. Coral reefs are colorful. You might think it looks like rocks. Colorful ones. The coral reef is home to many animals. It helps us make medicine too. It protects shore lines against storms and floods. If all the coral reefs were gone we will not be protected from the storms and floods. I think we should not throw trash in the water. It’s bad to litter and we can also help the coral reefs.

By Cain Fuller
A reef is a shallow underwater area, made of coral. Fringing reefs grow on a coastline. Barrier reefs grow farther from land. Coral atolls are coral reefs that encircle a lagoon. Coral reefs are a home to many animals. They also protect coastlines from storms and floods. They can even provide us with the resources we need to make some kinds of medicine. If coral reefs were gone, more fish might get endangered. If I could protect coral reefs, I could make fishing allowed at certain times and set up fences.

By Ashton Miller
Coral reefs are one of the most fascinating communities on earth. Coral reefs are homes of many fish. They protect shorelines against storms and floods. If they would disappear I think there would be a lot more floods. You could help protect coral reefs by telling people that are over fishing to stop.
February 4—8 is National School Counseling Week! Spring Hill Staff would like to thank **Ms. Kim Duke** for her service to students as our Spring Hill counselor!

In addition to just lending an ear, Ms. Duke works with all classrooms to addresses students’ academic, social, and emotional development. We thank her for advocating for students, collaborating with teachers, and partnering with parents and our community.

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**February is Idita-Read Month**

Spring Hill’s Idita-Read event is a month-long challenge for students to read their way to Nome. For every minute of reading logged, a student can log one mile along the Idita-Read Trail and go from checkpoint to checkpoint. All students who read their way to Nome will participate in a reading celebration party!

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**Mask**

By Kierra Hawkins

Mrs. Morris’s 3rd Grade
Ski-A-Thon Fundraiser
Spring Hill’s Ski-A-Thon collection week for pledge donations is February 4-8, and there will be DAILY opportunities for prizes. Grand prize will go to the student who collects the most pledges, and the grade level that collects the most will earn a hot cocoa and snow fun party. All funds raised go back into supporting staff and students at Spring Hill

Popcorn Fridays:
2/15/19
3/22/19
4/12/19
PTA needs your help! We are seeking volunteers to help with Popcorn Friday! Popping begins in the staff lounge at 9:00a.m., and we plan to be done by noon with 3-4 volunteers. On-the-job training will be provided by our veteran popping volunteers. Sign up to volunteer here: https://www.signupgenius.com/go/60b0a45adac2fa2ff2-popcorn
Let’s Celebrate
Dr. Seuss’s Birthday

March 4th – 7th

Monday – *Green Eggs & Ham*
*Wear Green

Tuesday – *Fox in Socks*
*Wear Crazy Socks

Wednesday – *Wacky Wednesday*
*Wear Mismatched Clothes

Thursday – *Cat in the Hat*