Dear Parents,

Happy 2019 to everyone! I hope everyone enjoyed the break with family and friends. I cannot believe we are half way through the year. We have a lot to do, so getting back on schedule is extremely important.

I Have a Dream Day! On Friday, January 18, we will have a school wide PJ Day in celebration of Martin Luther King Day on Monday. Participation is optional.

Character Awards We just had our assembly for being Caring and Courageous. Third quarter, our focus will be on Honesty and Fairness.

Report Cards Today You should be receiving 2nd Quarter report cards. If you have questions or concerns, please do not hesitate to contact the teacher.

Iditaread In February, we will begin our annual Iditaread. This is our school wide reading challenge using the Iditarod checkpoints as measures of how many minutes students are reading. Please look for information to come home at the end of the month. I am looking forward to many of our students reading their way to Nome.

PEAKS testing As you are making plans, please remember that our school is scheduled to take our state-wide testing for 3rd-6th grade, March 25th through April 5th. As we know, student attendance is always important. Absences during this time will impact the student as well as the school schedule. Please try to schedule appointments and any absences outside of this time.

Attendance and Tardies Our focus on attendance continues. With the new year, I am hoping students and parents can work together on getting here every day on time. Our goal is to have a minimum of 90% attendance. Missing school or parts of the day has a significant impact on academic learning. If your child is sick or will be out, please give our office a call.

Lana Bailey, Principal

DATES TO REMEMBER

January 10th—2nd Quarter Awards Ceremony
January 11th—Popcorn Friday
January 18th — “I Have A Dream” Day, wear pajamas to school
January 21st – No School, Martin Luther King Jr Holiday
January 29th—Battle of the Books, 5th & 6th Grade, West High School
January 31st—Battle of the Books, 3rd & 4th Grade, West High School
January 31st—PTA Family Game Night 5:45pm
February—Iditaread all month long.
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
CLASS AWARDS

Library Awards:
Sparrow Osowski

Music Awards:
Eikenbary Meyer

P.E. Awards:
Humphrey Osowski

Art Awards:
Sparrow Christian

Health Awards:
Eikenbary Freligh

Golden Heart:
Edrin Sadiku Gelissa Vue

STUDENT AWARDS

CARING
Glenn Maulding-Kiana
Zafire Mitchell
Emery Kruskie
Eulin Jr. Contreras-Murguia & Elliot Rockwell
Mary Hernandez
Tristan Melvin
Paj Lee
Nillyana Serrano-Ledesma
Callie Shugak
Diosary Hidalgo
Adriana Rodriguez-Gonzales
Keagan Chase
Sean Erickson
Caleb Dale
Eddie Deck
Kella Vue
Isabella Carvahlo
Angus Bartel
Sarah Johnson
Sara Demientieff

COURAGE
Syrus Watkins
Lansen Ray-Davis
Keegan Saunders
Hannah Eyayu
Michael Strauss-Thompson
Charleigh Thomas
Dylan Napier
Gabriel Puebla
Erica Carter
Aarnando Meavao
Alex Rodriguez
Caleb Brown
Branden Zearing
Kylee Sandhoefner
Jayden Zearing
Kendrix Xiong
Audrina Brown
Julian Hernandez-Barraza
Amaya Murphy
Cheirysh Carter

We are Courageous Kids
Winter is a busy time of year and our children might appreciate being reminded to bring hats, mittens, warm boots, snow pants, and jacket to school to enjoy playing in the snow at recess.

Since blood flow to the arms and legs is guided by the temperature of blood flow to the brain, the addition of wearing a warm jacket and hat (or balaclava) will increase the circulation to the hands and feet.

It is also important for Alaska’s children to realize that cold injury such as “mild frostbite”, can leave fingers, toes, ears, etc. more susceptible to cold, circulation problems, numbness, and infection.

First Aid:
The primary goal of frostbite treatment is saving as much of the affected part’s capillary bed as possible. Optimal treatment involves rapid re-warming of the affected part in a swirling water bath consistent with, but not exceeding 104-107 degrees Fahrenheit (40-42°C). If the water is too hot—it can cause further injury. If it is not warm enough, it won’t save as many small blood vessels (capillaries).

If underlying hypothermia is suspected or the cold injury is beyond superficial, it is best to consult with your health care provider or emergency services.

With all forms of cold injury, prevention is the best medicine.

Nurse Naomi
Spring Hill Elementary would like to thank Lowe’s on Old Seward Hwy for donating supplies to rebuild Ms. Jack’s bookcases, which were ruined during the earthquake.

Thank you also to Mr. & Mrs. Campbell, Mr. & Mrs. Hodson, and Mr. & Mrs. Chilson, who spent their weekend building the new shelves.
What an exciting time of year! During the last quarter students have showed tremendous endurance, coordination, balance, and core strength during our rock climbing, gymnastics, and balance units. We’ve seen students on stilts, swinging on ropes, climbing the walls, and doing cartwheels. We have Junior Native Youth Olympics coming up so be sure to ask your students about JNYO! Mrs. E and I are so impressed with Spring Hill’s love for Physical Education!

**HOW CAN I HELP?**
If you are looking to DONATE towards your child’s physical education, we have a DonorsChoose set up right now where you can give towards equipment. Click the link below:


**ANY AND ALL DONATIONS ARE APPRECIATED!!!**
Other ways you can give: The PE department could always use iTunes gift cards for downloading music to our PE iPads for classes. This way students aren’t stuck listening to the same songs each week, and they don’t have to worry about hearing commercials.

Thank you for supporting the Physical Education of Spring Hill Elementary Students!

**HEALTHY FUTURES**
Students who turn in a monthly log have received a wrist band. Those students who have turned in all of their logs for last semester had their name entered to win a Healthy Futures duffle bag filled with goodies (including Bluetooth headphones)! Congratulations to our winner David Clark from Mrs. Freligh’s class! We will begin again for this half of the year, so turn in those logs and be entered to win at the end of the school year!

**GIRLS ON THE RUN**
Girls on the Run is a life-changing, after-school program for girls in the 3rd through 5th grade. The 10-week program teaches girls life skills such as confidence, how to be a good friend and how to stand up for themselves and others while inspiring them to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running.

**WE ARE LOOKING FOR VOLUNTEER COACHES** (male or female, 18 years and older) to help bring Girls on the Run to Spring Hill for the 2019 season (February-May 2019)!

You don’t have to be a runner, athlete or previous coach in order to coach Girls on the Run—just someone who is interested in health and wellness and wants to make a difference in a girl’s life! Girls on the Run will provide all of the training, support, curriculum (with clear, detailed lesson plans for every practice) and all of the materials needed for the entire program.

**If you are interested in becoming a coach:** Please contact the Spring Hill Office at 907-742-5450 so we can connect you with the coordinator. Registration forms for participants will come home at a later date.

For more information, visit www.gotrsouthcentralak.org
In the beginning, 19 students started their journey in this awesome reading program, but now there are eight! These 3rd and 4th grade students will be heading to West High School Thursday, January 31st to battle against other Anchorage elementary schools. They will endure 4 grueling rounds, where they must recall small details from 12 books they have read, and answer tough questions! Good luck to our 8 battlers:

Annie W.    Christian G.  
Austin D.    Diego J.    
Brandon Z.    Jayden Z.    
Camila J.    Mackenzie B.  

We will be having a Battle of the Books party, to celebrate everyone who participated, sometime in February. This party is open to all students who participated in the program until the final eight were selected. Date and food will be determined at a later date.

Library News

Happy New Year Spring Hill! I hope your two-week break was full of joy, laughter and relaxation.

I need your help with overdue library books as we have 222 students with 1 or more overdue books; this is over half of our student body! Please ask your students if they have overdue library books, help them locate them and bring them back into the library. Thank you for your support.

Mrs. Henrie

“Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills and prepares them to understand the written word. When the rhythm and melody of language become a part of a child's life, learning to read will be as natural as learning to walk and talk.”

Reading Rockets: http://www.readingrockets.org/article/reading-your-child
Our Challenge at the Ski Hill

*Help me give my students the vision that they can learn to ski or snowboard.*

Our Classroom

My students are happy, joyful learners, and I love them all. I have a multi-age, multi-ability class, and that takes a lot of extra effort and creative thinking to provide them with new experiences.

They love to learn sports activities. I'm excited to bring them innovative activities to light up their futures, thanks to donorschoose.org.

My Project

Our Class will travel by bus to Girdwood, Alaska, and receive one ski or snowboard lesson. Volunteers will fit them for equipment and give them personalized attention on the training hill.

*Everyone deserves the chance to explore sports they might enjoy for a lifetime.*

Please click here to support our class: https://www.donorschoose.org/project/our-challenge-at-the-ski-hill/3746398/

Next PTA Meeting:
Tuesday, February 5th, at 5:00pm in the Library

Popcorn Fridays:
1/11/19
2/8/19
3/22/19
4/12/19

Sign Up to Volunteer Here: https://www.signupgenius.com/go/60b0a45adac2fa2ff2-popcorn

PTA needs your help! We are seeking volunteers to help with Popcorn Friday! Popping begins in the staff lounge at 9:00 am, and we plan to be done by noon with 3 to 4 volunteers. On the job training will be provided by our veteran popping volunteers.

Ski-A-Thon
This will happen in P.E. classes during the week of February 11th-15th. Students will collect pledge donations in advance, and there will be lots of opportunities for prizes. Details are still in the works.
**Lunch Club:** We will be meeting over lunch in January with participants in grades 2-6 to talk about options and plans for spring projects. Please encourage your student to join us! Families are welcome to join also!

**Academic Tutoring at Spring Hill:** Alaska Native or American Indian students in grades 2-6 are eligible to receive tutoring after school now through March. Please contact me directly if you think your child could benefit.

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

Quyana, see you soon!

Emily Lucy  (907) 742-5450  lucy_emily@asdk12.org
Follow us on Facebook at [https://www.facebook.com/ASDTitleVI/](https://www.facebook.com/ASDTitleVI/)

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**PTA Family Game Night**

Friday, January 31st at 5:45pm

Game participation free

Pizza and Water $3.00
Next PTA Meeting: **Tuesday, February 5th, at 5:00pm in the Library**

**Popcorn Fridays:**
1/11/19
2/8/19
3/22/19
4/12/19

[Sign Up to Volunteer Here:](https://www.signupgenius.com/go/60b0a45adac2fa2ff2-popcorn)

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