Dear Wonder Park Community,

It feels wonderful to be back with all students and staff under one roof again! The earthquake was traumatic for many people, and we are committed to help you and your children work through it together. Some children were already in the school when the quake struck at 8:29 a.m., and most of the staff were here. We immediately implemented our schools’ Emergency Action Plan. All adults reacted quickly and calmly, which allowed our children to see that we felt safe and were there to protect them. The children knew exactly what to do (duck, cover, and hold). After the first aftershock, we evacuated the building and waited on the playground while an indoor safety check was made, which allowed us to re-enter the building and congregate in those areas that had been inspected and deemed safe by our BPO, Mr. R. The children waited patiently for parents to arrive, while being tended to and watched over by our staff.

As we return to school this week, we will be focusing on the children’s well-being and will help them in any way we can. We will provide time for students to discuss the disaster. Classroom discussions help children to make some sense of what happened. They also help children to develop effective means of coping, discover that their classmates share similar questions, and develop peer support networks.

Continued on next page. What can you do at home?

Alana Haider,  
Principal, Wonder Park Elementary  
907-337-1569
What can you do at home?

* Encourage children to take a news break. Watching endless replays of footage from the earthquake can make stress even greater. Although students will want to keep informed, taking a break from watching the news can lessen their distress and anxiety.

* Continue your routines when possible. It is helpful for students to maintain daily routines and schedules to give themselves a break from constantly thinking about the earthquake.

* Allow time for children to discuss their feelings and share their experiences. Be a good listener. Continue to build and use social support systems. These may include family, friends, community organizations and agencies, faith-based institutions, or other resources that work for you.

* Feel free to give your teacher or myself the best ideas on how Wonder Park can further help your child and your family.

Know that our entire staff remains sensitive to the unique challenges posed by this disaster. Children’s reactions to an earthquake can be much more intense and long-lasting than we realize, and they may need counseling for extended periods of time. If you feel your child could benefit from additional counseling, please contact Mrs. Ginn (our counselor), your child’s teacher, Mrs. Jensen (Family School Services Coordinator), Mrs. Burleson (Positive Behavior Specialist), or myself. While it is important to deal with reactions like anger and fear, we believe it is essential to resume a normal, structured routine as soon as possible. We look forward to enjoying these last two weeks before the Holiday Break with our students and community. Please call or stop by if you have concerns or questions. Thank you for your support of our school as we work together to cope with what we all experienced.

Alana Haider, Principal

IGNITE/Gifted classes dissect owl pellets.
It is that time of year! Whether we like it or not, the snow will be falling soon. Please make sure that your students are coming to school prepared to stand in line outside before school and go outside for recess. We have a limited amount of snow gear for students without proper gear. Please let us know if your child needs something and we will do our best to help out!

*While you are searching your closets, if you happen to come across gear that is too small for your children, we would love to have it for students that may need it! Please bring all clean and washed items to me, Mrs. Jensen, at the front office. Thank you for helping us take care of our families!

Do you have young children (ages 0-5) at home?

Check out this website to get free books! http://www.dollysimaginationlibrary.com

The holidays are coming up very soon. Please let me know if I can help your family find holiday meals or gifts. I will do my very best to help point you in the right direction!

If there is anything I can do for your student or your family, please do not hesitate to contact me at jensen_cristy@asdk12.org or call me at 337-1569.
Family Activities
In and Around Anchorage

1. INSIDE QUIET MOMENTS
- Childrens’ Story Times - Anchorage Public Libraries
  Librariesworldcat.org/libraries
- Barnes and Nobles
  stores.barnesandnoble.com/event
- Title Wave Books
  www.wavebooks.com/events.html
- Crafts - Michaels, Blaines, Home Depot

2. INSIDE ACTIVE MOMENTS
- Toddler Time - Loussac Library
  Monday, Wednesdays
- Preschool Time - Muldoon Library
  Wednesdays
- Book & Blocks - Mt. View Library
  Saturdays
- Anchorage Museum
  Wells Fargo Days

3. OUTSIDE MOMENTS
- Ice Skating - WestchesterLagoon
  Jan-Feb, Sat 1-3
- IceFishingJamboree
  Jewel Lake Feb
- Local Parks/ Sledding
- Fur Rondy Feb 22- March 3
- Iditarod March 2nd 4th Ave

Anchorage with Kids
facebook.com/AnchorageWithKids

Alaska Parent
www.alaskaparent.com/pages/winter_family_fun.html

Visit Anchorage Alaska
https://www.anchorage.net/winter/things-to-do/
Hello families!

21st CCLC after school program is in full swing! We have just received all of our Lego Robotic kits and we will be beginning to educate our students in engineering and technology lessons. 21st CCLC this year has also linked up with Code.org to begin lessons with students on computer science and coding! Alaska Botanical Gardens has begun their lessons with us as well. Check out our student garden shelves by the front office! We will be harvesting and eating all we grow come December.

If you are interested in placing your child in Wonder Parks after school program, please email or speak to your students classroom teacher for a referral. There is limited space available!

As a reminder for families that are already in program, there will be no after school program the week of Thanksgiving, November 19-23rd.

Winter Weather Closure Procedures

If you ever wake up wondering whether your child's school is closed due to weather conditions, you can always look to our website, our social media, and Anchorage news stations. Our website will indicate a school closure or delayed start time with a red banner at the top of the homepage. We do our best to inform the public of school closures or delays by 5:30 a.m. If there is no red banner on the homepage by the time your kids finish their breakfast, there is school. To read more about ASD's school closure procedures, you can go to our website.

https://www.asdk12.org/weather/

ALL STAR Parent Meeting

Join the principal, Ms. Haider and Mrs Jensen for a brief morning meeting in January. Details will be announced in January's newsletter. December 12th's meeting has been cancelled. Neighborhood Russian Jack Community Council meeting on the 12th is still happening as planned.

From the Wonder Park Library….

Winter is a wonderful time to cuddle up with a good book! Please stop by the library if you are looking for some stories to read with your family. The Wonder Park Library is for the entire Wonder Park community to use!

Anchorage Public Libraries are open over winter break. You can find a schedule of events here: http://ancharagelibrary.evanced.info/signup/calendar

Happy Holiday Reading,

Lisa Sam
Young children shouldn’t have to learn about tragic events, but they do. Some are exposed to disasters firsthand, as victims. Others discover the tragedies by watching the news or overhearing adults or other children discussing the events. It is a sad fact that all children need to know how to deal with tragic events—and their parents and caregivers need to know how to help them cope.

**IF YOUR CHILD IS THE VICTIM OF A DISASTER:**

**Try to stay calm.** Children often react the way they see adults react. As difficult as it is, it is very important for you to remain calm and reassuring, and to let your children know that, no matter what, they will be taken care of.

**Explain, but don’t provide unnecessary details.** Clearly, children need to know the truth, but they don’t need to hear about all of the consequences. Give them the facts that they need to know at that moment, but don’t share with them your fears about the future.

**Make time to talk to your children.** In disastrous situations, adults are often so preoccupied with the immediate needs that they forget their children are aware of what’s happening. Make sure they know they can talk to you, and that you’ll spend the time they need answering their questions and comforting them.

**Get counseling.** It is important to help children cope with serious life-changing events. Talk with the school counselor about the situation, then set up a time for your children to come in and “vent.” Follow-up appointments with the counselor or other experts can help your children overcome their fears.

**IF YOUR CHILD IS AWARE OF A TRAGIC EVENT**

**Limit TV coverage.** Because children can be overwhelmed with the tragedy, limit their TV exposure of the event. Instead, check in periodically with the news, and focus on finding ways to distract your children with other activities.

**Be extra comforting.** Even if they don’t seem to be alarmed, children who are aware of disastrous events can absorb the trauma and be quietly disturbed. Make extra time for quiet activities with your children, such as reading or taking a walk; and give them plenty of hugs.

**Watch for behavior changes.** Children often don’t talk about being afraid, but their behavior can be a clue that they’re scared. They might have a hard time sleeping or might wake up from a bad nightmare. Sometimes, they adopt behaviors, like thumb sucking, bedwetting, or baby talk. Others get irrationally angry or sad, and many withdraw and stop socializing. If you see any of these behaviors after a traumatic event, it means your child needs extra help and comfort.

**Make sure they know that there are people in charge who are helping.** Children need to know that things will eventually be okay again and that there are adults in charge who are helping to make it right. Talk to your children about the people who are helping resolve the consequences of the disaster, and share your admiration with them about the great work these people are doing.

**Do something for others.** One way to help children cope in the aftermath of a disaster is to find a way, through your community, to help those affected. Schools, churches, temples, synagogues, and organizations like the Red Cross are great places to go to find out how you and your children can help.
December 6, 2018

Dear Parent:

Under the Elementary and Secondary Education Act (ESEA), the parents of students attending Title I schools have the right to request the professional qualifications of their children’s teachers. I can assure you that all teachers in the Anchorage School District meet strict state standards and are indeed qualified to teach, but you have the right also to ask for the following information about each of your child’s classroom teachers:

- Whether the Alaska Department of Education and Early Development has issued an Alaska teacher’s certificate for the grade(s) and subject(s) he or she teaches.
- Whether the Alaska Department of Education and Early Development has decided that your child’s teacher can teach without being certified under state regulations because of special circumstances.
- Whether the teacher is teaching in the field of discipline of the certification of the teacher.
- Whether any classroom aides or other paraprofessionals provide services to your child and, if they do, their qualifications.

If you would like specific information about your child’s teacher or paraprofessional, please contact me. For general information about ESEA, please contact Patrick Garrity, Director of Accountability for the school district, at 742-4584.

I know you want the very best for your child. All of the educators in the Anchorage School District join me in wanting to make sure every child succeeds in school. We look forward to working with you to make sure all students get the quality education they deserve and all schools are successful.

Sincerely,

Alana Haider
Wonder Park Principal
## Exercise

Physical activity is good for everyone regardless of age, background, and abilities. Physical activity can:

- Help control weight
- Reduce risk of cardiovascular disease
- Reduce risk for some cancers
- Increase self-esteem
- Decrease depression and stress
- Strengthen bones and muscles
- Strengthen heart and lungs
- Improve sleep
- Increase energy
- Increase chances of living longer
- Reduce risk for some cancers
- Reduce risk of osteoporosis
- Reduce risk of some cancers
- Improve sleep
- Increase energy
- Increase chances of living longer
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- Improve sleep
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- Increase chances of living longer
- Reduce risk for some cancers
- Reduce risk of osteoporosis
- Reduce risk of some cancers
- Improve sleep
- Increase energy
- Increase chances of living longer

**Suggested Amount of Exercise**

- **For Children:** At least 60 minutes every day.
- **For Adults:** At least 30 minutes every day.

All activity counts. Even short bursts of movement have physical and mental health benefits.

Find a physical activity you enjoy and stick with it! From walking the dog, to dancing, or playing sports, physical activity can put you on the path to better physical and mental health.

### Seymour says:

“**EveryBODY is different**. Be the best version of YOU by eating smart and moving more!”

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### Exercise Charades

Who doesn’t love a good game of charades?

To play, ask a child to draw an activity card and act out the activity written on the card. Ask family members to guess the activity. The first person to raise his/her hand and guess the correct activity will be the next person to draw a card.

A few examples of activities:

- Snow skiing
- Playing basketball
- Kicking a ball
- Swimming
- Playing soccer (or any sport)
- Flying a kite
- Canoeing
- Biking
- Snowball fight
- Dancing

After children play charades, have them draw and color their favorite physical activity and hang their images on the refrigerator.

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### December 2018

#### Healthy Holidays

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### Brain Booster

This month’s Brain Booster is a fun game of charades to encourage physical activity and creativity. The objective is to act out an activity card drawn by a child and have the family members guess the activity. The first person to guess correctly gets to draw the next card. This game can be adapted for different age groups by adjusting the complexity of the activities. The key is to have fun and be active! 

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**December 2018 Events**

- **December 1**: Eat A Red Apple Day
- **December 3**: Handwashing Awareness Week
- **December 11**: Human Rights Day
- **December 18**: Gingerbread House Day
- **December 20**: Oatmeal Muffin Day
- **December 25**: First Day Of Winter
- **December 31**: New Year’s Eve
You’ve got TALENT!

Talent Show Warm-Up

It’s time to start thinking of an act you want to share at the annual talent show in May.

Auditions will be in February.

Traveling mural will be cut apart in strips and joined with others from all over the United States and displayed as a final art project.

Yearbooks for sale $15.00

All color pages with tons of ALL STAR photos!
Red Ribbon Week

(Red Ribbon Week is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October in the United States)
Nursing Note

BRRRRR IT IS COLD OUTSIDE!!

Winter is a busy time of year and our children need to bring hats, mittens, warm boots, snow pants, and jacket to school to enjoy playing in the snow at recess.

Since the temperature of 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, scarf and hat 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, and ears 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 Jennifer
LAST CHANCE
FREE FLU VACCINATIONS!!
Friday, December 14, 2018

If you would like your student(s) to receive the 2018-19 flu vaccination FREE at WONDER PARK ELEMENTARY, see Nurse Jennifer, or our friendly front office staff for a consent. Sign the consent, and have your child stay flu-free this school year!

Thank you,
Nurse Jennifer
Students with regular attendance are more likely to read well by third grade and score higher on tests. They also tend to be more engaged in school and feel better about themselves.

Put your child on the path to success with these attendance strategies.

**Make school a priority.** Every absence (excused or not), can impact a child’s academic achievement. Talk to your child about how important their education is. Make daily routines for homework and waking up on time for school.

Maintain communication with teachers and keep an eye on your child’s academic progress. If your child seems disconnected from school or is prone to skipping class, try signing him or her up for an after-school activity. A report by the University of Minnesota found that students in an after-school program attended 18 more days of school and missed nine fewer than their peers.

**Make a plan.** If your schedule or transportation situation makes getting your child to school a challenge, ask for assistance. Make a carpool or transportation plan with other parents or family members, or ask your school principal for community programs or school initiatives that may help.

**Report In.** Know your school’s attendance policies. If an absence or early dismissal is unavoidable, contact your school. If your family’s religious observances fall on school days, let teachers know early in the year which days your child will miss.

**Carefully weigh sick days.** If your child is sick, talk with your health care provider to determine whether they should stay home from school. If the doctor or nurse recommends that your child stay home, find out exactly how long and on what conditions he or she can return to class (for example, after 24 hours of antibiotics).

Before keeping your children home, make sure they aren’t faking symptoms. Regularly feigning sickness may be a sign that your child is anxious about facing a challenge at school, such as bullying.

**Schedule wisely.** Know your school’s calendar, and arrange doctor and dentist appointments after school, on weekends, or during holiday breaks, if possible. Resist the urge to schedule vacations when students will miss school. This gives students the impression that school is not a priority.

**Help students complete assignments.** When your child has to miss school, make arrangements with teachers to pick up a packet of make-up work. Ensure that your child follows through, and be available to explain concepts or monitor their work. If your child’s absence will be lengthy (for surgery, for instance), alert teachers as soon as you know and pick up assignments as the days go on.

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**Web Resources**

**Absences Add Up** offers a list of reasons why kids might miss school, and offers solutions for parents looking to keep their kids learning.


This infographic, **How Sick is Too Sick for School?**, can help families decide which symptoms should keep students at home.


**Attendance Works** offers research, webinars, and handouts designed with elementary and middle-level parents in mind.