Spring Hill Families,
Fall is in the air! Please make sure students are dressed appropriately for the weather.

Time really does fly! Next Friday, October 19th marks the end of first quarter. Please remember that there will be no school on that day. Parent Teacher Conferences are scheduled for the 24th and 25th of October. Students will be dismissed at 12:30pm. This is an important time for teachers to communicate with parents and vise versa. You truly are your child’s first teacher. Please look for information on when our conference scheduler opens.

Hopefully, you have been busy selling items from the PTA fundraiser BelieveKids. This is our only BIG fundraiser event for the year. Last year, it brought in $5,000. All the funds go back into making Spring Hill great.

A couple of grade levels also have a Fall Fundraiser activity planned on October 18, please look for details in the newsletter. This should be a fun and exciting family event!

Student Council is putting together a Spirit Week to celebrate Red Ribbon Week. We will be encouraging student participation in the daily scheduled activities. We use different themes each day to remind the students to choose a drug-free lifestyle. While this is a good time to remind students about the topic, it is important for all of the significant adults in students’ lives to continually send the drug-free message all year long.

Sincerely,
Lana Bailey, Principal

Dates to Remember:
October 8: Indigenous Cultures Day
Wear clothing from your culture
October 11: Picture Day
October 12: Believe Kids fundraiser orders due
October 18: Costume Movie Night & Haunted House
October 19: **NO SCHOOL**
October 22: Second quarter begins
October 22-25: Book Fair in Library
October 23-31: **Red Ribbon Week** & Spirit Days
October 24: Parent-Teacher Conferences
**DISMISSAL AT 12:30**
October 25: Parent-Teacher Conferences
**DISMISSAL AT 12:30**
October 26: **NO SCHOOL**
November 2: Popcorn Friday
November 12: **NO SCHOOL**
November 22 & 23: Thanksgiving
Notes From The Nurse

I will be holding a flu shot clinic the last week of October for Spring Hill students. In order for your child to get a free flu shot here at school I must have a signed consent form on hand for your child. These are available in the front office, or I’m happy to send a consent form home with your student if you give me a call at 742-5451.

See the attached handout for a lot of helpful info on flu signs and symptoms, as well as prevention. Keep in mind that influenza is primarily a respiratory virus. While it can occasionally come with nausea in children, it is not commonly associated with stomach distress or gastrointestinal symptoms. If you believe that someone in your family has been hit by the flu, see your health care professional. There are antiviral medications that can be given to fight the virus spread in the body and reduce complications, but that medication needs to be given within 24-48 hours of symptom onset to be effective.

And Don’t Forget… the #1 way to fight the flu is PREVENTION!
Get your flu shot and engage in frequent hand washing.
Notes From The Nurse

Don’t let the flu stand in the way of your school work, sports, extracurricular activities and social life. Follow these tips to protect yourself:

1. COMMON SENSE CAN HELP YOU — AND YOUR FRIENDS — AVOID THE FLU

Group gatherings like football games, school dances, and even classrooms are ideal places for the flu bug to spread. Protect yourself and others by following these simple steps:

- Practice Healthy Habits — Wash your hands often with soap and warm water for at least 20 seconds to help prevent germs from spreading. Also, avoid touching your eyes, nose and mouth, because the virus can spread when your hands touch surfaces that are infested with germs. Finally, if you think you’ve been exposed to the flu, talk to your parents about seeing a doctor.

- Mind Your Manners — Cover your mouth and nose with a tissue when coughing and sneezing, and throw away your used tissues.

- What’s Mine is Mine, What’s Yours is Yours — Don’t share drinks, water bottles, eating utensils or cell phones with friends.

2. IF POSSIBLE, GET A FLU SHOT

Many children are at higher risk for complications from the flu. Talk to your school nurse and parents about whether a flu shot is best for you.

3. IS IT COLD OR FLU? — KNOW HOW TO TELL THE DIFFERENCE

- If you have a stuffy nose, sneezing, sore throat and a hacking cough, you probably have a COLD.

- If you have a high fever, severe headache, muscle and body aches, extreme tiredness and a dry cough, you probably have the FLU.

4. WHAT TO DO IF THE FLU CATCHES UP WITH YOU

If you do get the flu, you don’t have to suffer:

- Talk to Your Parents About Seeing a Doctor
  If you have flu symptoms, talk to your parents about staying home from school. Your doctor may decide to prescribe an antiviral medication, which can shorten the number of days that you’re sick.

- Talk to Your School Nurse — If you think you might have the flu while at school, visit your school nurse. Together, you can discuss your symptoms. If the nurse thinks you could possibly have the flu, he/she can notify your parents and request that you see a doctor.

This program is sponsored by the National Association of School Nurses (NASN) and funded by a contribution from Roche
Physical Education News from Coach Ellis

Thank you to all parents, teachers, and staff who volunteered to make running club a success. We had exactly 100 runners join us in the afterschool program in the month of September. Parents can see pictures from the South Jamboree and the Coyote Classic on the PTA Facebook page.

Encourage your children to be active at least 60 minutes every day and choose water and milk instead of sugary drinks. Attached is an activity calendar for the month of October. Make it a challenge to do these activities as a family. Kindergarten and First grade students will have healthy futures logs to bring home (parents be looking for them to complete together) and 2nd-6th grade students are completing logs at school.
Healthy Futures: is a program designed to encourage kids to get out and play everyday. Healthy Futures Logs will be sent home in September, October and November. Students and parents complete their Healthy Futures Logs by filling in the days when they were active (biking, running, playing at the park, playing tag etc.) and returning their logs to their teachers at the end of the month. Students receive a fun prize when their calendars are completed and returned!
Happy October Title VI/Indian Education Families

My name is Emily Lucy (Ms. Emily), and I’m the Title VI/Indian Education Youth Development Tutor at Spring Hill Elementary School. I started in the position last spring, but this is my first start to a school year. Hopefully I’ll get to meet and say hello to all of you as the year goes on!

Check here every month for upcoming events your child and your family may be interested in, and contact me directly if you have any questions or just want to say hello. I’m in Room 106!

**OCTOBER**

**Lunch Club:** All Title VI/Indian Ed. Students will be receiving an invitation every few weeks to eat lunch with me on Fridays. We’ll get to know each other, make some new friends, and plan cultural projects and events we’d like to do this year. Please encourage your student to join us! Families welcome to join!

**Academic Tutoring & Open Gym:** Every Wednesday at Wonder Park El. from 6-8 pm. Contact Amanda Hoffman (907) 742-7867 or Hoffman_Amanda@asdk12.org or click the link below to sign up or for more info. [https://goo.gl/forms/Fls3VhjU4WCoVpwM2](https://goo.gl/forms/Fls3VhjU4WCoVpwM2)

10/15/18 – 10/17/18 Elder Youth Conference Dená’ina Center
10/18/18 – 10/20/18 Alaska Federation of Natives Annual Convention Dená’ina Center
10/19/18 No school – End of 1st quarter
10/24/18 – 10/25/18 Parent Teacher Conferences
10/26/18 No school – State released professional development

**Upcoming:** November is Native American Month and Alaska Native Heritage Month. Stay tuned for special events and let me know if you’d like to share something with our school!

Thanks, and see you soon! Here’s to a great school year!

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

Follow us on Facebook at [https://www.facebook.com/ASDTitleVI/](https://www.facebook.com/ASDTitleVI/)
This month in Health class, students will be learning about a topic that has to do with systems of the human body. See below for links to parent letters where you can view more information about your student's grade-level-specific topic.

**Monthly Theme: Body Systems**

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<tr>
<th>Grade</th>
<th>K</th>
<th>1st Grade</th>
<th>2nd Grade</th>
<th>3rd Grade</th>
<th>4th Grade</th>
<th>5th Grade</th>
<th>6th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic</td>
<td>The Five Senses</td>
<td>Head to Toe</td>
<td>How You Think</td>
<td>The Better to See You</td>
<td>Let's Talk Teeth</td>
<td>Brainstorms: Your Central Nervous System</td>
<td>Cells</td>
</tr>
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**ASD Statement of Non-Discrimination**

*In agreement with the Office of Civil Rights, this statement must be included in all ASD publications, including student handbooks, administrative manuals, parent documents and other District publications.*

The Board is committed to an environment of nondiscrimination on the basis of race, color, religion, sex, age, national origin, economic status, union affiliation, disability, and other human differences. No person shall be excluded from participation in, or denied the benefits of, any academic or extracurricular program or educational opportunity or service offered by the District. The District will comply with the applicable statutes, regulations, and executive orders adopted by Federal, State and Municipal agencies. The District notes the concurrent applicability of the Individuals with Disabilities Act, Title II of the Americans with Disabilities Act and the relevant disability provisions of Alaska law.

Inquiries or complaints may be addressed to the District’s Equal Employment Opportunity Director, who also serves as the Title IX and ADA/ADAAA Coordinator, ASD Education Center, 5530 E. Northern Lights Blvd, Anchorage, AK 99504-3135 (907) 742-4132, or to any of the following external agencies: Alaska State Commission for Human Rights, Anchorage Equal Rights Commission, Equal Employment Opportunity Commission, Director of the Office for Civil Rights, Department of Education, Department of Health and Human Services.
Library News

Book Fair is Coming!
When: October 22nd – 25th
Where: Spring Hill Library
Times: 8:30-9:00 M/W/TH
3:30-4:00 M/T
12:30-5:30 W/TH
*Cash, Credit Card or Check Welcome.

Calling 3rd & 4th Grade Battlers
Battle of the Books, for 3rd and 4th grade students, will begin this month. 3rd/4th graders will be introduced to Battle Books, during library, the week of Oct. 1st. Permission slips will be coming home and students can start to read the 12 required titles. Official Battle meetings will take place on Wednesdays 11:35-12:00 starting Oct. 31st. District Battle will be at West High School on January 31st. If you have any questions, please contact Mrs. Henrie at henrie_marlena@asdk12.org.

Ebooks @ Your Fingertips
ASD’s current ebook provider will be changing from OverDrive to Sora sometime this school year. Students can still access OverDrive through ASD’s website-ASD Library Catalog, located under the Student tab, however it is recommended to switch to the Sora app. You can download the app, for free, through GooglePlay or iTunes.

First Time Signing-In:
Download Sora App
Click ‘Find My School’ (if not listed)
Enter ‘Spring Hill Elementary’ and click ‘This is My School’
Username is student’s library ID number
Password is the last 4 numbers of students’ library ID
*email henrie_marlena@asdk12.org for you student’s number.
PTA NEWS

Our first Popcorn Friday was very successful. We sold 450 bags! The next one is Scheduled for Friday, November 2nd. We can always use help popping and bagging popcorn. If you are available, please sign up here:
https://www.signupgenius.com/go/60b0a45adac2fa2ff2-popcorn

Costume Movie Night & Haunted House Fundraiser!
Thursday, October 18th

Haunted House — 5:30—6:30
$3.00 per person, $5.00 per family. Proceeds go to toward Ms. Osowski’s class field trip.

Trick-or-Treat Room — 5:30-6:15

Hotel Transylvania 3 — 6:30-8:00
Admission is free. Snack sales will go toward Mrs. Hanley’s class field trip.

Candy and concession donations encouraged prior to October 18th. Volunteers needed for trick-or-treat stations and clean up!

SPIRIT DAYS FOR
RED RIBBON WEEK

Monday, 10/22: "Loop in for a Drug Free Life". Students Wear Red

Tuesday, 10/23: "Put a Cap on Drugs!" Students Wear a Hat

Wednesday, 10/24: "Sock It To Drugs" Students Wear Crazy Socks

Thursday, 10/25: "I have the POWER to be Drug Free!". Students Wear a Super Hero Shirt