

TIGER TRACKS

Northern Lights ABC School Newsletter

CHARACTER BUILDING BLOCKS

Friendship

Respect Perseverance

Patriotism Generosity

Compassion Tolerance

Courage Honesty

Self-Discipline Humility

Self-Confidence Work

Independence Helpfulness

Sportsmanship Loyalty

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[School Website](#)



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Dear NLABC Families,

I hope this latest edition of Tiger Tracks finds you and yours doing well.

As we are setting into a new "normal", you may find yourself overwhelmed with all of your responsibilities of working from home, family time, and now school. Please remember that we are offering supplemental activities to keep your child engaged. I know that this is a tough time for many families trying to juggle everything.

During this time, the expectations of students is to work for about an hour a day doing school related activities, if possible. We have many resources listed on our school's website. Some families will want to do more while some will want to do less. That is ok. Do what works for you and your schedule. For those of you who do not have devices to work on or if there has been a change since your child's teacher reached out to complete the Student Needs Assessment with your via phone a couple of weeks ago, please let your teacher know as soon as possible so alternative plans can be made.

(continue on page 2)

I am also aware of the many, many emails coming to you from a variety of sources such as the district, myself, and your child's teacher or teachers. This is our best form of communication at this time. As a staff, we are going to work on cutting back on that. Teachers will be posting messages in Google Classroom and will be emailing once or twice a week. We also post relevant information on our school's Facebook page. I do ask that you read the information to stay in tune to what is happening at our school.

We know that there has been glitches, frustrations, and moments of angst with this new online learning. This is impacting all of Anchorage. Once again, I ask for your patience and grace as we navigate this together. Believe me when I say, we feel the frustration too. The first weeks are going to be bumpy and have hiccups as most new things that are being rolled out do, but soon it will become much, much easier.

We deeply miss connecting with our students face to face. Please stay safe and healthy.

If you have any questions or concerns, please email me at duff_tammy@asd12.org

Tammy Duff
Principal

Trusted Official Websites to stay informed about COVID-19:

CDC [Center for Disease Control and Prevention](#)

WHO [World Health Organization](#)

DHSS [State Department of Health and Social Services](#)

ANCHORAGE. [Municipality of Anchorage](#)

Corrections from March 20th Newsletter:

CONGRATULATIONS!!! CONGRATULATIONS!!! CONGRATULATIONS!!!

Page 12 - Middle School Academic Awards - Assembly Recognition:

3.34 GPA

Natalie Valladolid

Cyrus Varela

4.0 GPA

Deanna Vendiola

School Nurse



De-Stress During Uncertainty

Please go to this link for guidance to manage stress:

[Common Sense Media.org](https://www.commonsensemedia.org)

Talking to Children about COVID-19

Please go to this link to help kids understand the precautions:

[NPR - Just For Kids: A Comic Exploring Coronavirus](https://www.npr.com/2020/04/01/831111111/coronavirus-comic)

ASD COMMUNICATION

ASD Communication:

Note: Always check your email and text messages

Anchorage School District: [ASD Homepage](#)

Northern Lights ABC School: [NLABC Homepage](#)

Northern Lights ABC Facebook: [NLABC Official Facebook](#)

DID YOU KNOW?

Meals during closure for students are available:

[ASD Student Nutrition](#)

On-Line Learning NLABC Classroom Schedules

Kindergarten	MON	TUES	WED	THURS	FRI
Kelly		T, W, TH: 2:00 - 3:00	T, W, TH: 2:00 - 3:00	T, W, TH: 2:00 - 3:00	
Montes		T, W, TH: 2:00 - 3:00	T, W, TH: 2:00 - 3:00	T, W, TH: 2:00 - 3:00	
1st Grade	MON	TUES	WED	THURS	FRI
Gionet	M, F: 12:00 - 1:00			TH: 9:00 - 10:00	M, F: 12:00 - 1:00
King	M, F: 12:00 - 1:00			TH: 9:00 - 10:00	M, F: 12:00 - 1:00
Son	M, F: 12:00 - 1:00			TH: 9:00 - 10:00	M, F: 12:00 - 1:00
2nd Grade	MON	TUES	WED	THURS	FRI
Liesener	M, W, F: 10:00 - 11:00		M, W, F: 10:00 - 11:00		M, W, F: 10:00 - 11:00
Morris	M, W, F: 10:00 - 11:00		M, W, F: 10:00 - 11:00		M, W, F: 10:00 - 11:00
Pugh	M, W, F: 10:00 - 11:00		M, W, F: 10:00 - 11:00		M, W, F: 10:00 - 11:00
3rd Grade	MON	TUES	WED	THURS	FRI
Barnett		T: 10:00 - 11:00			
Heinrich				TH: 10:00 - 11:00	
Navio					F: 9:00 - 10:00
4th Grade	MON	TUES	WED	THURS	FRI
Basinger		T, W, Th: 11:00 - 12:00	T, W, Th: 11:00 - 12:00	T, W, Th: 11:00 - 12:00	
Kaas		T, W, Th: 11:00 - 12:00	T, W, Th: 11:00 - 12:00	T, W, Th: 11:00 - 12:00	
Rath		T, W, Th: 11:00 - 12:00	T, W, Th: 11:00 - 12:00	T, W, Th: 11:00 - 12:00	
5th Grade	MON	TUES	WED	THURS	FRI
Cotten		T, W: 1:00 - 2:00pm (all teachers)	T, W: 1:00-2:00 (all teachers)	TH: 1:00 - 2:00 (single teacher)	
Hughes		T, W: 1:00-2:00pm (all teachers)	T, W: 1:00-2:00 (all teachers)	TH: 1:00 - 2:00 (single teacher)	
Madarang		T, W: 1:00-2:00pm (all teachers)	T, W: 1:00-2:00 (all teachers)	TH: 1:00 - 2:00 (single teacher)	
6th Grade	MON	TUES	WED	THURS	FRI
Frackman	M, T, W: 9:00 - 10:00	M, T, W: 9:00 - 10:00	M, T, W: 9:00 - 10:00		
Voelker	M, T, W: 1:00 - 2:00	M, T, W: 1:00 - 2:00	M, T, W: 1:00 - 2:00		
Walsh	M, W, F: 9:00 - 10:00		M, W, F: 9:00 - 10:00		M, W, F: 9:00 - 10:00
Middle School	MON	TUES	WED	THURS	FRI
Coffman		T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	
Cullings		T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	
Dickson		T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	
Lee		T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	
Shasby		T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	T, W, TH: 12:00 - 1:00	
SPED	MON	TUES	WED	THURS	FRI
Conway	M, F: 11:00 - 12:00		W: 1:00 - 2:00		M, F: 11:00 - 12:00
Specialist	MON	TUES	WED	THURS	FRI
Anderson (MUSIC)	M, F: 2:00 - 3:00				M, F: 2:00 - 3:00
Bartz (COUNSELOR)	M: 1:00 - 2:00		W: 3:00 - 4:00		Fi: 11:00 - 12:00
Collins (LIBRARY)	M, F: 2:00 - 2:30				M, F: 2:00 - 2:30
Easton (ART)	M, F: 2:00 - 2:30 until May 1st				M, F: 2:00 - 2:30 until May 1st
Ireland (P.E.)	M, F: 2:00 - 3:00 until May 1st				M, F: 2:00 - 2:30 until May 1st
James (P.E.)	M, F: 2:00 - 3:00				M, F: 2:00 - 3:00

On-Line Learning Information

On-Line Classroom behavior to remind kids: [Zoom Etiquette](#)

Best Practices for Parents: [Help Your Child Learn](#)

Internet Offers: [Alaska Communications](#)

[GCI](#)

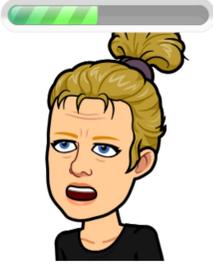
[MTA](#)

Links to learning resources by grade level:

This is not a classroom with an NLABC teacher, but will give your child guidance on more ways to learn on at home. Check the NLABC website at: [NLABC Resources By Grade](#)

Parents/Student Tech Help: [ASD Technology HelpDesk](#) or call 907-742-4357

Family link Resource to everything! [ASD Family Resources Website](#)



Northern Lights Library

4-2-20

Hi everyone,

Are you experiencing digital overload? I sure am! Here's some great ideas to unplug while building literacy.

Story sharing / retelling:

- Retell / act out / sing a favorite story like *The Very Hungry Caterpillar* by Carle or *Let's Go For a Drive* by Willems. Don't worry if the story you tell isn't *exactly* like the original!
- Create a sock-puppet show.
- Draw / paint / collage / diorama / other art a scene from your favorite book, then invite your family to figure out the title.
- Rewrite the title of your favorite book in emojis. Can your family guess the title?
- Have a campfire/fireside story-telling session - with all this light, fires are optional!
- Play family board games.
- Select and cook a favorite recipe together.
- **Listen to an audiobook together** while doing chores or walking outside.



AudioBook Sources

- [ASD Digital Library](#)
- [Alaska Digital](#)
- [Anchorage Public Library Downloadables](#)

Username/Password Notes:

- **ASD Library / Sora:** user is lastname.firstname and password is the same one they use at school for computer lab / Chromebooks. Need help resetting or figuring out what it is? [Ask Ms. Collins](#) :)
- **Anchorage Public Library** honors most ASD 14 digit library codes. [Ask Ms. Collins](#) for your student's.
- **Alaska Digital Library** also honors most ASD's 14 digit library codes. Start by identifying yourself with "Anchorage Public Library" and then the student's 14-digit code.

Need more? Alaska State library has LOTS of resources free for us Alaskans! Visit <https://lam.alaska.gov/sled> and check out the Tumble resources (books and math) in the blue box, and the applications down below.

Music



Hello Northern Lights ABC students and families,

Hopefully you have been witnessing the power of music that connects us during this difficult time. My social media feeds are filled with people all over the world sharing their joy of music and I feel its power. Music is something we can all take part in, even while being locked in our homes. So, please get connected on google classroom/canvas as I will be sharing activities for us to experience together.

Google Classroom: Please login to [Clever](#) and find the google classroom portal. Once inside, check out your music classroom for K-5th grade students. You should already have an invite to join the music class of your grade.

Canvas: 6th - 8th grade choir students need to login to “Canvas” via the [Clever](#) portal. This will be our digital online classroom platform

Have you submitted a video? I have received many videos from students who recorded themselves playing instruments found in their homes. I will be making a video of all the combined recordings so please submit the videos via your students music classroom. Just attach the video to the assignment I have posted.

Chrome Music Lab: You can play with sound, rhythm, melody, and more. Chrome Music Lab is all built for the web, so you can start playing instantly, whether you’re on a tablet, phone, or laptop. You can use Song Maker to combine tools to create your own song, or explore all elements of music through: rhythm maker, spectrogram, chords, sound waves, arpeggios, Kandinsky visual/sound exploration, voice spinner, harmonics, piano roll, oscillators and more! Here is the link! <https://musiclab.chromeexperiments.com/Experiments>

School Music Webpage: Still want more things to do? Check out our schools music page for more links and topics to explore. <https://sites.google.com/asdk12.net/nlabcmusic>

Matthew Anderson, BME, MM
Music Specialist

<https://sites.google.com/asdk12.net/nlabcmusic>

Other Reminders

Reminder from the Librarian

Click Fatigue? We are working on our [NLABC Weblocs](#) so that families and students can easily connect with learning resources.

Check our progress at the same place our students have always found the NLABC Weblocs @ <https://docs.google.com/document/d/1IjkdqXLpC3w8BWBPzWcdill8RhXBUFJPasmRDgtrJy8/edit?usp=sharing>

We'll be sure to link [ASD's Family Distance Learning Page](#) with great information @ <https://www.asdk12.org/Page/15240>

Reminder from the Front Office

Will your child not be returning to NLABC for the next school year. Please let the front office know by emailing or leaving a voicemail at:

harrington_julie@asdk12.org. OR 907-743-7502



ORDERING EXTENDED TO 4/9
[Yearbook Order Form](#)

Character Building Blocks

Friendship

Respect Perseverance

Patriotism		Generosity
Compassion		Tolerance
Courage		Honesty
Self-Discipline		Humility
Self-Confidence		Work

Independence Helpfulness

Sportsmanship Loyalty

APRIL 2020

Self Discipline: Will Power, Restraint, Self-Control

Independence: Freedom, Self Sufficiency, Self-Reliance



-End of Newsletter-