

# Mt. Spurr Elementary School LAVA

NOVEMBER 2018



## LETTER FROM MRS. WALKER:

Dear Mt. Spurr Families,

It was great to see so many of you at Mt. Spurr during our conference week. Encouragement and support from parents and families are some of the most important factors in student success. As we move into the second quarter, please continue to work closely and communicate often with your child's teacher in supporting their academic and social-emotional goals and overall experience at Mt. Spurr.

One of our primary goals this year is for our students to attend school every day. A missed day of school is a missed learning opportunity. Thank you in advance for ensuring school attendance is a priority. Please plan appointments and trips outside of the school day and during school vacation times whenever possible. We miss our students when they are not at school!

Please let us know if you have any questions.

Sincerely,

Anna Walker  
Principal



## RED RIBBON WEEK SUCCESS!

The students participated with other base schools to spell out "travel drug free"!



## WE TOOK A WALK!

We joined with other schools at Paxton Park to celebrate staying drug free!



## SMILE!

The base took photos from above!

# HAVE YOU SEEN OUR WEBSITE? CLICK HERE!

## CONFERENCES WERE A SUCCESS!

Thank you to our awesome parent community for participating in your child's education. Mt. Spurr had 97% participation, as usual, we have the most awesome parents around! Conferences will be held again in the Spring. If you need to visit with your students' teacher please contact them directly via email or class DOJO.



## MT. SPURR ELEMENTARY

8414 McGuire Avenue, Joint B...

Mt\_spurrpta@yahoo.com

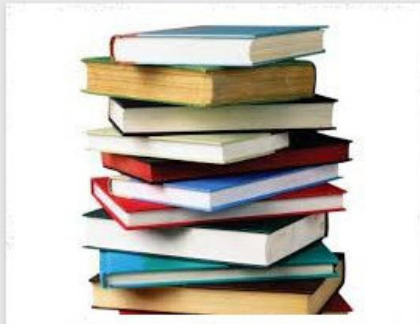
(907) 742-0200

asdk12.org/mtspurr

## HOME OF THE VOLCANOES

## UPCOMING DATES TO REMEMBER:

- November 9- Popcorn Friday
- November 12- No School Veterans Day
- November 16- School Store
- November 16- Turkey Bingo from 6-8 p.m.
- November 22-23- No School Thanksgiving Holiday
- November 27- Fall Picture retakes
- November 30- Family Night
- December 3-14- Holiday Gram Orders (hand out on the 14th)
- December 3-7- Little Shoppers Shop
- December 8- Polar Express Breakfast 9-11 a.m.
- December 14- Popcorn Friday
- December 20- Last Day of Second Quarter
- December 21-January 4-NO SCHOOL Winter Break
- January 7- Third quarter begins, classes resume



## LIBRARY NOTES

Welcome to the 2nd Quarter! This month the students will have the opportunity to participate in the 2018-2019 Bookmark Design Contest! Please get the form ! Entries must be returned by 12/03/2018! We look forward to seeing what designs your student can come up with!



## HEALTH HAPPENINGS!

Dear Parent or Guardian,

Mount Spurr Elementary School will be teaching the 2nd Quarter Personal Safety lesson the week of December 10, 2018 during your child's Health class time. The age-appropriate lessons will be presented in a non-threatening way, along with the skills needed for self-protection. The lesson content is part of the Anchorage School District's plan to enact the Alaska Safe Children's Act and will be handled in a sensitive, respectful manner.

For more information on the topic, please visit our website.

<http://www.asdk12.org/healthpe/safechildrensact/>

If you have any questions about the content of the program or if you wish to inquire about opting out, please contact the school office.

Thank you for partnering with us as we continue to provide learning opportunities to improve the safety and well-being of our students.

Sincerely,

Janna Kampen  
Health/SEL Specialist  
Aurora, Inlet View and Mt. Spurr Elementary





### Snackivity



#### TURKEY CUPS!

##### Ingredients:

- Small, holiday-themed paper cups
- Hummus
- Baby carrots
- Red, yellow, and orange pepper slices
- Cucumber slices or raw string beans
- Pretzels (optional)

These turkey cups include the vegetables and protein food groups from MyPlate. The colorful vegetables are good sources of vitamins and minerals. Hummus is a bean source of protein made from chickpeas. Pretzels may be added to include the grains food group.

- 1 Have children color and cut turkey faces. Go to [http://tinyurl.com/2012/11/printable-turkey-snack.html](http://http://tinyurl.com/2012/11/printable-turkey-snack.html)
- 2 Put 2 tablespoons of hummus (can also use low-fat ranch) in paper cups.
- 3 Cut vegetables into sticks about 4-5 inches long.
- 4 Place veggies in hummus in any order.
- 5 Glue turkey face to front of paper cup.
- 6 ENJOY!



## HEALTHY HOLIDAYS

### You can keep eating healthy during the holidays.

There is a lot to be thankful for during this time of the year, such as good food, friends, and family. In the midst of all the celebrations, it is easy to fall off the "healthy" wagon. When it comes to healthy eating during the holidays, a MyPlate makeover can help you stay on track while still enjoying your holiday favorites. A few simple swaps can really help cut the calories.



### MyPlate Holiday Makeover

#### TWEAK THE SWEETS

FRUITS HAVE SWEETENING BENEFITS



#### CHEERS TO GOOD HEALTH

DRINK WATER TO PREVENT OVEREATING



#### BAKE HEALTHIER

USE SEVERAL NATURAL FLAVORED FRUITS INSTEAD OF BUTTER OR OIL



#### SPICE IT UP

USE SPICES AND HERBS INSTEAD OF SALT AND FAT



#### BRIGHTEN YOUR MEAL

FILL HALF YOUR PLATE WITH FRUITS AND VEGETABLES



#### SKIP THE FAT

TRY SOUP CONCENTRATES FROM BOTTLES OF HEAVY CREAM



#### SWAP THE GRAINS

CHOOSE WHOLE WHEAT FLOUR INSTEAD OF WHITE FLOUR



#### GO EASY ON THE GRAVY

A LITTLE BIT OF GRAVY GOES A LONG WAY



VEGETABLE CHOICES ARE KEY FOR HEALTHIER OPTIONS DURING THE HOLIDAYS.

### Seymour says!

"Don't rush meals. Eat slowly and enjoy being with family and friends."

## November 2018

American Diabetes Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Native American Heritage Month	National Family Literacy Month					Swedish Day / World Kindness Day
4	5	6	7	8	9	10
Daylight Savings Ends		Election Day				
11	12	13	14	15	16	17
Veterans' Day	American Education Week		Cancel Out Your Refrigerator! Day / Great American Refrigerator			Take a Hike Day
18	19	20	21	22	23	24
			Thanksgiving	Planning Day / Eat A Cranberry Day		
25	26	27	28	29	30	
	Giving Tuesday					



## NURSE NOTES

Parents,

Here are some reminders:

- Your student needs a pair of shoes for inside when they remove their snow boots. We have limited numbers of shoes in the building and have run out already.
- Medications including lotions and cough drops have to be brought to the nurses office by the parent or guardian and a form must be filled out in order to have them available to the student.

Thank you to all who participated in our Flu Clinic. If you haven't received your Flu Shot yet, it is still available at the JBER Shot Clinic!

If you have any concerns you may reach me directly at (907) 742-0216.

Thanks,

Ms. Alex Bostwick  
Nurse  
Mt. Spurr Elementary



## WHEN SICKNESS STRIKES: Know When to Keep a Child Home From School

A parent's decision to keep a child home from school when he or she is sick can sometimes be a difficult one. No parent wants to interrupt their child's learning, and for some, keeping a child home means missing work or losing pay. However, if he or she has a serious illness such as influenza, it's important for the child to stay home from school. By taking this step, parents can help their children get better faster as well as prevent the spread of illness to others. Following are some frequently-asked questions and answers to aid parents in decision making this flu season.

*Q: Should I keep my child home from school if he or she has cold or flu symptoms? Is your advice different for cold versus the flu?*

**A: If your child has flu symptoms, you should keep him or her home from school. If your child has a cold, the decision to keep him or her home may depend on the severity of symptoms.** A good rule of thumb is to keep your child home if he or she has a fever of 100 degrees or higher.

**It's also important to know the difference between cold and flu.** Flu is a serious illness, and children who have the flu should always stay home from school. Flu symptoms include fever, along with chills, cough, sore throat, headache or muscle aches. Many people describe it "like being hit by a truck." It is a good idea to contact the child's doctor if he or she has these symptoms. Symptoms of a common cold include stuffy nose, sneezing, sore throat and hacking cough. Often, cold symptoms come on gradually. Although the common cold is usually not serious, if the symptoms are severe, it's a good idea to keep your child home to rest and get better.

*Q: If my child does have the flu or a bad cold, how long should I keep him or her home from school?*

**A: Parents should keep their sick children home from school until they have been without fever (temperature under 100 degrees) for 24 hours, to prevent spreading illness to others.** Flu is spread from person to person through coughing and sneezing. Occasionally, people can get the flu from touching a germ-infested surface. Children are one of the biggest sources of flu spread.

*Q: Should I call the doctor if I think my child has the flu?*

**A: If a child experiences flu symptoms, parents should contact their child's doctor quickly.** Some children may benefit from an antiviral medication, which can be prescribed by a doctor and can help lessen the number of days that a child is sick with the virus. To be effective, antiviral medication should be taken within 12-48 hours after flu symptoms begin.

*Q: What should I do to help prevent the rest of the household from getting sick?*

**A: Teach and practice healthy habits.** Wash your hands often with soap and warm water for at least 20 seconds help prevent germs from spreading. Avoid touching your eyes, nose and mouth, because the virus can spread when your hands touch surfaces that are infested with germs. Also, **consider contacting your doctor** if someone in your household gets the flu. A doctor can prescribe antiviral medication that can actually prevent other members of the household from catching the virus.

FOR ADDITIONAL INFORMATION ON THE INFLUENZA VIRUS, VISIT [WWW.CDC.GOV/FLU](http://WWW.CDC.GOV/FLU)

This program is sponsored by the National Association of School Nurses (NASN) and supported by an educational grant from Roche.



I NEED TO STAY HOME IF...						
I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching, and/or "crusty" drainage from eye.	Hospital stay and/or ER Visit
I AM READY TO GO BACK TO SCHOOL WHEN I AM....						
Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school	Released by my medical provider to return to school.

## JESSE JAMES- P.E. IT'S WHAT'S HAPPENING!

In the second quarter, we will be focusing on the following areas in P.E. :

Rolling/weight transfer  
 Throwing & catching  
 Initiatives  
 Jumping & landing/balance  
 Native Youth Olympics

Our sports club will be starting soon with arena football for grades 4-6. Please watch for the permission slip to come home soon!

Recently we have had several students forget their P.E. shoes, please remember to have them leave a pair of shoes at school. Thank you in advance for your cooperation.

Best regards,

Mr. Jesse James  
 Physical Education Teacher  
 Teacher-in-Charge  
 Mt. Spurr Elementary School  
 (907)742-0200  
 (907)742-0215 Fax  
<http://www.jessejamesak.com>



## **MT. SPURR VOLCANO OF THE QUARTER AWARD WINNERS!**

### **Mrs. Bragg- Kindergarten**

Bruce Dyson- Academic Excellence Award  
Chloe Charleton- Outstanding Citizenship Award  
Gregory White- Reading Numbers Award  
Alice Roscoe- Counting Award

### **Mrs. Curtis- Kindergarten**

Grayson Iliff- Academic Excellence Award  
Jeremy Murray- Teacher's Choice Award  
Kaitlyn Romero- Self Manager Award

### **Mrs. Blewett- First Grade**

Lamorak Phinney- Academic Excellence Award  
Liam Diaz- Academic Improvement Award  
Audrey Hancock- Outstanding Citizenship Award  
Isaiah Hamilton- Teacher's Choice Award  
Emi Watkins- Self Manager Award

### **Ms. Ledford- First Grade**

Trinity Hadnot- Academic Excellence Award  
Brian Hercik- Academic Improvement Award  
Brody McPherson- Outstanding Citizenship Award  
Aubree Hester- Positive Attitude Award  
Ali'Anna Leija- Self Manager Award

### **Mrs. Price- First and Second Grade**

David Winings- Academic Excellence Award  
Conrad Herbert- Academic Improvement Award  
Fallon Kenney- Outstanding Citizenship Award  
Olyvia San Agustin- Teacher's Choice Award  
Caleb Gatson- Self Manager Award

**Mrs. Wade- Second Grade**

Georgia Noll- Academic Excellence Award  
Alani Higgs- Academic Improvement Award  
Jeremy Selman- Outstanding Citizenship Award  
Norah Dickson- Teacher's Choice Award  
Torrent Brown- Self Manager Award

**Mrs. Patenaude- Third Grade**

Shea Brinkerhoff- Academic Excellence Award  
Zachary Fry- Academic Improvement Award  
Robert Dickson- Outstanding Citizenship Award  
Delaney Herbert- Teacher's Choice Award  
Dylan Cunningham- Self Manager Award

**Ms. Hagen- Third and Fourth Grade**

Tristan Phinney- Academic Excellence Award  
Domingo Muniz- Academic Improvement Award  
Dukota Fiorini- Outstanding Citizenship Award  
Khalia Riley- Self Manager Award

**Mrs. McGill- Fourth and Fifth Grade**

Christa Orf- Academic Excellence Award  
Carley Orf- Academic Excellence Award  
Ashton Jirsa- Academic Improvement Award  
Aidan Csank- Outstanding Citizenship Award  
Arik Eller- Teacher's Choice Award  
Thomas Myers- Self Manager Award  
Claira Sutter- Creative Imagineer Award

**Ms. Cronin- Fifth Grade**

Ava Egeline- Academic Excellence Award  
Charlie Schroeder- Academic Excellence Award  
Josiah Venerio- Academic Improvement Award  
Camrilynn Mabry- Outstanding Citizenship Award

Chaney Schroeder- Outstanding Citizenship Award  
Haylee Makar- Teacher's Choice Award  
Iaden Aleman- Self Manager Award

**Mrs. Justis- Sixth Grade**

Shayne Kelley- Academic Excellence Award  
Jacob Powell- Academic Improvement Award  
Gabriella Mercedes- Outstanding Citizenship Award  
Austin Hines- Teacher's Choice Award  
Lila Ross- Self Manager Award

**Ms. Hagen's Class-** Art Teamwork Award!

**Mrs. McGill's Class-** Excellence in Physical Education Award!

**Ms. Cronin's Class-** Excellence in Health Award!

**Mrs. Patenaude's Class-** Musicianship Award!

**Congratulations to all of our Award Winners! Great Job!**

## **ANCHORAGE SCHOOL DISTRICT INFORMATION**

Starr Marsett, President  
Deena Mitchell, Vice President  
Elisa Snelling, Treasurer  
Alisha Hilde, Clerk  
David Foster, Seat A  
Dave Donley, Seat C  
Andy Holleman, Seat D

Deena Bishop  
Superintendent  
(907) 742-4000