

URSA MINOR

WENDY BRONS, PRINCIPAL/ 336 HOONAH AVE, JBER, AK 99505/ 907-428-1311



NOVEMEER 8, 2018

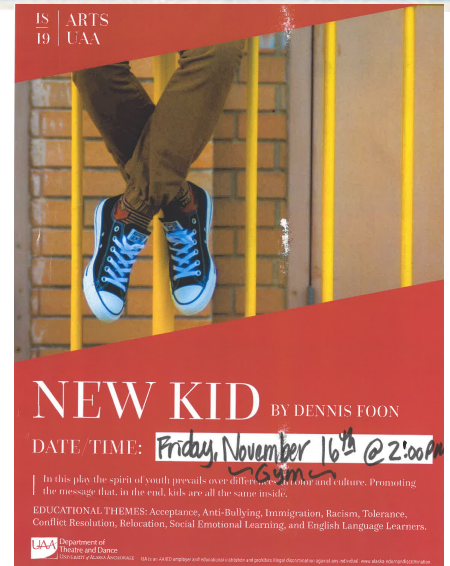
A Message from the Principal

Greetings! Snow has finally arrived and is most likely here to stay. Students are to come to school with snow gear on and then they will have it for recess time. Students will need shoes to wear about the school because if they wear boots all day their feet will get really hot and their walking stride tends to be a bit clunky. Tennis shoes are the proper foot wear for PE due to safety and comfort. Also, within the building the temperature may vary, so I recommend a sweatshirt or sweater for times when students may feel a chill. Wearing jackets, snow pants and boots all day is discouraged due to comfort and working in the classroom, specials (PE) and then when students do go outside it can cause problems such as chills.

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In honor of Alaska Native Heritage Month, Ursa Minor's SEL team and the Alaska Native Heritage Center are hosting a family night! Come out for a night of cultural fun and learning!

November 29
6-8 PM



November 16th, students will all have the opportunity to watch a performance of "New Kid" presented by UAA. Thank you to the PTA for helping make this performance happen for our students.

•• SEL Star Winner ••

10/22 – 10/25

K – Kieanna Byrd – McAllister
1st- Jacob Smith – McComas
2nd- Joey Hester - Larson
3rd – Zaylee Helton – Vecera
4th- Ella DeGroot – Vecera
5th- Aedan Korensky – Boes
6th- Kobi Hernandez – Williams

10/29 – 11/2

K- Declin Montgomery - McAllister
1st- Amani Lewis – McComas
2nd- Micah Tkachenko – Arriaga
3rd- Matheiu Forcier- Vecera
4th- Emory Stotz – Vecera
5th- Carson Byrd – Boes
6th -



Join us for our annual "Pies for Patriots" to celebrate Veteran's Day!

Novemeber 9th, 2018
3:45 PM
In the MPR

Come out and enjoy a slice of pie or other sweet treat!



Anchorage School District
Educating All Students for Success in Life

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IMPORTANT FIELD TRIP INFORMATION

Parents & Guardians:

When paying lunch accounts online, there may be an option to pay for a field trip. **Please, do not pay for anything extra until you have seen a permission slip come home.** Not all grades levels go on all field trips! We cannot produce a refund for these transactions.

If you do send your child with cash or a check, please place the money in a seal envelope with your **child's name, teacher, amount, the name of the field trip and if it is for a student ticket or a volunteer ticket.**

Please remember that field trips are planned far in advance and the number of seats for a play and/or bus is limited.

If you are unsure if your child is going on a field trip, please feel free to call the front office to confirm at 907-428-1311.

Thank you!

Monday Morning Assembly Schedule

Nov. 12- No School - Veteran's Day

Nov. 19 - Tucker - "I am aware of my responsibilities at school (at home and in the community).

Nov. 26 - McComas - Students demonstrate an awareness of cultural issues and a respect for human dignity and differences.

Dec. 3 - McAllister - "I care about and respect the individual differences of others."



Lunch times have changed slightly. This is the updated schedule. Please feel free to come have lunch with your student! Just come check in at the office first!

Kinder

11:25 - 12:05 Recess

11:50 - 12:10 Lunch

5th & 6th Grade

11:40 - 12:05 Recess

12:05 - 12:25 Lunch

1st Grade

11:55 - 12:20 Recess

12:20 - 12:40 Lunch

1/2 Combo & 2nd Grade

12:10 - 12:35 Recess

12:35 - 12:55 Lunch

3rd & 4th Grade

12:25 - 12:50 Recess

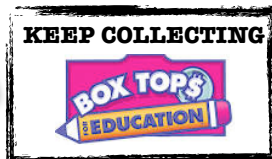
12:50 - 1:10 Lunch

URSA MINOR PTA

Dates to remember...

Nov. 9 - Pies for Patriots
Nov. 14 - PTA meeting @ 2:30 PM
Nov 16 - Domino's Night

Just a reminder, popcorn money is collected by the teachers and turned into the PTA in the morning. While the front office may have extras, there could be days when they don't so please plan accordingly! Thanks!



EMAIL: URSAMINORPTA@GMAIL.COM

FUN FRIDAYS!

Nov. 9

Nov. 16

Nov. 30

Bring in \$.50 for a delicious popcorn treat!

NURSE's Chatroom - October



Dates to Remember:



November Field Trips:

****If child has Medications or Health Care Plans (Asthma/Allergy/Anaphylaxis...):**
All items must be present & current prior to child going on field trip.



Don't forget your Winter Gear!!

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. Don't forget your winter gear!



Courtesy Charles Hsieh, RN

School Nurse: Toni Boudreau, RN, BSN, CMSRN

EAT A VARIETY OF HEALTHFUL FOODS



This month in Health class, along with their quarterly Personal Safety topic, students will be learning about a topic that has to do with nutrition and digestive system. See below for links to parent letters where you can view more information about your student's grade-level-specific topic.

Monthly Theme: Nutrition

Grade	K	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade	6 th Grade
Topic	Adventure In Food	Why Do We Eat?	The Wide World of Food	Let's Eat	The Digestive System	You Are What You Eat	Eat Smart, Look Great
Link to Parent Bulletin	https://goo.gl/MRR9DD	https://goo.gl/vbM4E7	https://goo.gl/PacYsx	https://goo.gl/K1HF7z	https://goo.gl/mcBLE3	https://goo.gl/S9tXSD	https://goo.gl/NvwfYi

Richelle Lay
K-6 Health/Social Emotional Learning



November 30th is the final day to turn in November Healthy Futures Activity Logs. This will complete the Fall Healthy Futures Challenge.



Here is the end result of our Red Ribbon March!
Thank you again to all the parents who
volunteered their time to walk and keep our
students safe!



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November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 *FUN FRIDAY	3 PTA BOOTH @ THE COUNTRY FAIR BUCKNER GYM
4 DAYLIGHT SAVINGS ENDING 	5	6	7	8	9 PIES FOR PATRIOTS 3:45 PM IN THE MPR *FUN FRIDAY 	10
11 Veterans Day 	12 No School 	13	14 PTA Meeting @ 2:30 PM 	15	16 DOMINO'S FUNDRAISER NIGHT *FUN FRIDAY 	17
18	19 SEL: Ms. Tucker's class	20	21	22 NO SCHOOL HAPPY THANKSGIVING 	23 No School 	24
25	26 SEL: Mrs. McComas' class	27	28	29 FAMILY NIGHT 6-8 PM	30	



REMINDER: students are to arrive at school **NO EARLIER** than **8:25 am** for breakfast and **NO EARLIER** than **8:40 am** for those waiting outside. There is **NO** adult supervision until 8:40 am.

A MESSAGE FROM THE PRINCIPAL

continued from page 1

I want to let you know now of an exciting event that our Social Emotional Committee has planned. Mark the date and time, **Thursday, November 29th, 6 - 8 pm**. I realize this might get a little late but we hope that you come and enjoy what you can. We will have dancers and artist from the Alaska Native Heritage Center.

Parents, there is a saying, "coming together is a beginning; keeping together is progress; working together is success." Henry Ford. So, we are stronger when we are working together to support our students in their learning. I want to say "thank you" for all you do to support our efforts at home and if you have a question or concern please do not hesitate to contact your child's teacher.

"Gratitude is the Attitude" for not only this season, but all year long. But, we do pause this time of year to reflect on our blessings. It is great seeing parents in the building helping out in the classrooms or school activities. Please feel free to visit your child during recess and lunch. It really makes their day. I also want you to know that I count your children twice as a blessing. I am so fortunate to be able to work for a great group of students who teach me all the time about life and learning; and make me smile throughout the day. I also want to thank our many veterans and active service members for their service to our country and the positive presence you are in our school, neighborhood and community for our young people.

Warm regards and Happy Thanksgiving,

Wendy Brons, Principal