

URSA MINOR

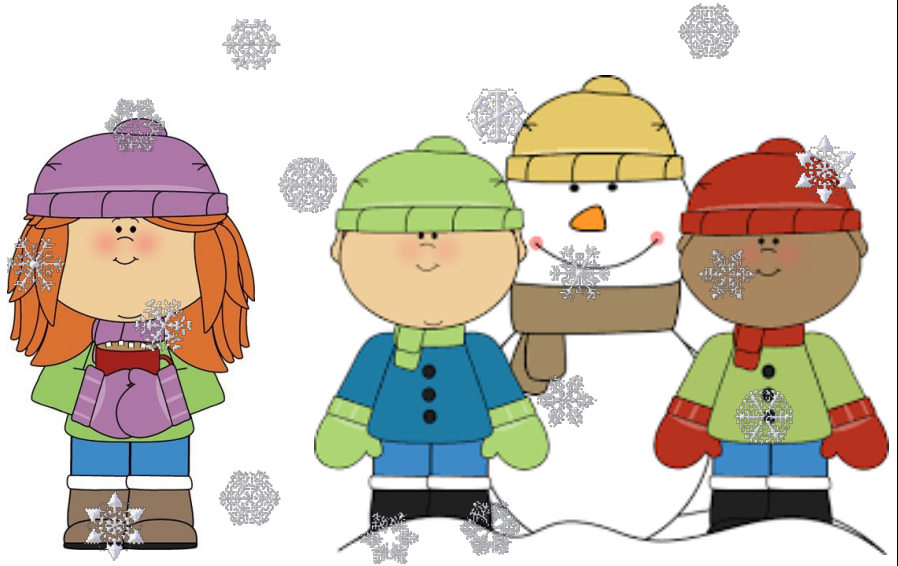
WENDY BRONS, PRINCIPAL/ 336 HOONAH AVE, JBER, AK 99505/ 907-428-1311



SEPTEMBER 27, 2018

A Message from the Principal

It is hard to believe, but we are half way through the first quarter! The students have been doing a wonderful job. I appreciate their efforts in not only learning their academics, but also working together. I must say, I have had very few office referrals, which is wonderful because that means our students are in the classroom learning. Please be sure to review your expectations for your child's behavior at school, talk with them about how they feel when they do well, and remind them how proud of them you are for their accomplishments. This can be behavioral or academic. Most of the time it is building on the strengths that provide the motivation to work in areas that are more difficult. We also work on implementing a "growth mindset" that teaches students we learn through mistakes. continued on page 5



If you look close you can see a hint of snow on top of the higher mountains! This is the time to start preparing for cooler weather and winter. Students will need snow pants or snowsuit, warm coat or jacket, boots, gloves/mittens, hats, and face-mask or gator. Please remember that students go outside to -10 degrees Fahrenheit for a twenty-minute recess so it is very important that they have the appropriate gear for our arctic climate to be comfortable playing outside.

•• SEL Star Winner ••

9/10 - 9/14

K- Emma Burdett - McAllister
1st- Ava Jules- McComas
2nd- Nevaeh King - Larson
3rd- Aubrey Griego- Vecera/Lay
4th- Aiden Wade - Vecera
5th- Jaylen Carr - Dunlap
6th- Liam Fraley- Dunlap

9/17 - 9/21

K- Juliet Pieper - Moses
1st- Jacob Tucker - McComas
2nd- Samantha Coombs - Arriaga
3rd- Cora Strain - Vecera
4th- Kyleigh Coombs - Pieper
5th- Jared Deckelman - Boes
6th- Michael Ruiz - Williams

Tomorrow is

PICTURE DAY! September 28, 2018

You can order online at mylifetouch.com with Picture Day ID: AK018024Q0 or by returning the paper order form.



Anchorage School District
Educating All Students for Success in Life

ASD SCHOOL BOARD

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Great Job to our Cross Country runners! We hope all of our runners had a great time getting exercise and running with friends. Thank you to our coaches and parents who volunteered their time to run!



In need of new breakfast ideas?

SLOW COOKER MAPLE BERRY OATMEAL



INGREDIENTS

8 c. water
2 c. steel-cut oats
1/2 c. dried blueberries
1/2 tsp. salt
1 c. dried cranberries
1/4 c. maple syrup

DIRECTIONS

The night before, combine the water, oats, blueberries and salt in a 3-qt or larger slow cooker. Cover and cook on low 7 to 8 hours or until oats are tender and creamy. Stir in cranberries and syrup.

ALMOND BUTTER, YOGURT, AND FRUIT PARFAIT



INGREDIENTS

3/4 cup plain nonfat Greek yogurt
2 tablespoons almond butter
1 tablespoon honey
1/4 cup halved grapes
3 strawberries, quartered
2 tablespoons chopped roasted almonds

DIRECTIONS

Whisk together the yogurt, almond butter, and honey in a medium bowl until smooth. Layer with the grapes, strawberries, and roasted almonds.

URSA MINOR PTA

Dates to remember...

Sept. 28- Picture Day
Oct. 11-25- Pumpkin Grams
Oct. 22-25- Book Fair & Red Ribbon Week
Oct. 25 - Box Tops due

Keep collecting your Box Tops! Fall deadline is October 25th!

No Fun Friday on Sept 28th due to picture day!



EMAIL: URSAMINORPTA@GMAIL.COM

FUN FRIDAYS!

Oct. 5

Oct. 12

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



Counselor's Corner

Parents, Grandparents & Guardians,

This week at Ursa Minor we are training 14 students to become Peer Mediators. Last week we trained 36 students so we will have a total of 50 mediators. We are thankful and excited that our students chose to make a commitment for the school year to help other students solve small problems. With 50 mediators, students will only have duty once a week or every two weeks. We appreciate all the hard work these Peer Mediators will be doing. I also appreciate the support of parents and staff.

This week intermediate classrooms are being introduced to Capturing Kids' Hearts which was developed by the Flippen Group. The goal of this program is the win the hearts of kids and to lead them to their personal best. I was fortunate to be able to attend the training this summer. When students are misbehaving in class, each teacher uses their own strategies to have the student refocus. When I am in the classroom for guidance I will be asking four questions when a student loses focus. The questions are: What are you doing? What are you supposed to be doing? Are you doing it? What are you going to do about it? This will give the student an opportunity to think and refocus.

Next week I will be visiting the primary classrooms for guidance and students will be practicing Kelso's Choices, specifically on telling someone to stop and apologizing. Each student will have a partner and will be practicing both of these skills.

Until next time, wishing you well.
Wishing you well,

Tina Victory
School/Guidance Counselor

Heather Butcher
Counseling Intern



Food is Fuel

Establishing healthy eating habits is critical for kids (and families!). It helps keep them focused, sleep better and learn and achieve in the classroom.

Most kids think of food as either "good" or "bad" for you. Help them identify food as fuel instead. Just like a car needs gas to go, our bodies need food to think, play and move. When we fill up our "tanks" with healthy food options, our energy levels soar and our brains are ready to work.

You are what you eat, so give kids plenty of information about healthy food choices. For example, show them that the most nutritious foods have the least number of ingredients (fruit, vegetables, whole grains).

Rethink their drinks

Many of our so-called "kid-friendly" drinks are loaded with extra sugar. Just one sweetened 8 oz. glass adds up to over 20 pounds of sugar in one year! Remind students that the healthiest drinks are water and low-fat milk.

Mornings are the perfect time to kick start your bodies with nutrients, but 58% of Americans don't eat the most important meal of the day. Encourage students to make breakfast part of their morning routine and choose healthy options that will get their day off to a great start.

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October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 JBER POWER OUTAGE	6
7 FIRE SAFETY WEEK	8	9	10 WALK & BIKE TO SCHOOL DAY	11 PUMPKIN GRAMS 11TH - 25TH	12 *FUN FRIDAY	13
14	15	16	17	18	19 No SCHOOL	20
21 RED RIBBON WEEK	22 BOOK FAIR	23 BOOK FAIR	24 PARENT TEACHER CONFERENCE HALF DAY RELEASE AT 12:30 *BOOK FAIR	25 PARENT TEACHER CONFERENCE HALF DAY RELEASE AT 12:30 PM *BOOK FAIR	26 No SCHOOL	27
28	29	30	31 HAPPY HALLOWEEN			



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

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Learning is hard so we need perseverance and a positive attitude to meet those challenges.

Also, since we are half way through the quarter, it is a good time to check your Zangle Parent Connect account regarding your child(ren)'s grades and assignment completion. If you have any questions you may contact your child's teacher. Teachers should be sending home progress reports this week, especially for the intermediate grades. Be sure to contact the teacher if questions or concerns arise by calling the school at (907) 428-1311 or by using email.

Ms. Karen Harland is our Military Family Life Counselor (MFLC). She is here Mondays and Wednesday to support our school community. She may visit classrooms and is available for supporting students in small groups and individually. Ms. Harland is facilitating small groups during lunch and is also available for individual support. Please contact the school if you would like more information on how our MFLC or school counselor can support your child here at school.

Earlier I talked about how you can be involved in your child's education. While school can be a very exciting place, school can also be overwhelming for many students. One surefire way to help provide positive support for your child is talking with him or her about their school day and how important their education is for their future. It is important "work" for them to do and participate in. This basic and most important form of parent involvement teaches your child that you value education and it is important, while providing them an opportunity to express their thoughts. A huge factor in a child's success in the classroom is your child's awareness of how important education is to you for them and your behavioral expectations (positive attitude, following directions, and doing their best). Here are some other daily discussion topics to help get the year off to a great start and keep on a positive path:

- | | |
|------------------------------|-------------------------------------|
| * Best activity of the day | * Homework |
| * New classmates/friends | * "Pull-out" for the day |
| * Classroom procedures | * Daily routines/schedules |
| * Upcoming school/activities | * What was for lunch? |
| * What did you learn? | * What questions did you ask today? |

Congratulations to all the runners who participated at the Beach Lake Area and Bartlett X-Country Running Jamborees. It is always great to see so many runners and their families come out to this Healthy Futures Event. I want to say thank you to Mr. Linderman for heading the organization and coaching of this after school activity, and Mrs. Arriaga and Mrs. Dunlap for their time in coaching students. Go Bears!

Warm regards,

Wendy Brons, Principal