

Arctic Light K-8

Do Good Work, Be a Friend, Every Day - November 29th, 2021

Upcoming Events:

- **Nov 30th** - School Art Contest Entries Due
- **Dec 2nd** - Parents, Principal and PTA Morning 8am
- **Dec 6th-17th** - 10 Days of December
- **Dec 14th** - Parent Craft Night
- **Dec 15th-17th** - Early Outs, students go home at 1:00pm
- **Dec 20th-Jan 3rd** - Winter Break, NO SCHOOL
- **Jan 4th** - First Day of 2nd Semester for students



Principal's Message - The Science of Winter Solstice

Basically: the Sun is super hot, Space is super cold and we're pointed away from the Sun towards Space during the Winter Solstice (December 21st). I like to think we dress like astronauts as we live in Space for a good two months of the year.

The Earth's tilt drives our seasons - 23.5 degrees and this changes over time. We are like a spinning top and tops never spin perfectly. If Earth spun straight up-and-down, we would have Equinox all the time and never have seasons. Boring, though personally I do like our September weather.

Fairbanks students do better with negative number mathematics than your average student. When it is 20 below and the temperature raises 15 degrees our students can feel that change ($-20+15 = -5$) and thus do better at the computation.

As a family you can chart and graph Ft. Wainwright temperatures. Graphing the amount of daylight can provide a visual for the weather shifts our town is going through. Also, phone calendars are great for recording extreme weather events and you can place them on annual reminders. It's ok to be reminded that nine years ago it was 42 below zero.

Cold weather to this extreme requires everyone to communicate. When in doubt, put on another layer and check that your friends and family are ok.

Before you know it the daylight and warmer temperatures will return. Get your pictures, record these moments and give a call to friends and family.

Let us know if we can help.

Stay Warm.

Do Good Work, Be a Friend, Every Day.
Principal Keener



★ COME ONE, COME ALL! ★

Parents, Principal and PTA

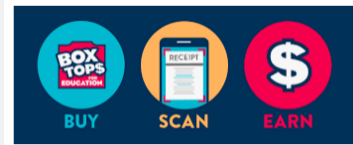
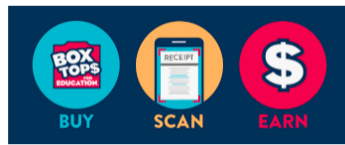
- ***Hear what is happening
with our PTA***
- ***Share your ideas***
- ***Find out how can you get
involved***

December 2nd, 2021

8:00 - 8:30 am

Scan Your Box Tops - No More Clipping

- Download the App and select Arctic Light Elem.
- Scan your receipt with the App
- Use the App to earn money for our school.
- Thank You!



Childhood Immunizations by December 3rd

Parents should be made aware that all immunizations must be current by **Friday, December 3rd** and that exclusion letters will begin being provided to parents as of Monday, December 6th. This means students who are non-compliant or who have not provided an exemption for immunizations ***will not be able to attend school on Monday, December 6th.***

First Grade - Disguised Turkeys



Instructional Coach - Hannah Wright - November 29, 2021

Parent Newsletter

1. Celebrate the Positive

Recognizing children for their effort is as important as the actual effort. For example, if your child has just folded the laundry, celebrate that effort and accomplishment even though it may not be folded exactly the way you might have done it.

2. Take Time to Talk and Listen

Encourage children to talk openly and let them know that talking through their feelings is a healthy way of expressing themselves. Provide children with the words and be a role model by talking about your own feelings.

3. Teach Responsibility Constructively

Teach responsibility by giving children frequent opportunities to practice making decisions about what he or she needs to do in a given situation. For example, instead of saying "You made a mess, you left your dishes on the table and you need to take them to the sink and rinse them." Try saying, "The table is a mess, what do you need to do to get it cleaned up?"

Winter Gear Policy



Students must wear



ALL cold weather gear

(snow pants, coats, hats, water-proof gloves or mittens, and boots) when exiting the school.

**Recess is held outside
until the temperatures go colder
than -20' degrees: 20' below zero.**

**Please label all your child's gear
with first and last names**



Parents Guide to the Curriculum

One of the best guides to our grade level teaching expectations.

Student Art Contest



Submit original artwork:

- to include school colors & theme
- has 4x5 proportions
- to hang in our Commons
- is due November 30th



Arctic Light K-8 Student Handbook



Counselor Corner - 11/29/21

In teaching students to have gratitude daily, that famous glass of water often comes up. We tend to remember what is missing, that the glass is half-empty, and it takes effort to remember what we are grateful for, that the glass is also half-full.

Remembering what we are grateful for can be very helpful when we are upset, like taking deep breaths. Try suggesting it, like ice for a bump or bruise. The more students try gratitude when they are upset, the better they will become at using it to feel better.

Being grateful as a daily habit, like brushing teeth, benefits from an activity prompt such as upon waking, before bed, in conversations during meals, or as thoughts when tying shoes.

The more often we think of what we are grateful for, the more we shape our character traits into character states, and the more our body chemistry shifts to support our own well-being, and the well-being of those around us.

Thanksgiving contains wisdom for the whole year, and so do glasses of water.

--

Kate LaSota

School Counselor

Arctic Light K-8

(907) 256-0000 x0000



520 Fifth Avenue, Fairbanks, AK 99701
k12northstar.org

| 2021 | | | | | | |
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| August | | | | | | |
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| September | | | | | | |
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| October | | | | | | |
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| November | | | | | | |
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| December | | | | | | |
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| 2021 | |
|------------------|--|
| August | 12,13,16 Professional Development 11,17 Teacher Work Days 18 First Day for Students |
| September | 6 Labor Day (holiday) |
| October | 1 Professional Development 15 End of 1 st Quarter (early dismissal) 28,29 Parent-Teacher Conferences |
| November | 12 Professional Development 25-26 Thanksgiving (holiday) |
| December | 15,16,17 Last 3 Days (early dismissal) 17 End of 2 nd Quarter (early dismissal) 20 Winter Break - Begin |

| 2022 | |
|-----------------|---|
| January | 1 Winter Break - End 3 Teacher Work Day (no school) 17 Martin Luther King Jr. (holiday) |
| February | 21 Professional Development 22,23 Parent-Teacher Conferences |
| March | 11 End of 3 rd Quarter (early dismissal) 14-18 Spring Break 28-31 Tentative Testing Window |
| April | 1-29 Tentative Testing Window |
| May | 17,18,19 Last 3 Days - Early Dismissal 19 Last Day for Students 20 Teacher Work Day |

| | |
|---|--|
| <input type="checkbox"/> School Start/End | <input type="checkbox"/> End of Quarter (early dismissal) |
| <input type="checkbox"/> Testing Window | <input type="checkbox"/> Last 3 days (early dismissal) |
| <input type="checkbox"/> Staff Training Day (early dismissal) | <input type="checkbox"/> Professional Development Day (no school) |
| <input type="checkbox"/> Vacation/Holiday (no school) | <input type="checkbox"/> Parent-Teacher Conferences (no school) |
| <input type="checkbox"/> Teacher Work Day (no school) | <input type="checkbox"/> Tentative Make-Up Days for Bad Weather |
| | 1 st semester: 88 days 2 nd semester: 92 days |

| 2022 | | | | | | |
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| May | | | | | | |
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| June | | | | | | |
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Monday Humor

What kind of shoes do ninjas wear?
Sneakers.

What do spiders eat at a picnic?
Corn on the cobweb.

What has to break before you can use it?
An egg.

I don't know the whole alphabet.
I don't know y!

Tablets were replaced by scrolls. Scrolls were replaced by books.
Now, we scroll through books on tablets.

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