

# Arctic Light K~8

DO GOOD WORK, BE A FRIEND, EVERY DAY - OCTOBER 18TH, 2021

## UPCOMING EVENTS:

- **Oct 18th** - Start of the 2nd Quarter
- **Oct 19th** - School Board Meeting: 6pm
- **Oct 22nd** - Report Cards available through PowerSchool
- **Oct 26th** - Title 1 Fall Festival and Game Night: 5:30-7:00pm
- **Oct 28-29th** - Parent/ Teacher Conferences
- **Nov 3rd** - Picture Retakes
- **Nov 11th** - Veterans Day Parade for Veterans 10:15am
- **Nov 12th** - NO SCHOOL - Teacher Professional Development Day



PRINCIPAL'S MESSAGE - GUIDING NORTH STAR

What is your Guiding North Star?

Do you have a family mantra, a family focus that guides you day to day?

Life has a way of getting more and more complicated. Daily, each of us need time to sharpen our tools so we are ready each morning to make our dreams come true.

Recently, I attended a national education conference while sitting at my desk: thank you Covid. One noteworthy speaker talked about the importance of personal intentions. She spoke about her Guiding North Star; she was Canadian.

On the four walls of her office she placed four words that represent the emotions she wanted people to feel in her presence: Agency, Success, Love, Joy.

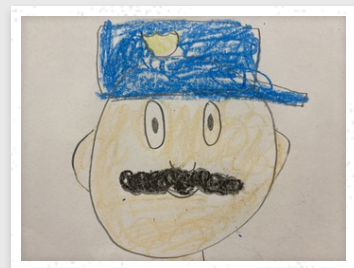
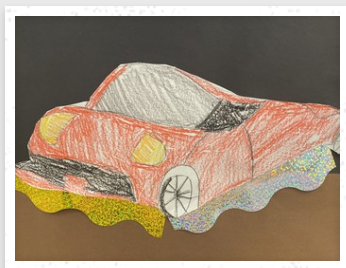
What are the emotions you want people to feel in your presence? A contemporary popular educational phrase - "*They May Forget What You Said, But They Will Never Forget How You Made Them Feel*" reminds us the importance of our affect.

Setting our daily intentions helps us maximize our limited time and energies.

Keep in touch and ...

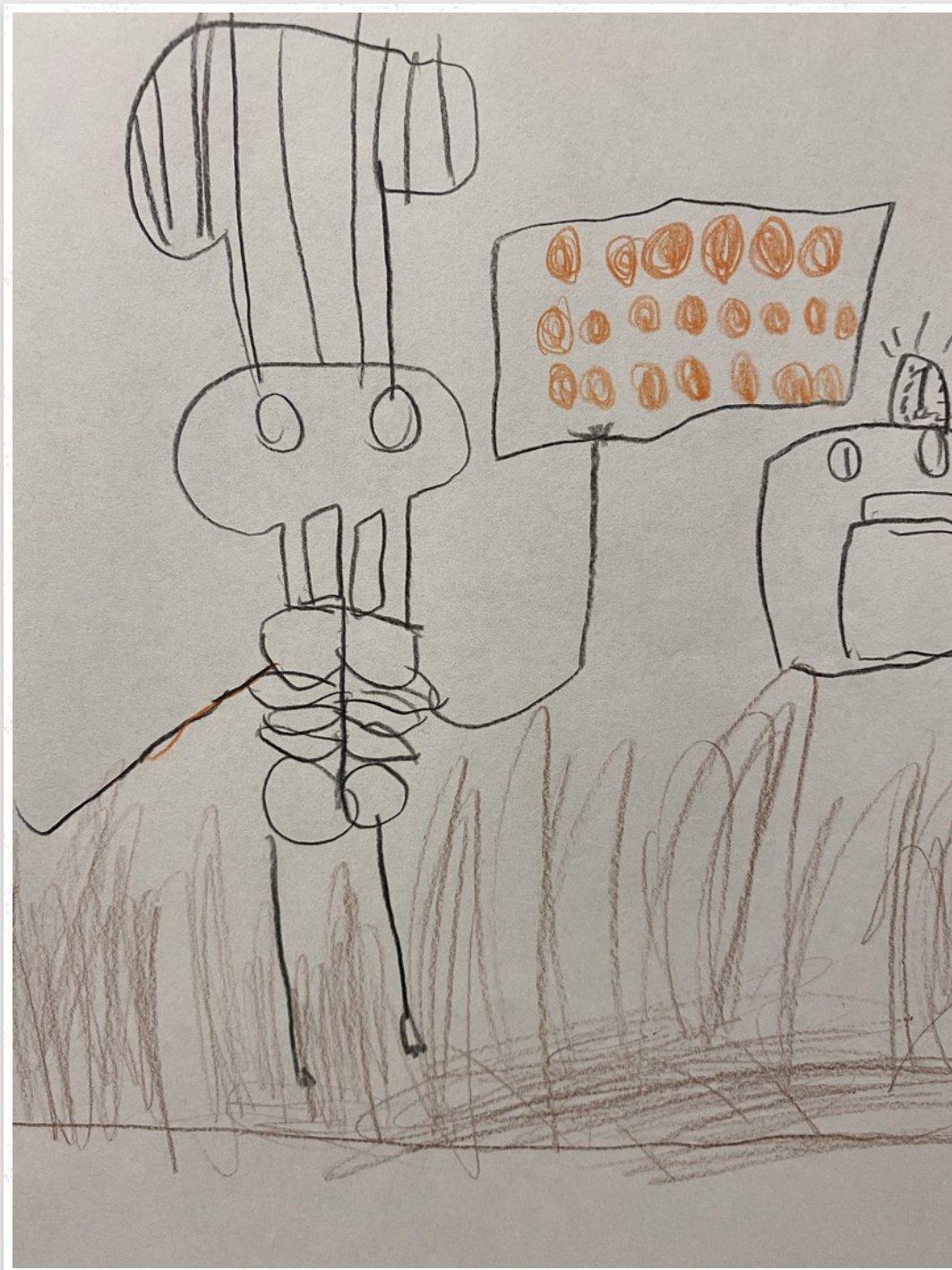
Do Good Work, Be a Friend, Every Day.

Principal Keener



**PARENTS' GUIDE TO THE CURRICULUM**





## 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.***

## PARENTS GUIDE TO THE CURRICULUM

One of the best guides to our grade level teaching expectations. Consider reviewing this document before your Parent/ Teacher Conferences.

### COUNSELOR'S CORNER – OCTOBER 18, 2021

October is a month where we focus on Respect in the form of physical and emotional safety for everyone.

Students learn how to recognize bullying as:

One directional, possibly repeated actions intended to harm when there is also a power imbalance such as two students against one, an older or larger student against a younger or smaller one, or where there are differences in skill levels or perceived popularity.

Students are taught how to recognize the suffering of others and to use a strong voice to say Stop! Being an upstander is not being a bystander while someone is being bullied, but instead walking over to help the target to get away and report the incident to adults until the bullying stops.

Some students struggle in thinking that it is snitching when a report is made about student physical or emotional safety. They are then reminded that causing harm to others is often against the law and that we are a community of rules and commitment to values. All students have a right to a safe childhood.

The arrival of snow in Fairbanks is often a time of making new resolutions for healthy routines over the winter. Consider the possibility of reducing student contact with violent video games and movies. Explore multiple interest areas that promote Respect and Generosity. What students practice is what they get good at.

Kate LaSota

School Counselor

Arctic Light K-8

907-356-2038 x28020



# **Family Game Night and School Walk Through**

**Tuesday, Oct 26th**

**5:30-7:00pm**



Dress-up Walk Through  
6:30-7:00pm



**Send donations to your  
teacher for our  
Dress-up Walk-Through**

**FROM HANNAH CARRILLO – OUR  
INSTRUCTIONAL COACH OCTOBER 18, 2021**

Hi parents!

I wanted to inform you of a new reward system we implemented at our school called Reader of the Month and Mathematician of the Month.

These awards highlight one student from the primary grades and one student from the intermediate grades who exemplify the traits of good readers and mathematicians. This is not solely based on grades, but on effort level, participation, and use of strategies and best practices.

Keep an eye out to see if your student comes home with a certificate for one of these prestigious awards!

**MRS. SPARKS' FIRST GRADERS  
PERFORMING THE THREE LITTLE PIGS**



## WELLNESS CHECK FOR STUDENTS & STAFF

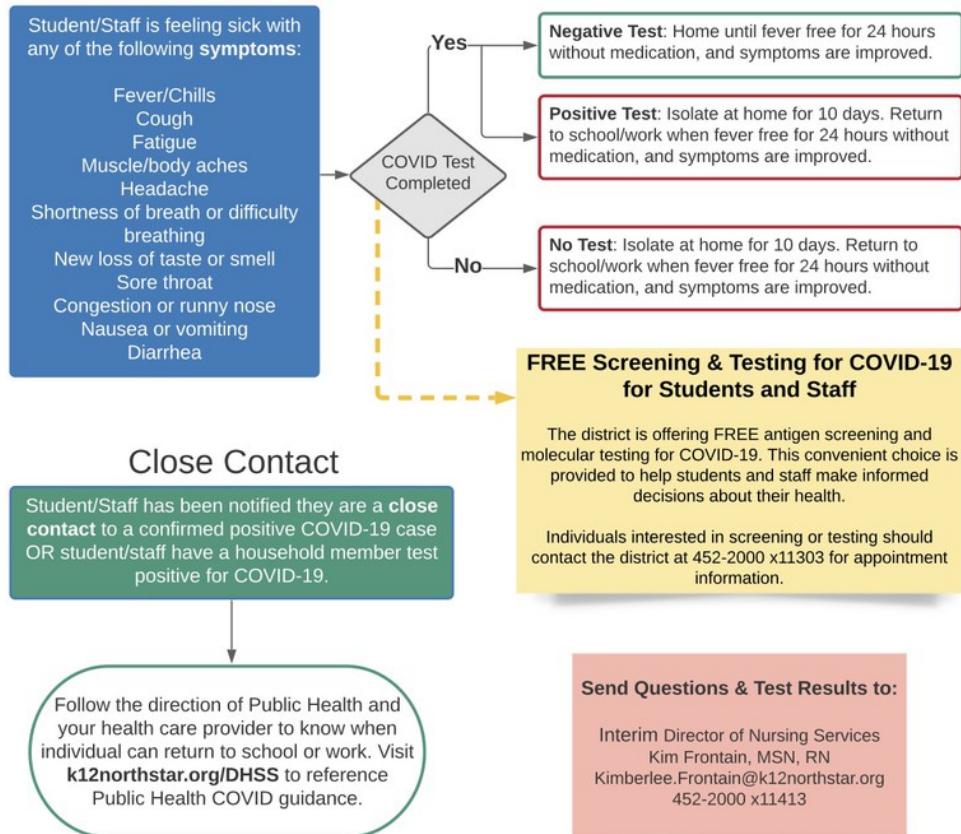




# Symptom Free Schools

## Wellness Check for Students & Staff

The Wellness Check is provided to families and staff to understand the district's expectations of what families and staff should do to help keep schools symptom free.



Students and staff are expected to follow the Alaska Department of Health & Social Services (DHSS) COVID-19 guidance. Learn more at [k12northstar.org/DHSS](https://k12northstar.org/DHSS).

The Fairbanks North Star Borough School District is an equal employment and educational opportunity institution, as well as a tobacco and nicotine-free learning and work environment.

Updated August 17, 2021

## MONDAY HUMOR

What does it take to work for the railroad?  
Lots of training.

What kind of flowers like to sing?  
Pe-tune-ias.

Is the Pillsbury Doughboy,  
a Flour Child?

Is the sound of crumbling gift paper,  
Wrap music?

# HEALTHY SCHOOL NEWS

## Healthy Schools NEWS

Kids grow  
and learn better  
in pollution-free  
schools



October 2021

EPA Region 10 Healthy Schools Team

Serving Alaska, Idaho, Oregon, Washington and Tribal Nations

Find past issues at: <https://www.epa.gov/children/healthy-schools-news-pacific-northwest>

### October is Children's Health Month

October marks Children's Health Month! What better time than now to focus on the health of the children in our care. Places where children live, play, and learn have a big role in their health. Kids are especially vulnerable to environmental exposures since their bodies are developing. School environments also can affect the performance of both students and staff. With those points in mind, here are tips for making our learning environments healthier places. Please share with staff, parents, and networks. To view online or access past issues, go to <https://www.epa.gov/children/healthy-schools-news-pacific-northwest>.



#### Kids and Their Environment

Children are more vulnerable to pollutants than adults due to differences in behavior and biology. These differences can lead to greater exposure and unique windows of susceptibility during development. [Learn more](#) about children's health, the environment, and what you can do.

#### Resources for Healthier Schools

Healthy schools support healthy kids! Healthier learning environments also improve the attendance, concentration, and performance of students and staff. EPA offers information to help you create a [healthier classroom](#).

#### Resources for Healthier Childcare Facilities

There are simple things we can do in childcare settings to help make them healthy. Check out EPA's website for [childcare](#) environments for easy-to-use resources.

#### Healthy School Air

Ensuring good ventilation and filtration in school buildings is critical for providing healthy indoor air. There are proven strategies to reduce pollutants in the air and limit the spread of viruses and bacteria in schools. [This infographic](#) outlines key actions to take such as: (1) increasing ventilation rate, (2) increasing HVAC filter efficiency, and (3) supplementing with portable air cleaners.

#### Financing Efficient, Healthy Retrofits



EPA is excited to partner with Department of Energy on the Efficient and Healthy Schools campaign, which aims to help K-12 schools—especially those serving low-income student populations—identify practical

HVAC solutions and upgrades to improve energy efficiency while promoting healthier spaces for teaching and learning. [This page](#) features solutions to access capital and financing for energy-efficiency projects in schools.

#### Ensure Drinking Water Quality During and After Extended Closures



Here are important fact sheets to help you re-open safely.

- Fact sheet for [schools](#)
- Fact sheet for [childcare facilities](#)

#### Make Safer Cleaning Choices



Look for EPA's Safer Choice label to find products with ingredients that are safer for classrooms. Find the label on select cleaners, degreasers, soaps, and more.

# ARCTIC LIGHT K-8 STUDENT HANDBOOK





# **Military Families**

**Need school materials from your child(ren)'s school but are in quarantine due to illness or contact tracing?**

## **NO WORRIES!**

**We have the Readiness & Resiliency (R2): Military Dependent Students are Ready to Learn program!**

**Contact your Military Friends:**

**Eielson AFB School Liaison Officer: Earnest Kincade,  
(907) 385-9460, [earnest.kincade.1@us.af.mil](mailto:earnest.kincade.1@us.af.mil)**

**Fort Wainwright School Liaison Officer: Janet Farris,  
(907) 361-9897, [janet.e.farris2.naf@mail.mil](mailto:janet.e.farris2.naf@mail.mil)**

**Fort Wainwright & Eielson AFB: FNSBSD Military Student Support Coordinator, Georgia Sandgren, (907) 452-2000 ext 11340, [georgia.sandgren@k12northstar.org](mailto:georgia.sandgren@k12northstar.org)**



520 Fifth Avenue, Fairbanks, AK 99701  
k12northstar.org

2021						
July						
S	M	T	W	T	F	S
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 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<sup>st</sup> 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<sup>nd</sup> 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<sup>rd</sup> 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

- School Start/End  
□ End of Quarter (early dismissal)  
{ } Testing Window  
● Last 3 days (early dismissal)  
◇ Staff Training Day (early dismissal)  
◆ Professional Development Day (no school)
- Vacation/Holiday (no school)  
▲ Parent-Teacher Conferences (no school)  
○ Teacher Work Day (no school)  
□ Tentative Make-Up Days for Bad Weather  
1<sup>st</sup> semester: 88 days  
2<sup>nd</sup> semester: 92 days

2022						
January						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February						
S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March						
S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

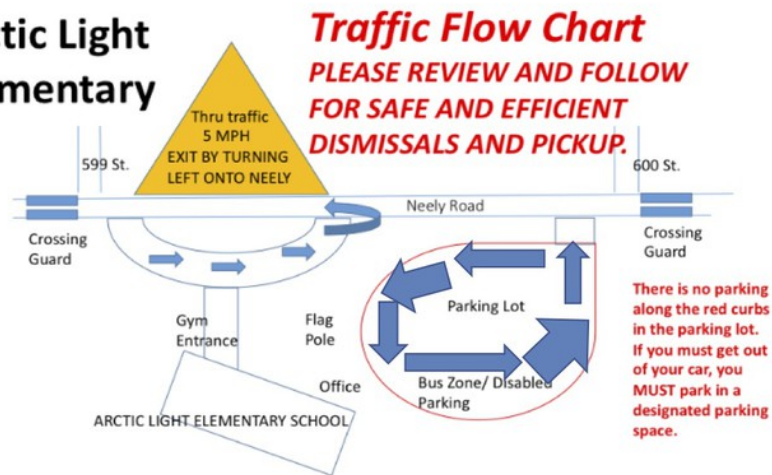
April						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



## Arctic Light Elementary



**PICK UP AND DROP-OFF CHILDREN FROM THE CURB SIDEWALK ONLY.  
DRIVERS DO NOT LEAVE YOUR VEHICLE UNLESS YOU ARE PARKED IN A PARKING SPACE.**

Thank you for helping us keep our children safe!

### DROP OFF PROTOCOL

7:30 Breakfast: enter at Gym Entrance

7:40 Morning Recess

8:00 School Starts

- Kindergarten and 1<sup>st</sup> grade at Front Door
- 2<sup>nd</sup> – 8<sup>th</sup> grades enter thru the gym doors

Our entrances have supervisors at the doors to assist students entering the building.

### PICK UP PROTOCOL

2:30 – 2:45

- Kindergarten thru 1st grade exit Front Door
- 2nd – 8<sup>th</sup> grades exit thru the gym doors

Waiting students should not proceed until cars come to a complete stop and tires are not moving.

### Please:

1. It is important to keep the flow of traffic moving. If you need to get out of your vehicle for any reason, park in the parking lot.
2. Pull as far forward in the right lane as you safely can.
3. Stay in the right lane until you have dropped off your student.
4. Drop-off from the right lane along the curb-sidewalk only.
5. Children exit the vehicle along the curb-sidewalk only.
6. Keep all crosswalks accessible.
7. Pass only after dropping off your child along the curb.
8. Exit the Gym drive-thru to Neely St by turning left.

Thank you for your support in keeping our children safe!

## SCHOOLCAFE.COM FREE/ REDUCED MEAL APPLICATION

Takes a few minutes - can save you a bundle and support our school's academic programs

# FOLLOW THE THREE C's



## 1. Be CAUTIOUS

- Attend to personal health
- Stay away from sick people
- Be thoughtful about activities
- Consider being vaccinated



## 2. Be COURTEOUS

- Respect health privacy
- Cover your cough & sneeze
- Stay home if you are sick
- Get tested



## 3. Be CLEAN

- Wash your hands often
- Use hand sanitizer
- Avoid touching your face
- Disinfect high touch surfaces

