Greetings,

T’is the season to be grateful.

I Am Thankful for - our students engaging their on-line lessons and working hard to be successful during such unprecedented times.

I Am Thankful for - our school community: the camaraderie, the work ethic, the ‘can do’ attitude.

I Am Thankful for - students who are investing in themselves for a better tomorrow.

I Am Thankful for - our staff working hard and staying safe during this pandemic.

I Am Thankful for - our community leaders both local (Fairbanks and Ft. Wainwright) and beyond.

I Am Thankful for - a moment with my family to pause, look around, take it all in, and enjoy the blessings.

UPCOMING EVENTS:

- **November 26th & 27th** - Thanksgiving Break
- **December 1st** - teachers back from Remote Teaching
May we all be blessed with gratitude.

Be safe,

Do Good Work, Be a Friend, Every Day.

Mr. Keener
Principal – Arctic Light K-8

DECEMBER 1ST

Currently, on December 1st teachers return to Arctic Light. Hopefully, the state goal for reduced cases of Covid will have been achieved. We need to support our students in need, with In-Person learning. We will let you know if there is a delay in this plan.
Thanksgiving with Nutrition Services

Join us Nov 25th!
We will be handing out FREE Turkey Day meals for all enrolled students!!!

- Roast Turkey
- Green Beans
- Mashed potatoes & Gravy
- Dinner Roll
- Oatmeal Cranberry Cookie
- Applesauce

Help us have enough food for everyone by ordering in advance through our department’s email order form at:
K12northstar.org/nutrition
COUNSELOR CORNER 11/23/2020

When we teach emotional balance, we teach connection to rhythms that give us feelings of safety.

The rhythms can be yearly (this is time for Thanksgiving). They also can be seasonal, weekly, daily, and every second, like a heartbeat count, for playing music, dancing, running, walking, jumping, drumming, or focusing.

Rhythms give us a sense of place in the present, and they are an antidote to too much future anticipation or anxiety.

We are working at school to have playlists of songs that are family friendly for dancing, more music played during Meets, and discussions of daily rhythmic exercise both indoors and out.
Families can support this with discussions of daily organization around schoolwork, chores, music, movement, meals, sleep, and community time.

Our gratitude items give us clues as to what structures and rhythms in the day sustain us. This is our ongoing and creative work for well-being that the science says can improve our life experiences. Mind the rhythms; feel the peace.

Kate LaSota
School Counselor
Arctic Light K-8
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INSTRUCTIONAL COACH 11/23/2020
Hello Arctic Light Families,

One piece of your child’s education that may have been happening without you even knowing is how often their teacher reads to them. Regardless of age or grade-level, it is important to read to children every day. Reading aloud gives children background knowledge, which helps them to make sense of what they see, hear, and read. The more adults read aloud to children, the larger their vocabularies will grow and the more they will know about the world and their place in it.

Given the shortened school day, and how essential learning is shifting priorities, some teachers may not always find time to read to their students each and every day. Reading to your child at home can help. It doesn’t have to be a new story each day. It can be a chapter book that you read a little each day. This can help to create a lifelong love of reading, improve imagination and creativity, increase concentration and discipline, as well as help to develop a special bond between you and your child.

Thank you for all you do 😊🍎☀

Nick Hoy
Instructional Coach
Arctic Light Elementary
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