Principal's Message - December

Greetings,

Last Tuesday, our school board postponed a vote so they could gather more information about reopening elementary schools. They will vote December 14th concerning staying the course or increasing student attendance. If you have a preference, do let them know. They need to hear from all opinions.

In response, our teachers are examining their safety procedures and sharpening their instructional programs. Teachers are aware not all students successfully learn with remote teaching. Committees review student needs and schedules are created for In-Building learning. Upon parent approval, we have had many of these students return.

Staying safe has paid off for our school community. We have not had to close classrooms because of contacts with positive Covid cases. Our diligence to safety procedures extends to those students who
come for In-Person learning. Remember, sending students to school confirms they are free of Covid symptoms. If you have questions, do contact our nurse, Mrs. Brabson.

Together, our school community has come so far under unheard of conditions. We are planning to continue our safe programs however our school board directs us. Communication is key. If you have questions or concerns, please contact us.

Be safe,

Do Good Work, Be a Friend, Every Day.

Mr. Keener
Principal – Arctic Light K-8

MAKE A HACKY SACK – with Coach Sagers

School Board Meeting December 14th

Our school board meeting on December 14th may have a vote for changes in our educational programming. If you want your opinion heard, share your thoughts by December 11th here: schoolboard@k12northstar.org
Academic SUPPORT

MONDAY - THURSDAY IF YOU NEED HELP

Holiday Storytime in your PJs with Hot Cocoa

Have you played a Band instrument at another School?
Call us if you are new to Arctic Light and interested in joining our second semester Band class.
ARCTIC LIGHT ELEMENTARY

SPIRIT WEEK

December 14th-18th

Monday: Crazy Hair Day (Who has the craziest hair)
Tuesday: Dress your Best (Wear your best clothes)
Wednesday: Military Day (Dress as your favorite soldier)
Thursday: Pajama Day (Wear your favorite PJ's)
Friday: Spirit Day (Wear Red, White, and Blue)

Please make sure you all outfits are school appropriate.
The ASYMCA is providing breakfast to our active duty military of all ranks and service branches. From our family to yours, this is our way of saying “Thank You for Your Service.”

**Breakfast “baskets” include:**
- Cinnamon rolls
- Eggs
- Hash-browns
- Bacon or sausage
- Hot cocoa and marshmallows
- An ASYMCA shopping bag to carry it all

Quantities are limited. Choose your pickup location during registration. Limited to one registration per household. To get started, scan the QR code or visit:


For more information, contact the ASYMCA:
Anchorage Area: 907-552-9622 | Fairbanks Area: 907-353-5962
ALASKAN ICE ORNAMENTS

• PICK UP YOUR KITS •
DECEMBER 14 - 18
WATCH THE INSTRUCTIONAL VIDEO ON FACEBOOK OR OUR WEBSITE

Current District Covid Count
Hello Families and Staff:

In this time of Covid stress and perhaps trauma, it is important to remember that healing comes through relationships, and those relationships are communicated to the non-verbal side of a child’s brain through:

- Eye contact
- Facial expression
- Tone of voice
- Posture
- Gestures
- Timing
- Intensity of response

On-demand, 1-to-1 topics include:

- Scheduling and Organization
- Setting Expectations
- Study Techniques
- Using Resources
- Motivation and Goals
- Managing Knowledge Gaps
- Finding Balance

Families thrive when everyone is supported.

Log in today at tutor.com/military
The verbal content of our messages matter too, of course. Not all traumatic events lead to troubling mental health outcomes. The vast majority of children who are traumatized do rather well but they need our kind attention and support (and our awareness of warning signs for when it is time for us to take the next steps to get them professional help). Neuroplasticity is the route for overcoming trauma. Neuroplasticity is the ability of the brain to reorganize and heal for healthier states by strengthening connections to sources of safety. We are the children’s sources of safety. When children are in need, we need to remember to be right there for them as sources of comfort and support. If we forget this, children may pick up on certain non-verbal and emotional responses and feel that we do not like them and that we are angry at them and that the relationship they have with us is threatened. We need to broadcast that our relationship with them as human beings is unconditional. Their behaviors are signals of need that we are in the position to respond to in present, kind, and sensitive ways. The challenge of these times is for us to be aware of our non-verbal cues when communicating with children and each other. Becoming more and more aware of our eye contact, facial expression, tone of voice, posture, gestures, timing, and intensity of response is a goal for ongoing growth. Children take love from outside around them and make it part of who they are inside. Our well-being becomes their well-being. We are all lifelong learners and healers together.

Kate LaSota
School Counselor
Arctic Light K-8
(907) 356-2038 x28038
Military Family Life Counselor
FREE AND REDUCED LUNCH

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TUTORS

FOR OUR SCHOOL

Apply today at Schoolcafe.com