



Volume 8  
Issue 5

# Shooting Star Scoop

## January 2014

The monthly newsletter for Nikiski North Star Elementary  
Kenai Peninsula Borough School District  
[nikiskinorthstar.blogs.kpbsd.k12.ak.us](http://nikiskinorthstar.blogs.kpbsd.k12.ak.us)



### Important Dates

#### January 13

Site Council Meeting  
3:45pm - Lounge

#### January 15

Nutrition & Cooking Class  
3:45pm - Library

#### January 16

Geography Bee (4th-5th)  
Library

#### January 20

Vacation Day  
NO SCHOOL

#### January 22

Early Release Day  
SCHOOL OUT AT 2PM

#### January 31

School Spelling Bee  
Library



### Principal Points

Happy New Year!

I hope everyone has had a relaxing and refreshing winter break. Your students will be able to use lots of energy as we start our second semester of the year with many academic challenges. Third quarter is typically a period of tremendous academic growth for students.

Nikiski North Star is in the 2<sup>nd</sup> full year of implementing the Positive Behavior Intervention Support (PBIS) program for our students.

The focus of the program centers on the behavior guidelines of Be safe, Be respectful, Be responsible, and Be caring. Teachers spent the time at the December inservice fine tuning PBIS strategies which can be used effectively in the classroom. Using these guidelines and language at home as you encounter behavior situations with your child would provide even more follow through from school to home. Thank you for your help in this endeavor. Students filled the PBIS pom pom jar at the office so a schoolwide sledding celebration was held on December 19.



Katelyn, Avery & Brooke get creative with the snow and ice.

One of the most successful strategies you have as a parent to help your child is consistent school attendance. When students attend school consistently they feel connected to their school and invested in their classroom thus making them more likely to be successful academically. According to KPBSD Board Policy 5113, "The Principal may excuse student absences for health reasons, family emergencies or other reasons the Principal determines constitute good cause." As a practice at Nikiski North Star, the first 10 absences for a student will be marked as excused. Absences subsequent to that will be evaluated on a case by case basis and may require a physician's note documenting illness. Nikiski North Star will be awarding a "Most Improved Attendance" award for the class with the most improved attendance each month. Be on the lookout for the shiny new trophy in our trophy case!

Students and teachers are busy in the next few weeks completing winter benchmark testing. This provides important information to help our teachers make informed decisions regarding the education of your students. Just a reminder as well that SBA testing for grades 3-5 will take place this year on April 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>.

...continued on page 2



## Points continued

Nikiski North Star Site Council will meet on Monday, January 13 @ 3:45 in the lounge. Please feel free to attend. There is an opportunity for public comment and you are always welcome to observe as part of learning more about our school.

Another exciting opportunity begins this month at NNS. Our first class sponsored through Coursera will take place on January 15 @ 3:45 in the library. The class is titled "Child Nutrition and Cooking 2.0" and is offered through Stanford University. This is an excellent chance to come together as a community and explore the concept of free, online learning. Babysitting is provided, no pre-registration is required, and all are welcome.

Margaret



## Elks Hoop Shoot Winners!

*The winners of the Nikiski North Star Elks Hoop Shoot Competition are listed below. These students competed in mid-December at the Kenai Recreation Center in the Regional Elks Hoop Shoot.*

Boys 8-9 yrs old

**Carter Tennison** - 1st place

Girls 8-9 yrs old

**Jaycee Tauriainen** - 1st place

Boys 10-11 yrs old

**Koleman McCaughey** - 1st place

Girls 10-11 yrs old

**Aspen Hooper** - 1st place

## EARLY RELEASE DAY

### January 22nd

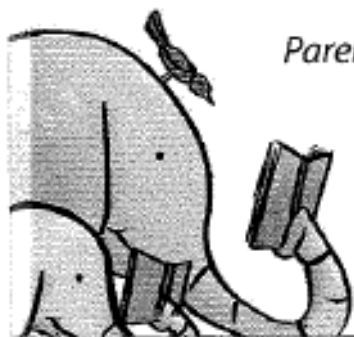
*School will dismiss at 2:00pm*



## REMINDER:

Please remain in your vehicle for Parent Pickup/Drop Off. If you need to come into the building, please park in the parking lot area.





# Growing readers!

Brought to you by Reading Rockets, Colorín Colorado and LD OnLine

## Fluency Matters

If you've been around classrooms and teachers, you've probably heard the term "fluency." Fluency is something worth knowing more about! Read on to find out what it is and how to develop it in your young learner.

### Fluency: What is it? Why is it important?

If someone is fluent in speaking another language or in playing an instrument, there's a smooth, graceful and easy quality to it. The same is true with reading skills. Reading fluency is a child's ability to read a book or other text correctly, quickly, and with expression. A fluent reader doesn't have to stop and "decode" each word. Rather, most of the words can be read automatically. This means the reader can focus his attention on what the story or text means. For that reason, fluency is critically important — it's the bridge between decoding words and understanding what has been read.

### How can we foster reading fluency?

Parents can help their child develop reading fluency through a few simple and fun activities.

#### Paired or "buddy" reading

The easiest and best way to help your child develop fluency is to sit with your child and read! Read together every day, which is often called paired or buddy reading. To use paired reading, simply take turns reading aloud. You go first, as your reading provides a model of what good fluent reading sounds like. Then, ask your child to re-read the same page you just read. You'll notice that your child's reading will start to sound more and more like yours. Do this for several pages. Once your child is comfortable enough, and familiar enough with the book, take turns reading page for page.

#### Reread favorite books

Another way parents can help develop fluency is to build a tall stack of books that your child can read quickly and easily. Encourage your child to reread favorite books over and over again. With each reading, you may notice your child reading a bit easier, a bit faster, and with a bit more confidence and expression.

#### Record it

Another fun way to practice reading and build fluency is to have your child create her own audio books. This can be done simply with a tape recorder or audio recording feature or app (like Audioboo) on your phone. Or, use something more sophisticated like StoryKit, where a user can create an electronic storybook and record audio to accompany it. Regardless of the method you choose, your child will be practicing what they want to record and that reading practice is critical. Sharing your audio recordings with family and friends is a great motivator too!

# Eating Right and Being Active Are as Easy as...



™ CLOCC - [www.clocc.net](http://www.clocc.net)

## 5 servings of fruits and vegetables

Fresh or frozen, whole or cut-up, fruits and vegetables are natural sources of many important nutrients. Five or more servings of fruits or vegetables a day provide your children with vitamins, minerals and fiber that may help reduce their risk of illness, including heart disease. A serving is one-half cup of cut fruit or veggies, one cup of salad greens or one-quarter cup dried fruit.

**Suggestions:** Choose whole fruits and vegetables over juice, since these contain more fiber and offer a natural balance of vitamins and minerals without added sugar. Keep fresh cut-up fruits and veggies around for snacks.

## 4 servings of water

Encourage your children to drink water every day to satisfy their thirst and provide fluid for their growing bodies. Four or more glasses of water will help keep your kids healthy and active without adding extra calories.

**Suggestions:** Give your children water bottles and keep them filled. Keep track of how much they drink, especially during play or sports. Put a pitcher of water on the table at dinner.

## 3 servings of low-fat dairy

Low-fat dairy products provide protein and calcium for strong bodies, bones and teeth. A serving is an eight-ounce cup of low-fat or skim milk or yogurt, or 1½ ounces of low-fat cheese.

**Suggestions:** Blend low-fat or skim milk or yogurt with fruit and ice to make a tasty treat. Add low-fat cheese to soups and salads.

## 2 hours or less of screen time

Time spent watching television, using the computer or playing video games means fewer calories burned and extra weight gained.

**Suggestions:** Work with your children to select age appropriate shows and turn the television on only for those programs. Limit overall television, computer and video game time. Make TV a reward, not a daily routine.

## 1 hour or more of physical activity

Encourage your children to participate in 60 minutes of walking, running, skipping, jumping or dancing each day. Physical activity combined with good nutrition will help them stay healthy.

**Suggestions:** Scatter activities throughout the day. For short trips, walk instead of driving, and take the stairs when possible. Enroll your children in after-school or weekend activities, or plan for active family time.

5

servings of fruits and vegetables a day

4

servings of water a day

3

servings of low-fat dairy a day

2

hours or less of screen time a day

1

hour or more of physical activity a day

