



Volume 8
Issue 3

Shooting Star Scoop

November 2012

The monthly newsletter for Nikiski North Star Elementary

Kenai Peninsula Borough School District
nikiskinorthstar.blogs.kpbsd.k12.ak.us



Important Dates

November 1 & 2

Parent/Teacher Conferences
NO SCHOOL!

Book Fair in the Library

November 5

PTA Meeting
3:45 pm - Lounge

November 7

CC! SOM Pizza w/ Ms Callahan
Noon - Rm 14

November 8

Holiday Prog Application Due
Deliver to NS Methodist Church

November 9

1st Quarter Awards Assembly
2:00pm - Primary
2:40pm - Intermediate

November 13

Joint NNS/NMHS Site Council
4pm - Nikiski Middle/High

November 16

Title I Family Night

November 22 - 23

Thanksgiving Break
NO SCHOOL



Principal Points

What a fantastic turnout for our Fall Carnival! A tremendous amount of time, planning, energy, and organization goes into planning events that involve 500 people and we are extremely grateful to the event coordinator Samantha Playle and our phenomenal group of parents who helped organize and run this event for our school! We are always looking for ways to improve all of our programs. If you have suggestions for how we can continue to improve this event, please send me an email or drop by and see me during parent teacher conferences.

Parent Teacher Conferences are scheduled for Thursday morning, afternoon, and evening and Friday morning this week. We look forward to sharing with you the successes your children are achieving in school through their hard work and dedication to learning. Thank you also to Trina Stichal for coordinating our school fundraiser this year. Yes, it is true. The students raised over \$10,000 and I will actually be kissing a pig this year in a school assembly.

I'd like to ask for your help with student safety once again. As winter weather becomes a constant for us we will continuously deal with icy conditions on our roads, sidewalks, and parking lots. We ask for everyone's help in driving slowly and safely in our parking lot and on the road by our school.

Students without full winter gear must stay on the sidewalk during recess. Some parents request to have their children stay in at recess as they are recovering from a cold, etc. but unfortunately, we do not have a location to keep them. (The nurse's office is full most days with sick kids so it really is the last place you want your child to be "hanging out".) The KPBSD policy is that ALL students will be sent out for recess until the temperature drops to below minus ten degrees (-10). The exception this year will be if your child has a note from the doctor, we will make arrangements to have her/him sit outside my office and read a book that (s)he brings to the office.



James Lathem, Elo Osborne, Rucca Griffin and the rest of Mr. Zinck's class explored the food web at the Kenai National Wildlife Refuge this fall.

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MIND

A-MAZES!



Points continued

Lost & Found is multiplying in items quickly. Parents are welcome to go through the LOST and FOUND items this week. Any remaining items will be sent to charities on after-school on Friday, Nov. 2.

On Friday, October 19, NNS Teachers participated in trainings on brain research regarding the common differences between the minds of boys and girls and effective instructional practices and tools that increase learning for boys and girls. They also worked in their grade level teams to finish 4th quarter grades and to record these on the new report card forms.

Lisa

Congratulations to the students who represented Nikiski at the district "Mind A-Mazes" challenge on October 13th at Soldotna Middle School! The highest scoring NNS team was the "Nikiski Avengers" - the Avengers team was entirely made of rookie team members - Savannah Ley, Emilee Braun, Faith Burleson, and Sam Smith!

Other NNS students who participated in "Mind A-Mazes" were:

"Thingamajigs" team - Jakobee Anderson, Martin Cox, Hammie Cox, Bryan McCollum

"Return of the Flaming Hawks" - Katerina Sinenko, Kaycee Bostic, Joe Yourkoski

"Space Ninjas" - Brenden Boehme, Boden Quiner, Alex Johnson

October Character Counts! Students of the Month

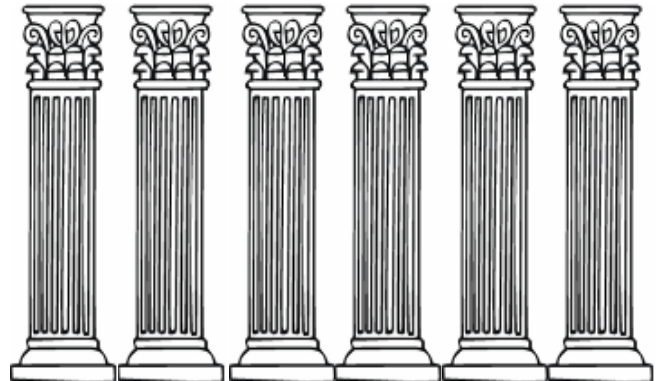
Weston Dohse
Danielle Elsey
Emilee Braun
Kaydence Jeffreys
Liam O'Brien
Angela Druessedow
James Hemphill
Society Spurgeon
Jasmine Smith

James Lamping
Jordyn Stock
Kennedy Boyce
Addyson Carr
Gracie Wolf
Rollin Watts
Michael Cleveland
Blaze Michael
Levi Good

THE PILLAR FOR NOVEMBER IS...



CARING

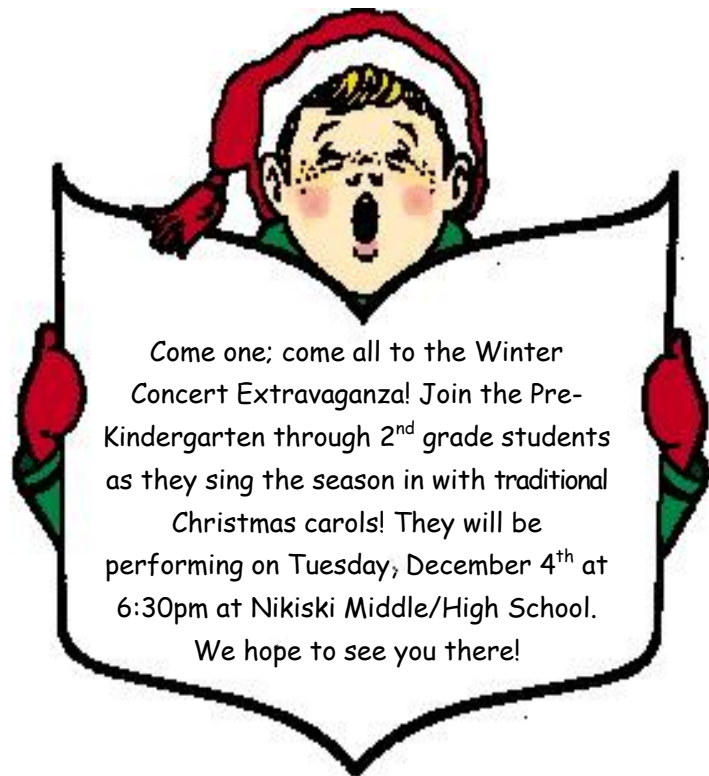


Budget Development Committee

The Kenai Peninsula Borough School District is seeking interested community members to participate in the annual budget development process and serve on the Budget Development Committee.

This committee reviews the current budget practices and procedures used by the District to develop the General Fund Budget. A review of federal, state and local revenues will be shared and discussed. The methods used to develop the expenditure budget will be reviewed and discussed as well. Suggestions for changes or improvements to the FY14 budget will be received and discussed. Any findings or recommendations will be reported to the School Board for their consideration.

The Budget Development Committee will meet in the Borough Assembly Chambers on Thursday, November 8, 2012 from 9:00 a.m. to 3:30 p.m. If you plan on participating please contact Lassie Nelson at 714-8838 so the District can plan appropriately.

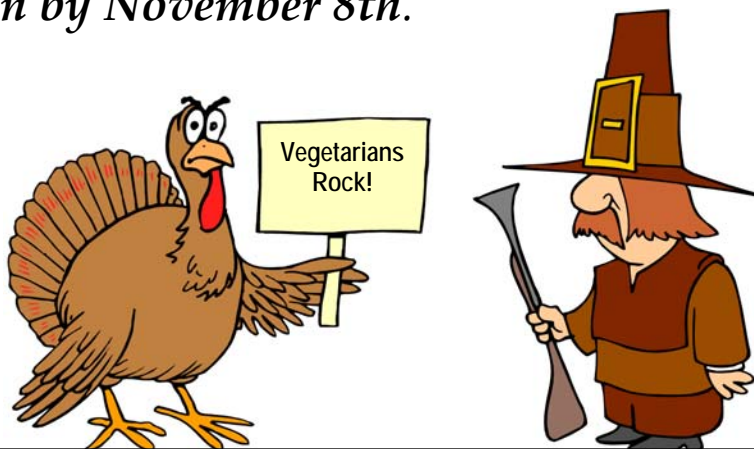


Come one; come all to the Winter Concert Extravaganza! Join the Pre-Kindergarten through 2nd grade students as they sing the season in with traditional Christmas carols! They will be performing on Tuesday, December 4th at 6:30pm at Nikiski Middle/High School. We hope to see you there!

Thanksgiving Food Baskets

Nikiski Neighbors is a community-wide, broad-based group of individuals and community groups that puts together this program to benefit families who are going through tough times. Thanksgiving food baskets (boxes) are available that include a complete holiday dinner to prepare in your home. All families living north of milepost 15.5 can apply, though they request that applicants not apply to other programs for assistance during the holiday season. Applications can be found at the Nikiski Post Office, Nikiski High School and Nikiski North Star Elementary.

All applications need to be turned in to the address listed on the application by November 8th.



2 *Get 9 hours of sleep each night.*

WHY? As part of a healthy lifestyle that includes good nutrition and regular physical activity, your child needs at least nine hours of sleep each night.

Sleep is like food for the brain. And just like food, sleep gives your child energy. During sleep, their bodies grow and recover from the day's activities.

Sleep is important for everyone—especially kids. It's not just about feeling grumpy or dozing off in school. Lack of sleep can actually lead to serious health problems.

When kids don't get enough sleep, they can be moody and perform poorly. They might fall asleep in class and fall behind on their homework. They'll have less energy for sports and other physical activities. And when they're tired or low on energy, they're more likely to choose unhealthy foods or snacks. That means getting the right amount of sleep could actually help your child eat better.

HOW? Here are some tips for helping your children get at least 9 hours of sleep each night. Help them build a routine—and stick with it. Then, ask them how they feel when they get their rest compared to when they don't.

Step it Up: To help kids get used to earlier bedtimes and more rest, add 15 minutes of sleep time each night until they're sleeping at least 9 hours.

Wind Down: Stick to quiet, calm activities before bedtime, and your kids will fall asleep much more easily. Avoid TV, computers and telephones during the hour before bed. Don't leave homework for the last minute. And don't eat, drink, or exercise within a few hours of bedtime.

Fill In the Naps: If you plan them right, naps can help boost your child's energy during the day. Naps that are too long or too close to bedtime can interrupt their regular sleep.

Dream Makeover: Make your children's bedrooms the perfect places to relax and sleep. Keep them cool, quiet and dark. You might even want to get eyeshades or blackout curtains. Let in bright light in the morning to help them wake up.

Routine, Then Repeat: Establish a bedtime and wake-up time and stick to it. Your kids will find that it's easier to fall asleep at bedtime when their bodies are on a schedule.

Good Habits: Have your children do the same things every night before they go to sleep. This signals their bodies and minds that it's time for bed. Encourage a bath or shower (this will also give them extra time in the morning), or suggest they read a book.

Go Write to Sleep: If your children lie awake worrying about the day ahead, have them write in a diary or make a to-do list. Jotting down notes before sleep helps to clear and settle the mind.