



Sterling Elementary

School News

December 2016

December 1st and we completed our challenge!

21 Days of Kindness = 6,571 completed kindness strips put together to make a chain that is 931 feet long!!! Our Sterling Falcons are amazing!

December holds more kindness and many more activities! Be sure to check out our Coming Soon calendar below!

I am so thankful for our staff at Sterling! We started our kindness challenge because it seemed that our students were distracted and grumpy! We have seen our students become calmer and more understanding of each other! Our staff put a lot of work into this challenge and into helping our students be all that they can!

Sincerely, Mrs. Kelly, Principal



Feeding the Community

Please donate non-perishable food for our Sterling Community Share in the Giving Drive! Sterling Elementary will accept food donations through December 15th!

Coming Soon at Sterling Elementary

- | | |
|-----------------------|-------------------------------------------------------|
| December 5 | Board of Ed Meeting 6:00 pm |
| December 6 | Mrs. Kelly kisses a pig! We met our fundraising goal! |
| December 6 | PTA Meeting at 4:00 pm |
| December 8 | Lockdown Drill |
| December 13 | K-3rd Winter Concert-6:00 pm |
| December 15 | 4th-6th and Band Winter Concert-6:00 pm |
| December 22 | Teacher In-Service-No school for students |
| December 23-January 8 | Winter Break-No School-Enjoy your holiday! |
| January 9 | BACK to SCHOOL! |





Sterling Elementary School News

The PE Corner Coming in December



Kinder - 1st grade: Tossing/Throwing/
Catching/Kindness

2nd-3rd: Beginning Basketball Skills/Spirit of the
Game

4th-5th: Basketball Skills/Spirit of the Game

Create a Fitness Challenge with your Family

As the winter months set in...keep in shape as a Family!

- Set a Fitness Challenge Goal
- Make a Fitness Challenge Plan
- Choose a Fitness Challenge Reward
- Reinforce/Encourage the Fitness Challenge
- Claim the Prize!

Daily Workout Challenge

*Parents, complete this workout with your child as part of
your Family Fitness Challenge!*



- Run in place 2 min
- 25 Jumping Jacks
- Plank: 30 sec
- 25 Reverse Curl Ups
- 10 Squats with 5 sec hold
at bottom

Repeat 3 times!

*Healthy Body + Healthy Brain = Happy
Heart*

See you in the gym! ~ Ms. Chythlook

Music News



Dear Parents and Families,

Our Winter Concerts are coming up! This year
our Primary Winter Concert is on December
13th at 6:00 pm. The Intermediate Winter
Concert is December 15th at 6:00. We hope to
see you there!

Happy Winter Quarter!

~Mrs. Hall

Please send your children with their
winter gear! It is cold outside and
students go outside to recess until it is
colder than -10 degrees.

If you need help with snow pants,
coats, gloves or hats, please let our
office know! We can help!



We rise by lifting
others.

-Robert Ingersoll



Sterling Elementary

School News

Safety Drills

At Sterling Elementary, we hold safety drills. We have monthly fire drills where we practice leaving the building quickly and safely. We have one earthquake drill a year where we learn how to stay safe if in the building during an earthquake.

We also have Safety Closure and Evacuation drills (sometimes known as ALICE drills). Each semester, we practice locking down our classrooms and our school and discuss what we would do if we were to have an unsafe situation in or around our school, like a school intruder. During the safety closure drills, our teachers discuss what students should do in the event of a situation and students brainstorm ways to handle the situations. Once a year, we practice evacuating to our off campus evacuation site. This allows teachers and students understand where to go and how to get there safely.

ALICE is a method the district has employed to train staff and students to handle a school intruder situation:

A—Alert—We use plain language to get the word out about a situation that we may have.

L— Lockdown—We barricade the room, silence mobile devices and prepare to evacuate or counter if needed.

I—Inform—We communicate information that we have in real time.

C—Counter—As a last resort in an intruder situation, we create noise, movement or distraction.

E—Evacuate—Our goal is always to evacuate the building to safety.

Sterling Elementary loves volunteers!

In order to ensure the safety of our students, KPBSD has a mandatory volunteer screening program. Volunteer applications must be renewed every school year. Everyone (parents, staff, members of the public) interested in being a school volunteer must complete an online form and agree to a background check; only criminal activity will be checked. All information is kept confidential.

To complete the screening process, visit the District's web page at www.kpbsd.k12.ak.us , click on Volunteers and find Sterling! Then click apply.

All who wish to volunteer must be approved to volunteer in advance of any activity. The delay in approval can be 10 days or more, so apply early! Your help in keeping all our children safe while also supporting our school by volunteering is greatly appreciated!





Sterling Elementary School

In-Services

Our next staff in-service is on December 22nd. We will be having a staff meeting about PBIS and school culture! We must keep our kindness going!

Be kinder to
yourself. And
then let your
kindness flood
the world.
-Pema Chödrön

Keep Kindness Going this Holiday Season

Here are some ways to continue our kindness streak!

1. Hold the door open for someone.
2. Do a chore for someone without them knowing.
3. Tell a joke.
4. Return someone's cart at the store.
5. Give candy to your bank teller.
6. Leave a letter in a library book.

Take care of your family and others this holiday season. Kindness is family!

Notes from the Nurse:

The winter cold and flu season is now upon us and we would like to remind everyone to continue to take the following precautions:

- ◆ **Wash hands thoroughly with soap and water.**
- ◆ **Cover your cough.**
- ◆ **Stay home if you are sick!**
- ◆ **Be fever-free (without medications), vomit-free, and diarrhea-free for at least 24 hours before returning to school or work.**
- ◆ **Consider a flu vaccination.**
- ◆

What is influenza?

Influenza, also known as "the flu", is a viral infection that affects the nose, throat and lungs. There are many types of influenza and the illness can vary from mild to severe. Influenza can be more severe in children with chronic health conditions such as asthma. Symptoms may include: fever, cough, sore throat, stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting and diarrhea.

