



Shooting Star Scoop

October 2020

The monthly newsletter for Nikiski North Star Elementary
Kenai Peninsula Borough School District
<http://www.kpbsd.k12.ak.us/schools.aspx>



Important Dates

- Oct. 2 -**
World Smile Day—
Bring your best Smile to school.
- Oct. 5 -**
National be nice and do some-
thing nice for someone Day
- Oct. 16 -**
NO SCHOOL -
Teacher Inservice
- Oct. 19 -**
National New Friends Day—
Make a new Friend
- Oct. 26 -**
Site Council meeting at
3:45pm
- Oct. 29 & 30**
Parent/Teacher Conferences—
NO SCHOOL



Principal Points

We are so happy to be back in school! It truly is joyful to see your children and how much they have grown since we last saw them. Thank you to all of our amazing NNS staff for the tremendous amount they have done to provide a safe, engaging, and energetic academic environment for your children! Each one of them has gone above and beyond to make this happen!

School Safety - NNS, along with all schools in KPBSD, uses the ALICE system as our safety protocol. During the first semester of the school year I visit each class to read the "I'm not Scared, I'm Prepared" book with students and discuss age appropriate safety concerns. NNS also participates in monthly fire drills and twice a year earthquake drills. Our drills may look a bit different because of social distancing. If you have any questions, comments, or concerns about safety at NNS please don't hesitate to contact me.

Volunteer Opportunities - We welcome volunteers at NNS! Volunteers may assist in the classroom or help the teacher with preparing instructional materials. Please call the office if you are interested in volunteering and we can assist you with that process.

Site Council - Nikiski North Star Site Council will have its next meeting on Monday, October 26 @ 3:45. We are in need of two more parent representatives. (Thank you to Lauren Pilatti our current parent rep!) If you think you are interested in serving on the Site Council please let the office know.

Arrival and Dismissal

Now that school has been physical in session for a few weeks we have a good pattern for our arrival and dismissal. Thank you for keeping students in the car until 9:15 and for signs in your dashboard at dismissal time.

COUNSELOR'S CORNER



Hello!

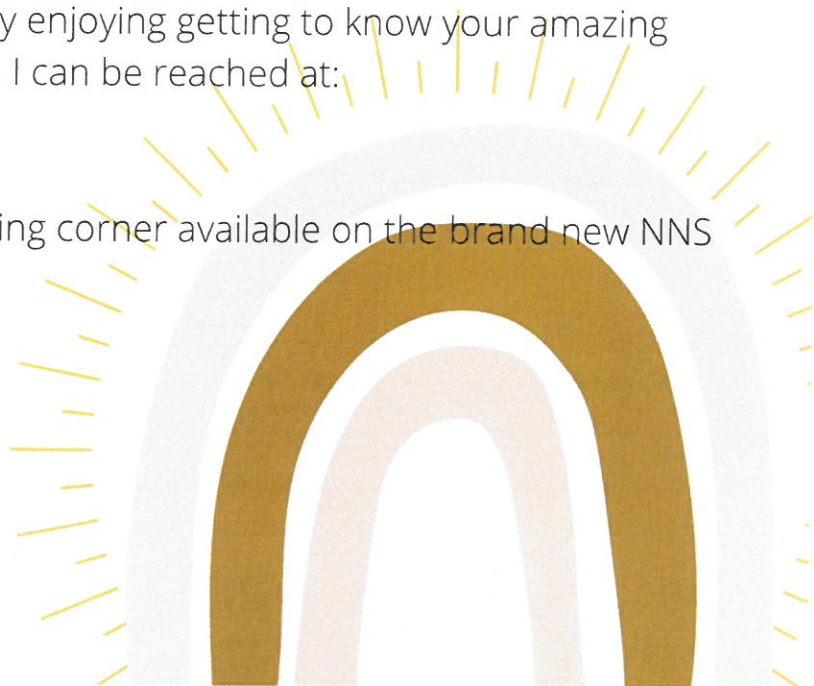
My name is Nicole Lyke and I am the new Nikiski North Star elementary school counselor! While this is a brand new position, I have already had the chance to work with many Nikiski students and families in my previous role as the school counselor at Nikiski Middle/High. I am so excited to continue to live and work in this beautiful community!

As a school counselor, I will visit classes to facilitate lessons to support student growth in the following areas: social/emotional learning, academic success and career-exploration. I am also available to meet with students who may benefit from the occasional check-in and to help connect families with resources. When health and safety regulations allow, I look forward to hosting lunch bunches as well!

I am so grateful to be here and I am really enjoying getting to know your amazing children! If you would like to get in touch, I can be reached at:
907-776-2600 nlyke@kpbsd.org

Feel free to check out my school counseling corner available on the brand new NNS website under "Online Classrooms."

Thank you!
Nicole Lyke



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



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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



For more information or screening results, please contact: The School Nurse Deni Pennison