

Shooting Star Scoop

November 2023



Volume 19

Issue 3



FALL BACK

The monthly newsletter for Nikiski North Star Elementary

Kenai Peninsula Borough School District

<http://www.kpbsd.k12.ak.us/schools.aspx>



Important Dates

Principal Points

- Nov. 5– Daylight Savings! Fall back 1hour
- Nov. 9– EARLY RELEASE
School dismissed @ 1:55
- Nov. 9– Veteran's Day assembly 9:30–10:00AM
- Nov. 10– NO SCHOOL
- Nov. 14– Girl Scout meeting at 3:45 PM
- Nov. 19– Canned food donations due!
- Nov. 23 & 24– NO SCHOOL-
- Happy Thanksgiving!
- Nov. 28– Girl Scout meeting at 3:45 PM
- Nov. 30– NNS Site Council Meeting at 4:00-4:25 in NNS Library

Mark your calendars!
Family Game Night
coming December 7th
time- TBA

Parent/Teacher Conferences: A big thank you to all of our families that were able to attend conferences via in-person, Zoom, or phone. We truly appreciate your partnership! If you missed conferences, please reach out to your child's teacher or give our office a call so that a time can be scheduled. A big thank you to Title I and Scholastic Books for providing \$20 coupons for use at the Book Fair! Lots of smiling faces as students left the building with brand new books to read!

Fall Carnival Success: Many attendees noted that this was the most well attended carnival! A big thank you to our wonderful PTO for all of their behind-the-scenes work and our hard-working NNS staff that helped to make this event a success! A shout out to everyone that helped with the Carnival; From set-up, clean up, sponsoring, and everything in between... THANK YOU!!! Be sure to follow the "Nikiski North Star PTO" Facebook page to see all of the amazing sponsors!

Literacy: Our series of tips for supporting reading skills at home, provided by the *What Works Clearinghouse* continues! The tips support literacy skills of all ages. Did you know that the more adults read aloud to their children, the larger their vocabularies will grow and the more they will know and understand about the world and their place in it, assisting their cognitive development and perception?

Veterans Day: Nikiski North Star Elementary School is committed to honoring Veterans in our community. We would like to recognize Veterans that have ties to our students, staff, and community. On Thursday, November 9, NNS will host a Veterans Day Celebration, beginning at 9:30 for a Veteran Meet and Greet in our Library, followed by a schoolwide assembly at 10:00 a.m.

Response to Intervention (RTI): KPBSD schools use the "Response-to-Intervention" (RTI) process. RTI involves a tiered system of support, providing research-based interventions aligned with student needs, frequently monitoring progress, and using student achievement data to make educational decisions. This process is used for all students in general education to create an integrated instruction system guided by student data. It aims to ensure that students' skills match classroom instruction, leading to the best learning outcomes and offering appropriate instruction to enhance success and provide enrichment opportunities at all academic levels.

Volunteers: NNS loves our volunteers! Approved volunteers may assist in the classroom, supervise field trips, or help the teacher with preparing instructional materials. For more information, click on the following link: <https://www.kpbsd.k12.ak.us/employment.aspx?id=19556>

Holiday Food Drive: Soon, we will begin our food collection so NNS can help to provide food at Thanksgiving and Christmas for families in need. Each classroom will have a box for collections. We appreciate your generosity to help the NNS community!

AK Star Assessment Results-Delayed: As the Alaska Department of Education and Early Development (DEED) works to implement the Alaska System of Academic Readiness (AK STAR) and the Reads Act, we want to be sure to get it right, understand the intersections, and align our systems with what the scores tell us about student performance and areas for improvement in Alaska. Knowing that we are in a period of growth and transition, our timeline and procedures for assessment cut scores have shifted slightly this year. Because this is a new system accompanied by robust and customized professional learning, the usual timeline has been extended. If we must choose between doing it quickly or doing it correctly, we are unwaveringly going to choose doing it correctly. Next year, we will return to the usual timeline for the release of assessment results.

NOT JUST TODAY...
BUT EVERY SINGLE DAY,



thank YOU Veterans!



HAPPY

THANKSGIVING

NOVEMBER 9th
EARLY RELEASE

SCHOOL DISMISSED AT 1:55 PM. BUSES AND B&G WILL BE RUNNING 90 MINUTES EARLY

NOVEMBER
10TH
NO SCHOOL

November 23rd and 24th



What is our Specials Class-STEAM up to?

In STEAM class during Quarter 1, students focused on exploring basic concepts of Science, Technology, Engineering, Arts and Math with safety as the primary focus for social-emotional learning. Students learned about reading readiness through physical movement, and learned about the innovation design process to create a model for a playground. Students participated in Fire Safety Day with Nikiski Fire, learned to safely handle a variety of musical instruments, played math games, tried knot tying, formed their own rock bands, and participated in a whole-school art project that will soon be displayed in the lobby of NNS. We are studying the importance of movement and learning, and will continue to study ourselves as learners.

Quarter 2, students will be adding a layer to social-emotional learning about safety by learning about respect for each other, for themselves, and for their school space. They will be focusing on the STEAM concepts of flying, falling, floating, and freezing. Some of the activities kids may participate in-depending on grade level: testing paper airplane designs, dropping items like an egg drop to engineer safe landings, investigating ice to see how fast it freezes/thaws/changes (to learn to play safely outdoors in the cold, and avoiding frostbite). Once it snows, students will also get to learn about the color wheel by participating in a snow art project. Sometimes in STEAM class, we have unexpected opportunities pop up. These Pop-up learning activities will continue to happen throughout the year. Please email Rachel Gilbert at rgilbert@kpbsd.k12.ak.us with ideas, suggestions, or questions. We would welcome eggs donated for the egg drop challenge.



Science



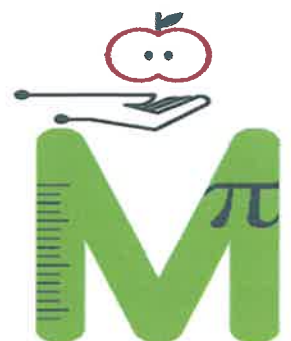
Technology



Engineering



The Arts



Mathematics

*You are
invited to
join us at the*

NNS Veterans Day

Celebration

THURSDAY, NOVEMBER 9, 2023

9:30-10:00 VETERAN MEET AND GREET

IN THE LIBRARY

WITH LIGHT REFRESHMENTS

10:00 AM WHOLE SCHOOL ASSEMBLY

IN THE GYM.



*Please invite any Veterans in your family
or that you know from the community.*



Nikiski North Star

Thanksgiving Food Drive

It's time for our Annual Food Drive for the Nikiski Food Pantry. We are focusing on collecting items that are needed to fill the Thanksgiving and Christmas Food Boxes. Each class is assigned a specific food to collect. The class from each hallway that collects the most items by November 18th will win a Classroom Prize!

As always, any non-perishable foods are welcome and will be used.

Ms. Love – Canned Gravy

Mrs. Porter – Canned Cranberries

Mrs. Burnett – Evaporated Milk

Ms. Buer – Canned Cranberries

Mrs. Hooper – Canned Green Beans

Ms. Fish – Evaporated Milk

Ms. Christin – Canned Fruit*

Mrs. Rizzo – Boxed Mash Potatoes

Mrs. Segura – Canned Corn

Mrs. Settlemyer – Canned Gravy

Mrs. Ellis – Canned Green Beans

Mrs. Tauriainen – Canned Fruit*

***Canned Fruit = Peaches, Pears, Fruit Cocktail**



2 Help children learn how to break sentences into words and words into syllables

These activities are typically appropriate for children in kindergarten and first grade.

Before children can identify letter sounds in words or reading, they can learn how spoken language can be broken down into smaller pieces.

- Show children that they can break down sentences into words.
 - Practice identifying the words in a sentence by saying a sentence aloud and asking the child to count the number of words in that sentence.
 - For instance, have the child count the number of words in the sentence “The boy ate two pieces of pizza” and correct any mistakes.
- Talk about how to combine two words to form another word and about how some words can be broken into smaller words. The box below shows a conversation about this.



Adult: Sometimes you can put two words together to form another word. For example, if I put *straw* and *berry* together, I get *strawberry*. What do you get if you put *book* and *shelf* together?

Child: *Bookshelf.*

Adult: That's right! You can also break some words into smaller words. What do you get if you take the *cow* out of *cowboy*?

Child: *Boy?*

Adult: That's right!



After children can identify words in sentences, they can begin to break words into **syllables**. Here are two examples of how to show breaking words into syllables:



1. Place your hand under your chin and notice the number of times your chin moves down as you say a word slowly.
2. Hold up a finger for each syllable as you say a word.

A **syllable** is a part of a word that has one vowel sound. One or more letters can be the vowel sound, and a consonant may or may not come before and/or follow it. For example, the word “banana” has three syllables: ba-nan-a.

After showing these strategies, have the child practice finding syllables in familiar words.

What skills will this practice help build?

Learning how to identify words in sentences and syllables within words helps children understand how to break down the sounds within spoken language. Identifying parts of speech—such as words and syllables—will prepare children to learn about smaller sounds tied to specific letters. These are skills that a child can practice even before he or she has started reading or identifying letter sounds in words.

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

