

# Seahawk News



**Parent Teacher Conferences:** October 29-30 schedule detailed on **Page 14**

**FREE Lunch and Breakfast:** for all students enrolled in brick-and-mortar schools, Sept 21st– Dec 31 or until USDA funds are depleted. Program is retroactive back to first day of school with money refunded to student accounts. **Parents\*** make sure to continue filling out meal applications to avoid being dropped on Oct 6th.

**REMOTE STUDENT RE-ENTRY:** re-entry to the school building is offered every two weeks on the following dates: 10/12/20, 10/26/20, 11/9/20, 11/30/20.

Dates for second semester will be communicated at a later date, if necessary.

*Families **must** notify the office of the plan to return to in-person learning by the Wednesday before the upcoming re-entry date. (i.e. If a student is returning on 10/26/20, the office must be notified by 3:00 p.m. 10/21/20).*

High school Secretary to be contacted for Re-Entry: [ascrivo@kpbsd.org](mailto:ascrivo@kpbsd.org)

**NEW High School Website** Check our new website for up to date communications, events (calendar) and links to online resources.

**Virtual College Fair! Oct 13th-14th** : see page 13 flyer

**FFA meeting** Oct. 6th at 2:30 PM SHS theater.

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# Notes from the Principal

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Notes from the Principal:

Please take the time to read the embedded letter (pages 6-7) regarding COVID-19 and our response should there be a positive case, outbreak, or exposure to COVID-19 at the High School. This is particularly salient considering the impact of the recent cases at Seward Elementary. Do especially model and reinforce our Health Mandates. The longer we keep COVID out of our school, the longer we can keep it open and continue to create opportunities for our students.

The end of the quarter is Friday, October 16<sup>th</sup>. This means that the last day for students, before the end of the quarter, is Thursday, October 15<sup>th</sup>.

Parent/Teacher Conferences will look a little different, this year. Specifically, Mr. Scrivo will send out Sign-Up Genius reminders that will allow you to conduct Parent/Teacher Conferences in 15-minute increments. You will have a choice to come in for Conferences or meet remotely if you are not comfortable coming into the building. We will require all parents and visitors to follow our COVID-19 Mitigation Plan—use hand sanitizer, maintain 6' distancing, wear a mask when distancing is not possible. In addition, drop-in Conferences will not be possible. We ask that if you chose to come in-person that you only do it during your scheduled Conference time. If the Seward area goes into the High Risk (Red) Category, then Conferences will all be conducted remotely. We are planning to run a marathon session on Thursday, October 29<sup>th</sup> to create an evening session. Please be looking out for the P/T Conference sign-up link. Of course, this means that there will be no school for students.

The District requires that schools host at least two (2) ALICE Drills per year. As you might remember, ALICE stands for Alert, Lock-Down, Inform, Counter, and Evacuate and is used in response to an active threat on campus. Seward High is planning to run a Tabletop exercise on Thursday, October 8<sup>th</sup> at 9:05 AM. The Tabletop exercise is hypothetical. I will use the P/A System to create a variety of scenarios of potential threats that are specific to the layout of our building. Teachers will engage students in a discussion about how they might use the ALICE Protocols to respond to the information I provide. The protocols are fluid. Teacher and students' use of them will differ in relation to the nature and location of the hypothetical threat.

As always, I maintain an open door policy for all stakeholders in Seward High School's success. Please direct questions, comments, and/or concerns to me at 224-9066 or via email at [twalker@kpbsd.k12.ak.us](mailto:twalker@kpbsd.k12.ak.us)

Sincerely, Trevan Walker



## Nurse's Corner

Living in a Pandemic Every Day



The school district policy of symptom-free protocol has been a tough one for everyone. The School Nurses have historically kept kids at school with a runny nose, headache, stomachache, sore throat, cough, etc.

I have been the school nurse for eleven years now and my practice has dramatically changed due to Covid-19. I am sending kids home with one or more of those symptoms. Staff have been affected by this as well because they have to go home too if they have one or more symptoms that can be Covid-19 related. I spend 99-100% of my time dealing with Covid-19. It reminds me of the movie Ground Hog Day with Bill Murray. When is the end game? I stole this from a recent article that I read written by a musher and this is what he said.

“Planning for forever is essentially impossible, which can actually be freeing: It brings you back into the present. How long will this pandemic last? Right now, that’s irrelevant; what matters is eating a nourishing meal, telling someone you love them, walking your dog, getting enough sleep. What matters is that, to the degree you can, you make your own life sustainable every day.”

What sustains me? My family, my bubble friends, hiking with my dogs, and reaffirming that Covid-19 does not define me.

Nurse Yoly

## Library Corner

**We are ordering BOOKS for the SHS Library!**

Please submit requests for titles or genres you'd like to see on our shelves to Samantha Insalaco at:



**[Samantha.insalaco@g.kpbsd.org](mailto:Samantha.insalaco@g.kpbsd.org)**



SHS Newsletter

Happy October!

Relatively speaking, things have gotten off to a great start and the semester is quickly moving forward. Students seem to have settled into a smooth routine as we approach the end of the first quarter.

As usual, I have a number of important events to share!

The second SAT test offered at SHS on Saturday, Nov. 7<sup>th</sup>. The deadline to register without a late fee is Oct. 7<sup>th</sup>. Students should register online at [collegeboard.org](http://collegeboard.org) directly.

The PSAT/NMSQT test will be offered Wednesday, Oct. 14<sup>th</sup>. This is an optional test for 10<sup>th</sup> and 11<sup>th</sup> grade students; cost is \$17. Register with me.

The free ASVAB test will be offered Tuesday, Oct. 27<sup>th</sup> to interested 10-12<sup>th</sup> grade students. Students should see me to sign up.

The virtual Anchorage Alaska College and Career Fair will be Oct. 13<sup>th</sup> and 14<sup>th</sup>. Visit [uaa.alaska.edu/collegefair](http://uaa.alaska.edu/collegefair) for more information and to register.

Parents and guardians of a senior should contact me to set up an appointment to review grades and progress towards graduation, and discuss the future plans of your student.

Please reach out with questions or concerns. I always welcome the opportunity to provide support and work with the parents and guardians of students.

Sincerely, Mr. Dye

[ddye@kpbsd.k12.ak.us](mailto:ddye@kpbsd.k12.ak.us)

(907) 224-9070



# Kenai Peninsula Borough School District



# Symptom Free School Protocol

## Students, Staff, Volunteers, and Visitors:

If you are experiencing one or more of these symptoms\* stay home, and do not go to school or report to work:

- Temperature of 100 or greater
- Cough or Sore Throat
- Shortness of Breath
- Chills, Muscle Pain
- Runny or Stuffy Nose
- Headache, Vomiting, Diarrhea, Nausea, or Abdominal Pain
- New Loss of Taste or Smell
- New undiagnosed or untreated rash or skin condition
- You are taking first 24 hours of antibiotic treatment



**ALL COVID-19 TESTS MUST BE PCR OR MOLECULAR TESTS  
ANTIGEN OR ANTIBODY TESTS WILL NOT FULFILL THE TESTING REQUIREMENT**

## When to Return to School after Illness:

- If you have been tested and are diagnosed with COVID19, you may return to school no sooner than 10 days after the onset of symptoms, or the date you took the test that was returned positive, whichever is earlier, and you have been symptom free for 24 hours without medication.
- If you have COVID19-like symptoms but choose not to be tested, you may return to school no sooner than 10 days after the onset of symptoms AND you must be fever-free for 24 hours without taking any medicine to reduce the fever AND you must be free of cough, cold, or other symptoms for 24 hours, without taking medication to reduce symptoms.
- If you have COVID19-like symptoms, are tested and receive a negative test result, you may provide the test results and return to school no sooner than 24 hours after you are symptom free without medication.

*\*Exceptions for preexisting conditions will be determined and potentially approved by the school nurse or administrator*

KPBSD and COVID19 web hub: [covid19.kpbsd.org](https://covid19.kpbsd.org)



DON'T leave your nose exposed.

DON'T allow gaps on the sides of your mask.

DON'T lower your mask to rest around your neck.

DON'T leave your chin uncovered.

DON'T cover only part of your nose.

DO wear your mask so that it completely covers your mouth, nose, and chin, and so it is tight against your face.

# Seward High School

A Northwest Accreditation Association Member School

Kenai Peninsula Borough School District



PO Box 1049  
Seward, Alaska 99664  
907-224-9044  
907-224-3306 (fax)

September 10, 2020

Dear Seward High Parents, Guardians, and Larger Learning Community,

This letter will help your family prepare should our school district or your school have a [COVID-19 event](#) occur. An event could be a positive COVID-19 case, outbreak (two or more positive cases in a school) or exposure to COVID-19 in a school. The health and safety of our students, staff, and families is our top priority.

KPBSD works closely with local public health officials and they will provide support and direction to manage every COVID-19 related scenario that affects our school communities. If or when a COVID-19 event occurs related to your school, you will receive information via the usual school and district communication methods. Depending upon the situation and response needed by you, the contact may come via a phone call, email, alert, or general notification.

KPBSD honors [HIPAA and FERPA privacy laws](#), so your name and your child's name will not be revealed by the school, unless you give the school permission to do so. A dedicated webpage at [KPBSD.org](#) is where to find the most up to date information.

**If your child receives a positive COVID-19 test result, and they have been at school two days prior to the onset of symptoms, or the testing date that resulted in a positive test result**, it will be helpful to begin contact tracing at their school immediately. So, we need your help when you learn of a positive COVID-19 test result for your child. Call Nurse Iris, KPBSD Nursing Supervisor to confidentially report a positive COVID-19 test result. You can reach her at 907-260-2391, [IWertz@kpbsd.k12.ak.us](mailto:IWertz@kpbsd.k12.ak.us). Alternately, call nurse Yoli at (907) 224-9018, [yifflander@kpbsd.k12.ak.us](mailto:yifflander@kpbsd.k12.ak.us), or Trevan Walker at (907) 224-9066, [twalker@kpbsd.k12.ak.us](mailto:twalker@kpbsd.k12.ak.us).

It is important for everyone in our community to protect themselves against the remarkably contagious novel coronavirus. These are some ways to protect your family:

[Symptom Free School Protocol](#): keep children who are sick at home—do not send them to school

Teach your children to wash hands with soap and water for 20 seconds, and set a good example by doing this yourself

Teach children to cover coughs and sneezes with a tissue or by coughing into the inside of their elbow, Be sure to set a good example by doing this yourself

Time and distance: teach your children to protect your family bubble or their school cohort, and practice physical distancing of about six feet away from others

Mask up with a cloth face covering when appropriate, especially indoors in crowded public places, on the school bus, and in school hallways. Grades 3 and older in the KPBSD wear a mask at school when six foot physical distancing is not possible

When you have COVID-19 related questions, contact nurse Yoli at (907) 224-9018, [yifflander@kpbsd.k12.ak.us](mailto:yifflander@kpbsd.k12.ak.us), healthcare provider, local public health department, or visit the [state DHSS](#) or [national CDC](#) websites. You can find specific information for the Kenai Peninsula Borough School District on our dedicated [COVID-19 in KPBSD Hub webpage](#) that includes communication updates, safety protocols, 2020 Smart Start Plan, sports and activities, risk levels on the Kenai Peninsula, and the [COVID19 Confirmed Case in School Response Matrix](#). Your school is always available to help, or you can reach out to the school district COVID-19 line at 907-714-8864, email [covid19@kpbsd.org](mailto:covid19@kpbsd.org), or visit [covid19.kpbsd.org](http://covid19.kpbsd.org).

This year will require adaption, a flexible mindset, and we will get through this with both challenges and blessings. We promise to communicate often, be proactive and swiftly reactive when necessary, even when we do not have all the answers. Superintendent John O'Brien reminds us, "We will focus on and provide for the social, emotional, and mental health needs of our students, staff, parents, and community. I have no doubt that together we will not only get through this new school year but will also hopefully become more resilient and empathic to the needs of others."

Thank you for your intent consideration.

Sincerely,



Trevan Walker, Principal

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## 2020-21 YEARBOOK INFO

Hi all! Attached is a link to purchase the yearbook for 2020-2021. The first offer is \$50 until November 20th and after this \$55 until May 7th. Personalization is available as well which costs extra. If you need to pay in cash or check, please contact Katelyn Lemme and she will get you settled on that. Checks can be made out to Seward High School Yearbook and the memo N/A.

Purchase your yearbook at: <http://jostensyearbooks.com/?REF=A09536100>

Hello Seniors! It is that time of the year when the yearbook team is working hard to get our pages submitted. We have made the deadline for senior pictures, baby pictures, and quotes October 31st. We do ask however that you turn these in as soon as you can. It is very overwhelming to get everyone's submissions all at once, especially when we are helping students scan baby pictures. These can be submitted to Katelyn Lemme via text or email. Quotes and pictures must be school appropriate. If you choose to not submit a quote or baby picture, please specify. This is a strict deadline which means if pictures and quotes are not submitted on time, we will not be putting them in the yearbook. We thank you all in advance for your willingness to work with us and our deadlines.

To add to this, senior recognition ads are also for sale! We ask that this is something that parents create for their seniors. Some parents last year were not able to put backgrounds on their ads so if that is an issue for your parent please let me know and I am happy to add those once they are submitted. These are due November 20th. The link is attached below.

If you have not already, join the senior yearbook facebook page "SHS Senior Yearbook 2020-2021"

**Katelyn Lemme's** contact information:

[katelyn.sawyer-lemme@g.kpbsd.org](mailto:katelyn.sawyer-lemme@g.kpbsd.org)

907-362-3922

Please feel free to contact me with any questions or concerns. I am happy to take pictures if anyone needs some nice portraits done! Thank you all and happy senior year!!

**Kenai Peninsula Native Youth Leaders Team. (KPNYL)**

- High School Leadership team that **Alaskan Native, Native American, and Non-Native Students** can join. **Over 150 Members last year!**
- We will help you discover how **You Are already a Leader!**
- Students in 9-12th grade at any of the schools listed below are invited to JOIN!

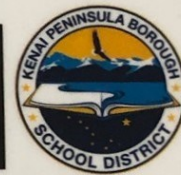
Questions =Email = Jennifer.Freeman@g.kpbsd.org Or leave a message at 907-226-1872

**Sign up on Google Classroom =Code = bdn5pwq**

|               |            |                    |               |                   |
|---------------|------------|--------------------|---------------|-------------------|
| Homer         | Homer Flex | River City Academy | Soldotna High | Kenai Alternative |
| Kenai Central | Nikiski    | Seward             | Connections   | Hope              |

**Welcome To All Students:**

**Native Alaska, Native American, And All Cultures From Around the World**



**Join the Team**

**NO TEST**

**FREE**

**No GPA Requirement**

Meet  
New People  
&  
Independent Study

**Multicultural**

**Hands on Project**



**Develop your Leadership Qualities**

**Make your own Leadership-Medicine Bag**

**Opportunity to earn .5 Leadership Elective Credit Each Year!**

KPBSD posts flyers as a community service. Such posting does not constitute an endorsement for or against the materials and viewpoints expressed in them. Please contact the sponsoring organization regarding their COVID mitigation plans.



9/25/20

Dear Parents:

To assist the school in planning for possible critical incidents and in evaluating our bus transportation routes, it is vitally important for the school to have your physical address in addition to your mailing address. If you have not provided a physical address to the school or your physical address has changed, please assist us in updating our school records by call the school offices at **224-3351** or by mail to:

**Seward High School**

**Attn: Mr. Scrivo**

**Po Box 1049**

**Seward, Ak 99664**

Your assistance is greatly appreciated.

Cordially,



# Twin Day





## KPC-Resurrection Bay Extension Site News

**Seniors** have you applied to a college, vocational school or making plans to enter the military? Stop by the KPC office with your letter of application so we can get your name on the application board.

**Juniors and seniors** are you thinking about taking a KPC class this coming spring semester? You may need to take the Accuplacer (ENGLISH placement test) or ALEKS (math placement test) before you can register for classes. Stop by KPC office for details.

**Deadline:** The last day to withdraw from a KPC class is Friday, October 30. A withdrawal may be completed by logging into UAOnline account. Please see Jackie Marshall for advising before withdrawing from a class.

**October 26<sup>th</sup>** the online searchable schedule of courses offered at KPC can be viewed at <https://kpc.alaska.edu/academics/schedule/>

**November 23<sup>rd</sup>** online registration open to high school students

### **Spring 2021 Course Offerings taught by Resurrection Bay Extension Site instructors:**

PHIL A101 Intro to Logic - Asynchronous - North, B

WRTG A110 Intro to College Writing - Synchronous (Time/day to be determined) Placement test scores required

PS A101 Intro to American Government - Asynchronous - Thomas, A

ENGL A121 Intro to Literature - Synchronous M 6:30 -8:45 - Marshall, D

**Grades:** Final grades for fall semester will be available to view at UA Online on December 17, 2020.

**Transcripts** for the college classes taken at KPC will need to be ordered and sent to the post-secondary institution you plan to apply or attend. Transcripts must be ordered online via [www.kpc.alaska.edu](http://www.kpc.alaska.edu) click on UAOnline and log in to secured area using UA Username and UA Password. **Please note**-It is the student's responsibility to review their unofficial transcript for accuracy prior to submitting the online request for an official transcript.

**Consider pursuing a college degree at KPC:** Check out the areas of study offered at <http://www.kpc.alaska.edu/academics/areas-of-study/>

Contact Resurrection Bay Extension Site Coordinator Jackie Marshall for more information 262-0285 or [jjpepimarshall@alaska.edu](mailto:jjpepimarshall@alaska.edu)

Hello Seward, Kenai, and Soldotna,

My name is Megan Wiley and I am the new Art Teacher with Seward Middle and High School. I started off this year trying to engage my students in a community project for a multitude of reasons, the biggest being that I love my students to see that art REALLY can make a difference. With that said, I am urging the community to visit the following businesses in order to support the Alaska Sea Life Center:

**Seward:**

Woody's Thai Kitchen  
800 4th Ave, Seward, AK, 99664

**Kenai:**

Charlotte's Restaurant: Cafe, Bakery, Espresso  
115 South Willow, Suite 102, Kenai, AK, 99611

**Soldotna:**

Fine Thyme Cafe  
44619 Sterling Hwy, Suite B, AK, 99669

You might ask, "Why does Megan Wiley of Seward Middle and High want me to visit these places?"

Well, my classes (7th- 12th grade students) have been involved in printmaking artwork based off of photographs donated to us by the Alaska Sea Life Center. You can acquire these beautiful works of art simply by donating directly to the ASLC page, perhaps even leaving a comment about our community project, and then selecting an art piece that you or your family would like to take home.

**When:** These works of art will be available between **October 1st – November 1st** or until all art has been rehomed. The works hosted at Woody's will be available by Saturday evening.

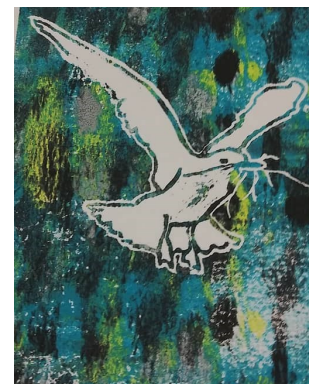
**How:** You can acquire these works by donating \$10 dollars or more to the Sea Life Center Donation page, commenting about our community project and showing our host your receipt of donation. Due to COVID mitigation we as a class decided it would be best to keep this process as contactless as possible.

**Donation Link** can be found on our Facebook Page and School Website

Thank you for your time and attention,

*Megan Wiley*

Seward Middle and High School Art Teacher



**ANCHORAGE  
ALASKA  
COLLEGE  
& CAREER  
FAIR**

**SAVE THE DATES:**

**Tuesday, October 13**  
Panel Presentations  
4 - 7:45 p.m.

**Wednesday, October 14**  
Virtual Fair Sessions  
12 - 3:45 p.m.

**YOU'RE INVITED!**

Registration opens on September 28: [uaa.alaska.edu/collegefair](http://uaa.alaska.edu/collegefair)

Join students from across the state to connect virtually with nearly 100 colleges, universities and organizations and explore a variety of postsecondary education and career opportunities. Students, parents and counselors are welcome to attend this FREE opportunity!

### Hear from Admission Officers

Representatives will share valuable information and highlights about their schools.

### Gain Important College Knowledge

Choose from a variety of info sessions on college prep and career exploration topics.

### Interact with Colleges and Universities

Learn about nearly 100 different colleges from across the country.

powered by:



On **Tuesday, October 13**, you will have the opportunity to hear from many different colleges and universities presenting on a variety of topics:

- Navigating Financial Aid
- Preparing for College
- Exploring WUE in Washington
- And much more!

On **Wednesday, October 14**, you will have the opportunity to participate in the virtual college fair where you can hear from several different colleges and universities in one session and have the ability to ask questions to college reps:

- Sessions will have six different colleges and universities presenting.
- Students and parents are encouraged to register for multiple sessions!

Visit [uaa.alaska.edu/collegefair](http://uaa.alaska.edu/collegefair) for more information, or contact us at 907-786-6913 or [anchoragecollegecareerfair@alaska.edu](mailto:anchoragecollegecareerfair@alaska.edu).



Conferences will be available in person or virtually but *must* be reserved in advance. Conferences will be scheduled for 15 minutes.

There will be an online sign up that will be emailed to you as well as posted on social media and the school website by October 12th.

15 Minute conferences will be available with teachers within the following scheduled sessions:

**Thursday, October 29**

Session 1                    8:00-11:00

Session 2                    12:00-3:00

Session 3                    4:00-7:00

**Friday, October 30**

Session 4                    8:00-11:00