



# DECEMBER & JANUARY

## NEW WEBSITE ADDITIONS:

*We have been making big improvements to our webpage to make it more user friendly, and a greater resource for all of Planet Seward High while remote.*

**<https://kpbsd.org/schools/seward-high/>**

*A few things to check out:*

**Virtual Art Gallery :** Ms. Wiley has created an amazing virtual art gallery to display student artwork. Find the link on our Home Page.

**Master Zoom Schedule:** We have created a MASTER zoom schedule so you can find out when the ZOOM sessions are for ALL of your classes are- in one place! Find it under "FIND IT FAST" on the webpage.

**Counselor's Corner:** We have added a whole new section to our website for Mr. Dye. It is easy to use and FULL of resources and information Check it out under "FIND IT FAST" on our webpage.

### Lydia Jacoby swims the US Open:

Lydia Jacoby represented the tsunami swim club and Seward at the US Open! **See more on page 7.**

### Remote Instruction Extended through Winter Break

*As you know, remote instruction has been extended through Winter Break. With that, we would just like to say, "Take care of yourselves!" We miss you in the building, more than you could imagine. Stay positive, and continue to find ways to connect.! Tap into your strengths, take time for self care and please, don't hesitate to reach out to anyone here at Seward High if you need anything. We're all in this together. Happy Holidays and GO SEAHAWKS!*

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## Notes from the Principal

It's hard to believe that we're already approaching the end of the most challenging semester that anyone could imagine. I couldn't have known that our local cases would continue to grow and that this school closure would drag on this long. That said, I'd like to acknowledge and thank the staff for all they do to support the students they serve. I am continually amazed at their herculean efforts, their willingness and ability to adjust and accommodate for each individual student and the opportunities they continue to create—even under these most challenging circumstances.

I'd also like to recognize the grit and hard work of our students. This school closure, like weeks of unending rain, grinds emotionally and intellectually. However, students continue to log in, zoom in, and actively engage in their learning. I know that the lessons they learn, in working through and overcoming this adversity, will serve them for the rest of their lives. I couldn't be more proud to be their principal.

Thanks also to the parents for supporting our efforts by rolling them out of bed and ensuring that they are logging and zooming in. A reminder: We continue to follow our regular bell schedule and students should continue, "attending" classes, albeit remotely. They should also log into Canvas every day. Teachers are posting their weekly schedules—including "office hours," where they can assist students and help them work through their learning processes, every Monday by 8:00 AM. Please also look for the Link to teachers' calendars on [Seward High's Homepage](#). It is a one-stop-shop for every teachers' weekly schedule for students, parents, and the entire community.

All winter sports are postponed, while the community continues to see significant increases in COVID-19 cases, until after the winter break. One possible exception might be Nordic Skiing if we can create a Mitigation Plan to allow students to practice safely. Please watch our announcements and Seward High Nordic Skiing's Facebook page for updated information.

Speaking of sports, Lydia Jacoby CRUSHED the 200 meter breaststroke at the US Open Swimming Championships in San Antonio! She beat her own personal Record by 5 seconds. This effort will also get her a second time-trial opportunity to qualify for the 2021 Olympics! She also took second place, overall, in the 100 meter breaststroke—missing first by a slim .07 seconds to a college swimmer from Texas. This also clocked the second fastest time, in the history of this event, for her age group. Congratulations, Lydia! We're so proud of you!

Please note information about Sources of Strength's #whathelpzme and Gratitude Journal campaigns in this newsletter. Now, more than ever, students need to recognize and share their strengths as both examples and inspiration for each other and the entire community. Also, research shows that the simple act of intentionally considering and acknowledging those things for which one is grateful positively changes brain chemistry and literally helps improve one's outlook and perspective on adversity. I'd love to see the whole school engage in these campaigns through this challenging time between Thanksgiving and the Winter Breaks.

Please note that the last day for students before the winter holiday is Friday, December 17th, and that the school will be closed until Tuesday, January 4th.

Have a safe and restful holiday season and, as always, please don't hesitate to contact me directly if you have any questions, comments, or concerns. You can reach me at (907) 224-9066 or at [twalker@kpbsd.k12.ak.us](mailto:twalker@kpbsd.k12.ak.us)

## Nurse's Corner

### Being Thankful

I saw a student recently at Safeway. He had moved away a few years ago but told me he always wanted to move back to Seward. He would come to see me at the nurse's office and we'd talk usually for a very long time. He had problems at home and at school. The young man standing before me now has a job and feels like he is doing well. It is always affirming to know a student that has faced challenges at home and school can be resilient in his future. A blossoming thought occurred while I was talking to this young man and I knew then that it is the connection with students that I have missed most this school year. We all have definitely lost many things this year. Ultimately, it has brought to the forefront what is truly important in my work and that is the connections I have made with students and staff.

Nurse Yoly



## Library Corner

### **NEW BOOKS ARE IN & REMOTE CHECKOUTS**

You requested, we ordered... and now they're here! If you'd like to checkout a book.

SHS library is offering **REMOTE CHECKOUTS** Thursdays or Fridays.

Call Mr. Scrivo at 224-9060 and make an apt. to grab a book!

See what's available by clicking on "*Library Catalog Search*"

under '*find it fast*' on our webpage.





Check out the *Counselor's Corner* under "find it fast" on the SHS webpage!

December SHS Newsletter

Happy December,

It is that time to welcome the holiday season! During this period of thankfulness and celebration, many challenges and uncertainties remain. As I mentioned last month, I suggest finding moments to reflect on the positives we do have and the people/things to be grateful for. It is even more important now to find our own sources of strength. ☺

I have a few important items to share with you this month:

1. I have a new "Counselor's Corner" section of SHS's homepage, under the "Find it Fast" section.
2. The SAT test scheduled for Saturday, Dec. 5<sup>th</sup> at SHS will continue as planned.
3. The PSAT/NMSQT test scheduled for Wednesday, Oct. 14<sup>th</sup> is rescheduled for Tuesday, Jan. 26<sup>th</sup>. This is an optional test for 10<sup>th</sup> and 11<sup>th</sup> grade students; cost is \$17. Contact me to register.
4. The free ASVAB test is on Wednesday, Dec. 2<sup>nd</sup> in the music room. Contact me to sign up.
5. Parents/guardians of a senior and junior should contact me to set up an appointment to review progress towards graduation and discuss future educational and career plans.
6. Juniors and seniors should be thinking about taking advantage of dual credit JumpStart program. See me with for more information or questions.
7. SHS students: Please join me for a fun 30-minute Zoom Meeting every Friday, 2:00-2:30.
8. AVTEC is offering a course, Introduction to Nautical Skills Online, starting Jan. 19<sup>th</sup> and continuing for 6 weeks. See Mr. Dye for more information.
9. The Kenai Fjords NP is accepting applications for summer positions. Students need to be at least 16 years old. Deadline to apply is Dec. 14<sup>th</sup>. Contact Mr. Dye for more information.

Please reach out with questions or concerns. I always welcome the opportunity to provide support and work with the parents and guardians of our students. I am typically at the high school Monday – Friday, between 07:30 – 11:30 a.m.

Sincerely, Mr. Dye

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

(907) 224-9070, M-F 07:30 – 11:30 AM





## KPC-Resurrection Bay Extension Site News



**Win a Three Credit Tuition Waiver** Register for Spring 2021 classes by **December 4<sup>th</sup>** to have your name entered in a drawing for the waiver. (Certificate is valid for courses delivered from Kenai River Campus and Resurrection Bay Extension Site)

**JumpStart Scholarship** Sponsored by Seward PTA and funded by Seward Community Foundation. Due December 17<sup>th</sup>. Request application by emailing Jackie Marshall.

**Juniors and seniors** it is time to register for 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.

Check out [the link](#) for all the JumpStart details. <https://bit.ly/2VwNllf>

**Online searchable schedule** of courses offered at KPC can be viewed at <https://kpc.alaska.edu/academics/schedule/>

### 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 (Zoom) – M 9:15 – 10:30 **Placement test scores required**

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

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

WRTG A211 Writing & the Humanities – Asynchronous – Marshall, D **Enrollment prerequisite**

**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 [jjepimarshall@alaska.edu](mailto:jjepimarshall@alaska.edu)



# #WHATHelpZME CAMPAIGN



SEWARD HIGH SOURCES  
wants to hear about your strengths...

We want to see posts of your art, music, writing, activities, and the relationships that are helping you right now.

How are you blowing off steam, staying healthy, staying connected....  
having FUN?

## Social Media challenge:

Tell us/show us *what is helping you.*- poems, pictures, videos, artwork, stories...

**WHO:** Everyone– *because we all have strengths*

**WHEN:** Starting **Today**, as often as you'd like!

**WHERE:** Instagram, Facebook... anywhere you can use a hashtag

**HOW:** Use #Whathelpzme

# YOU ARE STRONG!

# Lydia Jacoby



Lydia Jacoby: *"I'm absolutely thrilled to announce my verbal commitment to swim and study at the University of Texas. Thank you to my amazing friends, coaches, and parents for always supporting me, and to Carol and Mitch for giving me this opportunity. I can't wait to be a longhorn! Hook 'em 🍷👉"*

Lydia recently represented the Tsunami Swim Club as she swam in the US OPEN. Claiming the second fastest time *in history* for 15-16 girls in the 100m Breast Stroke. Her finish also gained her a second place finish overall, and since the champion was from Germany, Lydia is the *top American finisher!*

Lydia has just verbally committed University of Texas to swim with the LongHorns, and is preparing to swim the Olympic Trials in June in Omaha, Nebraska. She is currently ranked 16th going into the trials.

Well done Lydia, we are all so proud of you!