



Old Steller Yeller

April 2012

Aloha Steller Community,

After a long winter, it feels absolutely sunny and warm outside, hence the island like welcome. With all the snow melting and with early morning freezes, it makes for dangerous times walking to school. Make sure your students have adequate foot wear for dealing with both water and ice. If your student is driving to school, please remind them about being careful driving through all the puddles. Some may be car-eating potholes. I've already seen a few of those. I don't know about all of you, but I sure am looking forward to riding my bike once the paths are clear.

There are many exciting things that have happened over the past month. We are almost finished with our testing cycle this year so there won't be any more classroom interruptions for testing. One of our students, Aryeh Lax, won the state Poetry Out Loud Contest and is being sent to Washington DC to compete at a national level. He placed first out of 5400 entrants. What a wonderful accomplishment.

Two of our students, Remy Libbrecht and Devan Haynes placed in the State Science Fair. Devan Haynes won 1st place for I.E.E.E. High School Division, and he also won first place award from the Society of Petroleum Engineers. His project was called "*Alternative Energy*." Remy Libbrecht's project was "Comparing the Consistency of Ultrasonic and Infrared Sensors" and his awards consisted of

Military Awards: U.S Army, Army Research Office, U.S. Navy/ U.S. Marine Corps, and the U. S. Air Force. Remy placed third place for Abstract with the Alaska Professional Communicators, second place with the Institute of Electrical and Electronic Engineers, Best use of New Materials from the ASM Materials Foundation, Best use of Math from Mu Alpha Theta, Best use of Metrics and Measurements from the U.S. Metric Association, and he was the Winner in the High School Engineering Category. Because Remy is an ASEF Finalist, he will be going to the international Science Fair as an observer.

Steller students have volunteered much of their time this month to include a trip to the Pioneer Home from our Choir, a group trip to assist the Downtown Partnership in setting up for the Heart of Anchorage Awards, and many other things. We can thank Victoria Weindel for being an outstanding volunteer coordinator. If you want to see other possible activities, either look on the board outside of the library in the Main Hall or talk to her personally.

It's time to start planning for next year. Steller Staff has already begun to put next year's calendar together. We will be asking all parties to be involved so they know what to expect in the year to come. Staff is working hard on several projects. One I am particularly fond of is having Passage Projects become a part of Steller requirements. We have presented the idea to students and to parents and are bringing it to the Advisory board this month. Community Service in one form or another will be required.



**From the Principal
Dale Evern
742-4964**

We have some students that are having a hard time meeting the requirements of their probation.

In looking at most of the students that have been put on probation, one factor stands out. Absenteeism is correlated greatly with success in school. Students who aren't here often have a much harder time keeping up in school. The school can do everything it can to offer extra help and support services, but we can't make students come. Please make sure your students aren't missing school.

As we move through the spring time, make sure you are looking at the calendar for upcoming events. I don't want either you or your student missing out on important and fun events. We'll do our best to keep the calendars updated. Again, I want to thank all of you for all you are doing. I am glad to be here, and it's been a fun year full of growth.

Regards,

Dale



Staff Corner



In recent staff meetings, we have passed two proposals that we feel will improve Steller's program. The first is in regard to study halls and will help ensure that they are used only when needed. Beginning next year, students who wish to have a study hall in their schedule will need to fill out a form explaining their reasons for needing a study hall; the student, advisor, parent and teacher will all sign off. To build in accountability for the use of this time, students will regularly fill out a log with brief descriptions of what they accomplished during their study hall time. If it is determined that students are not using this time effectively, they will not be able to take a study hall for the rest of the school year.

The second proposal is in regard to Passages courses. In the last Staff Corner, we mentioned that the staff has been working on ways to get self-directed learning opportunities back into the program in the form of Passages. Philip presented to Op-Group and Parent Group last month, and the next step is to get a vote of support from Advisory Board to make Passages a requirement to graduate from Steller.

The staff recently voted on an implementation plan for Passages. Our goal is for every student to complete at least three Passages in high school. The first class for which Passages would become a graduation requirement is the Class of 2016, this year's 8th graders. Students who are currently in 9th -12th grade would not be required to take Passages, although many will want to and they will have that option. Our school profile that is sent to colleges will be updated with an explanation of Passages courses.

Please see below for clarification of key terms and course titles. Note that core credit is credit received in one of the content areas: math, science, social studies, language arts and fine arts.

Self-Directed Learning (SDL): This term will no longer be used to denote a specific class but as a general descriptor for one of the main tenets of Steller's philosophy and program.

Independent Study (I.S.): A course taken for core credit and designed by a teacher highly qualified in that content area. Independent Studies may be taken during the school day or as a 7th hour.

Special Projects/Topics: A course taken for core credit, designed by a student with input and supervision from a teacher highly qualified in that content area. May be taken during the school day or as a 7th hour.

Middle School Passages: An elective course that allows students to pursue a passion by identifying goals and designing their own curriculum with teacher support.

Passages: An elective course that allows students to pursue a passion and that will be a requirement for graduation. Unique opportunities at Steller, such as teaching a peer-taught, being a seminar coach or co-teacher, or being actively involved in Op-Group and policy-making, will be able to be incorporated into a Passages class. KCC classes and Gifted Mentorships will also count as Passages options. Students may even petition one semester of Passages to count for core credit.

Passages has been discussed in advisory groups and will continue to be a topic at upcoming school meetings, including Advisory Board and the next All Community Meeting. We are excited about developing this part of our program and look forward to your feedback and support.



Nurse's Notes



Parents and Students of Steller,

As the daylight increases we can expect, as always, that it will become more difficult to get to bed on time. Students still have several weeks of school left and lots to accomplish. It is imperative that they receive 8.5 to 9.5 hours of sleep each night to perform well. Attached is an information sheet and a quiz that will help you realize just how important an adequate night's sleep is and why adolescents are seldom receiving the amount they need. This informative material was put together by Dr. Anne Morris, a local sleep specialist and one of ASD's star nurses, Karen McBride. It is excellent, so please read it and then put your knowledge to good use. You will learn a great deal. I promise!

Nurse Anne
Steller Secondary School

12 TIPS FOR HEALTHY SLEEP

1. Getting a good night's sleep is the foundation for physical and mental health, as well as for safety and learning. Parents can teach their children by their own behavior and example.

2. Strive for a regular sleep schedule with the same wake-up time and bedtime as much as possible every day of the week.

3. Recommended hours of sleep each day (includes naps for the little ones)

Infants	3 - 11 months	14 - 15 hrs
Toddlers	1-3 years	12 - 14 hrs
Preschool	3-5years	11 - 13 hrs
School-age	5-12 years	10 - 11 hrs
Teens	12-18 years	8.5 - 9.5 hrs
Adult	18 yrs & older	8.0 - 8.5 hrs

4. In the evening hours, limit or avoid television and video or computer games. These lighted devices send the message "be awake" to the brain and make it difficult to fall asleep when it is bedtime.

5. Turn off and take out of the bedroom electronic devices such as cell phones, televisions, and computers.

6. Create a sleep-friendly space: darkened and quiet bedroom, warm and comfy bedding, and cool room temperature. In the morning, seeing bright lights will make it easier to wake up and give the message "be awake" to the brain.

7. Follow a similar and relaxing bedtime routine every night: light snack if hungry, a warm bath or shower, read comforting books to young children. Teens and adults may enjoy reading or listening to low volume audio books or music.

8. Naps are best taken before late afternoon and kept to an hour or less.

9. Do exercise, but not within two hours of bedtime.

10. Younger children should avoid caffeine in general, and teens and adults should avoid caffeine by late afternoon, if not earlier.

11. Watch for signs of chronic sleep difficulty such as snoring, breathing difficulty, unusual nighttime awakenings, behavior problems during the day, and frequent daytime sleepiness. Let your health care provider know if these occur.

12. Check out sleep resources www.kidshealth.org/ Nemours Foundation, a nonprofit organization devoted to children's health Find excellent educational resource for parents, teens, children, and educators

<http://www.sleepeducation.com/> American Academy of Sleep Medicine, a professional society that promotes excellence in health care, education and research Find excellent educational resources for parents, teens, educators and administrators

**Authors: Anne Morris, MD
and Karen McBride, RN,
October 2011**

Sleep Facts Pop-Quiz

1. What percentage of children in grades K - 5 have televisions in their bedrooms?
a. 10% b. 25% c. 43% d. 50% or higher
2. Teens and adults who do not get adequate sleep are more likely to gain weight and become obese.
True _____ False _____
3. Most children will outgrow parasomnias (sleepwalking, night terrors, nightmares, bedwetting) before starting kindergarten.
True _____ False _____
4. How many teens are awakened at night from sleep because of texting?
a. 5 - 10% b. 10 - 25% c. over 50%
5. Children who snore loudly may have a sleep disorder and parents should mention this to their pediatrician/health care provider. True _____ False _____
6. Sleepy driving in teens and adults is second only to drunk driving in causing fatal accidents.
True _____ False _____
7. Pre-teens often spend how much time texting in a 24-hour period?
a. 15 - 30 min b. 30 - 60 min c. 60 - 120 min
8. Most elementary-aged children get about 9.5 hours or less sleep at night. Is this enough?
Yes _____ No _____
9. Teen-agers who sleep in on weekends in order to "catch up" on lost sleep will find it easier to wake up Monday morning. True _____ False _____
10. Insufficient sleep can interfere with learning because of
a. impaired short term memory b. sleeping during class
c. more physical illness d. mood disturbance
e. decreased creativity and problem solving f. all of the above
11. Young children with sleep problems/disorders may act like children with ADHD.
True _____ False _____
12. A recent poll of pre-teens asked the question: Do you want to get more sleep? How many responded "yes"?
a. 10% b. 25% c. 50%
- How many responded that they sleep in school every day?
a. 10% b. 25% c. 50%
13. Growth hormone is only released during sleep.
True _____ False _____
14. Many teens have difficulty falling asleep because of
a. too much caffeine b. too much time on cell phone, computer
c. sports, family, work responsibilities d. putting off homework
e. shift in their sleep/wake circadian rhythms f. all of the above
15. If we learn during sleep we must need sleep to learn.
True _____ False _____

Answers:

1. C
2. True
3. False
4. C. the answer is actually 60%
5. True
6. True
7. C. Pre-teens: 70 minutes and Teens: 2 hours
8. No, 68% report 'not enough sleep'
9. False
10. F. All of above
11. True
12. C. (1/2 of pre-teens and 2/3 of teens want more sleep), B. 25% report sleeping at school
13. True
14. F.
15. True

Reference for answers:

National Sleep Foundation,

Exact publication information at home/contact me if you want it.

Karen McBride, Abbott Loop, 742-5401



MyHigh Summer 2012

Contact John in the office if you're interested in taking an online class through MyHigh.

Summer registrations and classes will start at the middle of April.

Registration Begins: April 16th

Deadline for Registration: May 16th

Classes must be completed by June 26th.

Specific start dates will be posted on the MyHigh Site as soon as they are available.
Additional classes may be added -- check their site often to see what is available.

Students will be limited to ONE online class during summer session.

Courses are "Original Attempt" only... NOT for grade replacement / credit recovery.

Registration for MyHigh Summer courses is done through John in the Steller Office.



Congratulations to the visual arts students for an impressive exhibit at Blaine's Art. The artwork received countless compliments, so the art students should be very proud of the work they have accomplished. There were easily over 100 guests who came to the show. In addition, a contest is currently being held at Blaine's Art for the People's Choice Award. Come see the show and vote for your favorite piece. The show will be up until April 13th. Awesome work art students!

Blaines Art

Picture Framing • Art Supplies • Art Classes • Gifts

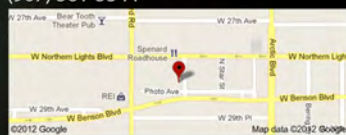
presents

March 30 - April 13

Vote for

People's Choice Award

1025 Photo Avenue
Anchorage, AK 99503
(907) 561-5344



SELLER
SCHOOL

Art Exhibition

www.stellerschool712.org



UPCOMING EVENTS

The Fantasticks

Thursday - Saturday, April 12-14th

7:00pm

Anchorage Community Theatre

1133 E. 70th

Tickets - \$10 for adults; \$7 for students



Steller Sophomore Day

Friday, April 13th

8:30am - 2:05pm

BP Energy Center

Consent for the workshop, signed by you, must be in the nurse's hands by Wednesday April 11th. Sophomore students must attend Sophomore Day if they plan to participate in Steller Activity night that evening.

Steller Activity Night

is approaching - Friday, April 13th. The permission slips must be turned into the basket in the office by Monday April 9th. You must turn in a permission slip to attend.

Students must be inside Steller by 10:00pm, after 10pm the doors will be locked.

The fun ends at 7:00am sharp! PLEASE MAKE SURE YOUR STUDENT HAS TRANSPORTATION AND WILL BE OUT THE DOOR BY 7AM.

2nd Annual Founders Day Award Presentation

Wednesday, April 18th

2:30pm

Steller MPR

Program includes remarks, presentation of award, student performances and small reception afterward



College & Career Information and Planning



The Road To Your Future

- What To Do When - Grades 8-12
- The New Rules of College Admissions
- Making Colleges Want You
- Choosing the Right College
- Writing Compelling Essays
- Paying for School: FAFSA, Types of Aid
- Scholarship & College Applications
- College Visits & Interviews
- Gap Years – Taking Time Off
- What major and which degree
- Getting and Keeping a Job
- Resumes and Portfolios

Who: everyone who will be 18 someday.

What: everything you want to know about what happens after high school.

Where: MPR Room.

When: Every Tuesday @ lunch.

Beginning April 10th –
after testing is over.

Why: you can't stay at Steller forever.

Bring your questions, concerns, thoughts about your future; John will help you navigate through all the confusion, frustration, and anxiety.



College & Career Information and Planning

“Gap Year”

Tuesday April 10th MPR Room

Thinking about taking a “year off” before college or work?

Wondering if it is the right thing to do?

Afraid it will end up hurting your chances of getting into the college
or landing that job you want?

The answer to all those questions is - it depends...not necessarily yes or no. Some students need a break after high school – some colleges and employers not only approve, they also applaud the idea.

Princeton encourages it. Harvard's a big fan. From Tufts to MIT, some of the most prestigious universities in the nation are urging students to consider something that would make most parents cringe: The idea of putting off college for a year in favor of some much-needed downtime.

There are some very important things you need to know:

- how to go about it the right way,
- how to make the experience not only personally rewarding but also one that helps you stand out among the other applicants
- how to communicate to the colleges and potential employers about what you did and accomplished.

If you have any questions about this topic, or any other listed above, see John in the office.



Anchorage
School
District

Summer School – Face to Face

Middle School Summer

Contact

907-742-4249 or [Wendy Lescanec](#)

Registration: See the [middle school page](#) »

Important dates:

First day for teachers:

May 24

First day for students:

May 30, 8:15 a.m. - 12:15 p.m.

Last day for students:

June 29

Locations

Begich and Hanshew

High School

Contact [Mike Graham](#), 742-2162 | [Sam Spinella](#), 742-3055

Registration: Summer school classes will be at Eagle River, East, West and Service high schools and the King Career Center. MyHigh online classes will be available. Contact your school for additional information.

Credit recovery and remediation: (June 6 - 22) - For students who failed a semester class and need a passing grade, or who need remediation.

Career and Technology courses: (June 6 – 22) - Several career, technical and vocational courses open to students, grades 9 – 12 including incoming ninth-graders.

Online courses (MyHigh): (flexible) – classes taken for “original attempt” ONLY...NOT for credit recovery or grade recovery.

2012 ASD Climate & Connectedness Parent/Guardian Survey

You may complete this [2012 ASD Climate & Connectedness Parent/Guardian Survey](#) form by printing it. Afterwards you may turn it back in to the Steller or you can mail it to:

Anchorage School District
Assessment and Evaluation
5530 E. Northern Lights Blvd Ste 16
Anchorage, AK 99504-9986

Parents/guardians may complete the survey [online](#).

Let your voices be heard.

UPCOMING EVENTS



Tuesday, April 3-5th

SBA Testing
7-10th grade

Friday, April 6th

Steller Olympics

Wednesday, April 10th

4th Qtr Mid quarters

Thursday, April 12th

AD Board Meeting
6:30 - 8:00pm

Friday, April 13th

Sophomore Day

Friday, April 13th

Activity Night
10:00pm - 7:00am

Wednesday, April 18th

Parent Group Meeting
6:00 - 7:30pm

STELLER SECONDARY SCHOOL
2508 BLUEBERRY ROAD
ANCHORAGE, AK 99503

