



Old Steller Yeller

November 2013



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



Hello Steller Community,

I hope this letter finds you all in good health. It's that time of year when we need to be thinking about what we can all do to stay healthy. The snow will soon be on the ground and the light is waning. It not only affects our moods, but that of our students as well. I try to have a little extra patience with my kids when the season changes, and I ask them to do the same for me.

Steller will be administering the Workkeys exam to all juniors on November 6, 7 and 8th. Teachers have been notified about the exam and students should be able to make up any work missed during the exam without grade repercussions. Just like any other major exam day, please make sure your students are well rested and have eaten a sensible breakfast.

Please don't forget about the Auction on November 16th from 6:30 PM to 9:30 PM. If you have items to donate, I thank you in advance. I am sure the Auction Committee is still taking items. If you like art, there are several items available and worth investing in. Don't just come to the auction by yourself, but invite all your friends. Remember, we need you and your friends to make this a successful event.

I am excited about all the committees that were formed from our All Community Meeting. It shows there are people willing to help make a difference in our school. The district is also doing its part to help maintain Steller Secondary. We have had architects and designers in our building looking at replacing the second half of the roof and putting in a new boiler. According to the project managers, the work will be accomplished next summer with no disruption to academics.

Don't let the end of the semester sneak up on you. It comes fast. Finals will be on the week of December 2nd through the 5th. December 6th will be the registration day for second semester. Keep looking at the Steller Flash for an update on the scheduling process. Our goal is to schedule early so we can ensure each student has the best schedule with the fewest of conflicts.

Please keep in mind there will be no early finals given. If you plan on leaving for vacation early, you must make arrangements with the teacher to take the final upon return. A grade will be given based upon the grade your student has with a zero on the final. After the student takes the exam, the grade will be changed to accurately reflect the new grade.

I want to take a minute to thank all of you for your support this year. I know the teachers appreciate knowing you are behind them, and so do I. Our community is growing stronger each day. I love being here, and I love watching your students learn and find success. Have a wonderful November.

Staff Scoop

Experiential learning was one of the topics at the All Community Meeting, and this month we would like to share what it looks like at Steller. Essentially, experiential learning is learning through experience, with an emphasis on the active involvement of students, as opposed to rote learning or teacher-centered instruction. A continuum of experiential learning exists at Steller: From class projects with real world applications to Passages and travel intensives, there are a variety of ways in which students are actively engaged in their learning.

Teachers in all content areas strive to make learning interactive and to include activities and projects that relate to the world beyond the classroom walls. In Global Geography, students hold mock peace talks and senate hearings to look at contemporary world issues, such as the crisis in Syria and nuclear weapons policy. In math, students apply concepts from class to create proposals to submit to the CEO (the teacher) that show how they will save the company money by minimizing the size of a soda can. Spanish students make tortillas and batidos, writing out all of the steps in Spanish and also creating their own recipes. Next quarter students will have pen pals in Latin America and will use Skype to converse, practicing their Spanish and learning about another culture. Sociology students take on the role of a sociologist, going out in society and observing groups of people. In science classes, students conduct a variety of hands on labs and participate in inquiry-based science, where they choose a real-world problem on which they collect data and attempt to solve.

Seminar classes offer a student-centered approach to learning through discussion. Rather than a conversation that is constantly filtered through the teacher, a seminar moves from student to student to student, with the teacher rarely intervening, and often with a question. Students have great ownership over the discussion, often voting on the seminar question and taking on the roles of facilitators as they gain practice. Students are encouraged to relate the topics from readings to their own lives and to reflect on their participation and how they individually impact the group dynamic. Seminars, like group projects, help reinforce the critical thinking and collaboration skills that are so important to thriving in today's society.

Passages classes allow students to design experiences that allow them to explore a passion or an issue of personal importance. Goal setting and reflection are an integral part of this process, during which students continually assess their own progress to direct the course of their study. Students have started their own businesses, written novels, and completed mentorships with professionals through the Passages program. One student wrote and produced a film and had it screened at The Bear Tooth. Passages opportunities are as wide as students' interests and initiative.

Staff Scoop cont'd

Intensives offer the opportunity for students to immerse themselves in a subject and to learn by doing. Twice a year students choose from a variety of options that have included sculpture, acrobatics, dog mushing, backpacking, Emergency Trauma Tech certification, nature writing, service learning, forensic science, and internships, to name a few.

Travel opportunities abound at Steller and provide a number of options to learn about the world firsthand. In recent years, students have learned basic sailing skills on tall ships in Caribbean, visited the historical and literary sites of England, swam with sea lions in the Galapagos, and practiced Spanish in Panama. This year students will travel to Belize, Nicaragua, and Italy. Scholarships are available to make these opportunities accessible to all students.

Steller offers additional opportunities, outside of classes, for students to gain knowledge and skills through experience. Students have run and worked at Temple of the Bean, which is back in operation. The Technical Production Committee helps run the music and lighting for all dances and the talent show. Students work with their advisors to direct their education and learn to self-advocate, an important life skill. Juniors and Seniors plan and organize both proms, making decisions about the theme and how much to spend on such aspects as the venue and food. Students also contact vendors and delegate other responsibilities. Students can design and teach classes to their peers or co-teach a class with a teacher. Op-Group offers a way for students to experience participatory democracy and to make decisions that affect the whole school.

We are excited to be able to draw from the new database of parent areas of expertise so that we can strengthen and expand these opportunities for students. All of these opportunities serve to create a climate that values student involvement and empowers students through this direct involvement with their school community. By being active participants in their education, the hope is that students will become thoughtful, engaged, and active citizens.



College & Career Financial Aid

(Including FAFSA & Alaska Performance
Scholarship)

**Tuesday, Nov 5th - 6:30 – 8:00 in the
MPR**



This presentation will cover include topics:

- Paying for School
- Types of Aid
- The “real” information about the FAFSA (Free Application for Federal Student Aid)
Dependent & Independent status
Assets - how to calculates and percentages
“EFC” - Estimated Family Contribution
- Financial Aid Packets
Net Tuition Calculator
What is “PJ” (Professional Judgment)
- “APS” - Alaska Performance Scholarship
Qualifying and Levels

Our next College Night will be:

**AkCIS (Alaska Career Information
System)**

Tuesday, November 19th - 6:30 - 8:00 PM
**Scholarship Search * College Search * Interest &
Skills**

If you have any questions please let John know.

Important links: regarding dates & updates about what to do to go to college in Alaska.



[AKCIS](#) (Alaska Career Information System)

- ✓ Explore
- ✓ Organize
- ✓ Set college / career plans

Directions for logging in to AKCIS

1. Click the above link AKCIS
2. Username: steller
Password: 4akcis
3. Once you're in, create and save your own portfolio



[COLLEGE BOARD-Big Future](#)

- ✓ Find Colleges
- ✓ Pay for College
- ✓ Make a Plan

Other Important Links to Keep Handy:

[GOING TO SCHOOL IN ALASKA?](#)

College in Alaska

- Applying to College / Training After High School
- Your Choice

[Paying for Educations \(particularly for students attending school in Alaska\)](#)

[FAFSA](#)

[Alaska Performance Scholarship](#)

[UA Scholars Program](#)

[The UA College Savings Plan](#)

[Careers in Alaska:](#)

Programs for AK High Paying Jobs, Career / Education Planning, AK Top Jobs, Job Openings by Ed Level

[Institutional Profiles of Alaska:](#)

- Profiles of colleges & training programs in AK (be sure they're accredited and qualify for APS.)
- Applying to College Training Schools

[Dates to Remember: Testing and Alaska State and UA Foundation Scholarships](#)

Scholarship apps are due on February 15, 2014 at UAA, UAF, UAS, APY, and UA Foundation

[ACT Date to Remember](#)

[SAT Dates to Remember](#)

[FAFSA Frenzy \(February 1-15\)](#)

[UA Scholars Programs Deadlines](#)

[APS and Alaska Advantage Educational Grant Deadline \(June 15\)](#)





Nurse's Notes

As we know, most Americans do not consume enough dietary fiber. The 2010 Dietary Guidelines recommend that adolescent females (14 to 18 years) consume 25 grams of fiber per day and adolescent boys (14 to 18 years) consume 31 grams of fiber per day

Research published in the American Journal of Medicine looked at the eating habits of a diverse group of Americans to see how dietary fiber affected certain aspects of their health. One of their goals was to see how dietary fiber consumption specifically affected heart and metabolic health.

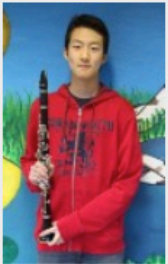
Researchers found that on average, participants ate 16.2 grams per day. Young males consumed about 20 grams less dietary fiber than recommended.

Rates of metabolic syndrome (a combination of conditions that increases the risk of heart disease and diabetes, inflammation and obesity) all decreased as dietary fiber intake increased. Participants in the top 20 percent of dietary fiber intake were significantly less likely to have metabolic syndrome, inflammation or obesity. However, of the participants in the lowest 20 percent of dietary fiber intake, 34.7 percent had metabolic syndrome, 43.5 percent displayed above average inflammation, and 36.4 percent were obese.

You have heard this over and over, but there is a cause and effect in life and diet does directly affect health. It is estimated that over 90% of health problems are caused by poor diet. Americans love salty, sugary foods and foods without much fiber. The Cup of Noodles our adolescents like so much contains 330 calories, 117 mg of sodium (half of the daily recommendations) and only 2 g of fiber. Occasionally, it is okay. (Now that I have belittled Cup of Noodles, we are almost out in the nurse's office and can use some more!)

We all need to be more conscientious about eating healthy. What we eat today does





2013 All-State
Clarinetist Jin C

Steller band student Hyeong-Jin ("Jin") C. has been accepted to the 2013 ASAA/AMEA All-State Band. He is a sophomore clarinetist and has been a Steller band member since he was in 7th grade. Jin went through a very competitive audition. He is the first Steller band student to participate for the All-State Band in many years. "I am so proud of Jin's accomplishment. He worked hard and diligently for the audition," said Mr. Toba, the band director at Steller. The All-State Band will have rehearsals from Thursday, November 21 through Saturday, 23rd at Bartlett High School. The All-State Gala Concert will be on **Saturday, November 23** at Bartlett High School Auditorium. Admission is \$10 for adults, \$5 for students.

Our First Steller Craft Fair
will be held on Saturday,
Nov., 23rd

10:00am to 4:00pm

Enjoy a day with local
vendors, crafters and artists.
There will be crafts, holiday
items, food and fundraising
activities to help support
our student's activities



*Laissez les Bon
Temps Rouler !*

(lay-zay lay bon ton rule-ay)

**That is Cajun for "Let
the Good Times Roll!"**

The juniors have selected a
theme for this year's auction
and Mardi Gras it is! So get
ready to purchase some
beads, dine on some petit
beignets and sip on some café
au lait while you peruse the
silent auction items.

**The doors open at 6:00
p.m. on Saturday,
November 16.**

STELLER BE THE CHANGE

Steller students volunteering at the North Star school carnival.



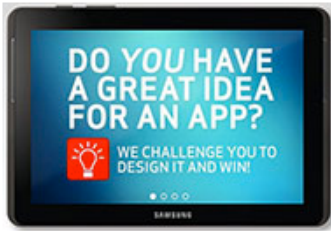
Steller students stepped up to volunteer for Station 5 Open House.



Some of the many Trick or Treat Town volunteers



ASD Announcements



Verizon Challenge open to secondary students

The [Verizon Innovative App Challenge](#) increases students' interest in science, technology, engineering and math, while exposing them to the creative thinking and skills used in STEM-related careers. The challenge is open to teams of five middle and high school students plus a faculty advisor.

Teams will develop an original concept for a mobile app that incorporates STEM and addresses a real-world problem in their school or community. The team will submit an online essay and video of its design concept. [Submissions](#) are due Dec. 3.

Twenty-four Best in Region teams will be selected. Each of the 24 winning teams will win \$5,000 cash grants plus virtual support and training from the MIT Media Lab to help them build out their app concept. Eight Best in Nation teams will then be selected with two from each region. Each of the eight winning teams will receive additional \$15,000 cash grants as well as Samsung Galaxy Note 10.1 tablets for each student and the faculty advisor.

Representatives from each Best in Nation team will be invited to present their winning app in person – on their new tablets – at the 2014 Technology Student Association National Conference in Washington D.C., in June 2014.

Schools Change Awards accepting applications

The 2014 National Schools Change Awards is accepting applications. The awards recognize schools that have significantly changed for the better. Responding to 16, each applying school must provide documentation and data to support its application. Up to five schools will be selected. The deadline for [nominations](#) is March 31, 2014. Winning schools will receive \$5,000 to support ongoing change efforts.



**Anchorage
School
District**

2012-13 Anchorage School Board

Jeannie Mackie, president

Tam Agosti-Gisler

Don Smith

Pat Higgins

Natasha Von Imhof

Kathleen Plunkett

Superintendent

Ed Graff





UPCOMING EVENTS

Saturday, Nov. 2

SAT Testing

Sunday, Nov. 3

Daylight Savings Ends

Wednesday, Nov. 6

Parent Group Meeting

6:00 - 7:30pm

Monday, Nov. 11

Veteran's Day

Thank a Veteran

Saturday, Nov. 16

STELLER AUCTION

6:00 - 10:00pm

Thursday, Nov. 21

AD Board Meeting

6:30 - 8:00 pm

Friday, Nov. 22

November Dance

7:00 - 11:00 pm

Saturday, Nov. 23

Steller School Craft Fair

10:00 - 4:00 pm

Thursday, Nov. 28 & Friday, Nov. 29

NO School

Blaines Art

Picture Framing • Art Supplies • Art Classes • Gifts



Alaska

Anchorage School Business Partnerships

5530 E. Northern Lights Blvd.

Anchorage, AK 99504-3135

www.asdk12.org/depts/sbp/



BEAR TOOTH THEATRE PUB



Fred Meyer

ABBOTT



BATES ENTERPRISES



Steller can't thank it's fantastic

business partners enough!!!

Thank You, Thank You, Thank You

