

Ocean View Newsletter

APRIL 2025

Ocean View Families,

Spring has arrived, and we are busy learning and doing fun things at Ocean View. Check out the dates to remember page for more details.

With the longer daylight, getting students to sleep at a time that allows them to get a good night's sleep and make it to school on-time becomes increasingly difficult. It is important though.

Please see below for some sleep guidelines and suggestions. Your help with this is appreciated. Well-rested children are much happier and ready to learn.

Christina VonWalter

Sleep Matters

Sleep, School, and Social Skills

Approximately 60 percent of children have sleep problems. Poor or inadequate sleep often leads to mood swings, behavioral problems such as hyperactivity or oppositional behavior, and cognitive problems that impact the ability to learn in school.

Sleep Needs

- Toddlers (1-3 years) = 12-14 hours of sleep
- Preschoolers (3-5 years) = 11-13 hours of sleep
- School-age (5-12 years) = 10-11 hours of sleep
- Teenagers = 8.5-9.5 hours of sleep
- Adults = most need AT LEAST 8 hours, varies through life



Sleep Robbers

Stress & Anxiety
Wrong Schedule
Caffeine
Environment

Sleep Strategies

- Predictable routine, reduce exposure to “adult” conversations and topics
- Learn the body’s natural rhythm, set a regular routine for bedtime
- Avoid caffeinated drinks and foods (hot cocoa, chocolate, sodas, etc.)
- Keep screens out of the bedroom, turn screens off at least 30 minutes before bedtime, keep the room dark, cool, and quiet

What time should your child be going to bed?

Age	Wake-up time						
	6:00 a.m.	6:15 a.m.	6:30 a.m.	6:45 a.m.	7:00 a.m.	7:15 a.m.	7:30 a.m.
Age	Bed time						
	6:45 p.m.	7:00 p.m.	7:15 p.m.	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.
5	6:45 p.m.	7:00 p.m.	7:15 p.m.	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.
6	7:00 p.m.	7:15 p.m.	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.
7	7:15 p.m.	7:15 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.
8	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.
9	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.
10	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.
11	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.	9:45 p.m.
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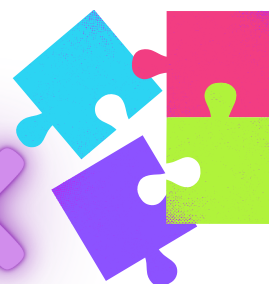
Further reading: "Sleepless in America" by Mary Sheedy Kurcinka and "Healthy Sleep Habits, Happy Child" by Marc Weissbluth



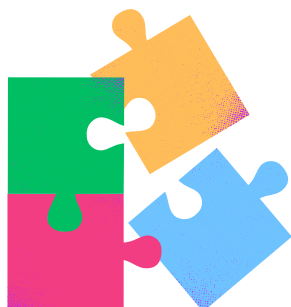
Anchorage School District
Educating All Students for Success in Life

www.asdk12.org

YEARBOOK



Order your Yearbook by April 13, 2025
Yearbook ID: 14651125



The background of the entire image is a repeating pattern of watermelon slices. Each slice is a vibrant red color with a thick green rind and several small, dark green triangular seeds. The slices are arranged in a slightly overlapping, diagonal pattern across the frame.

April

Upcoming Dates to Remember

- 3/24- 4/4 Food Drive
- 3/31-4/17 Book Drive
- 4/9 Spring Picture Day
- 4/13 Yearbook order forms are due
- 4/18 No School
- 4/25 Ready, set, kindergarten! 10-11 am
- 4/25 Fun Run
- 5/7 Bike to School Day
- 5/10 Super Sweeper Clean Up 10 am-2 pm
- 5/12 Free Book Fair at Ocean View
- 5/13 PTA Meeting at 5:30pm
- 5/16 Field Day

THANK YOU TO ALL THE FUN RUN SPONSORS



TACO-LOCO



THE ALASKA CLUB



FUN RUN Shirt Design Winner:
Calissa Hairell!!

**Ocean View Cafeteria is hiring for a 3
hour assistant position**



Link below

[https://www.applitrack.com/asd/onlineapp/JobPostings/view.asp?
AppliTrackJobId=19491&FromAdmin=True&AppliTrackJobId=19491
&AppliTrackLayoutMode=detail&AppliTrackViewPosting=1](https://www.applitrack.com/asd/onlineapp/JobPostings/view.asp?AppliTrackJobId=19491&FromAdmin=True&AppliTrackJobId=19491&AppliTrackLayoutMode=detail&AppliTrackViewPosting=1)

Our Wonderful New BPO at Ocean View

Ocean View has a new BPO!
Miguel Cruzcid joined our team back
in February 2025.
Welcome Miguel we are so happy to
have you!

Long-term Substitutes at Ocean View

We have two long-term substitutes
who will be with us, welcome and thank
you Mr. Josh Head and Mrs. Karen
Prosak

Book Donations 3/31 - 4/17

Free Book Fair 5/12



COMING IN MAY,
THE OCEAN VIEW **FREE BOOK FAIR**,
BUT FIRST WE NEED TO HAVE A...

BOOK DRIVE



Ocean View will be having a **FREE** book fair the week of May 12th, 2025 to provide students with new books before summer vacation. Please help make this a success by donating gently used and like new books that your family is no longer reading so that we can exchange them with other students. Please send in book donations March 31st- April 17th.



Popular books we'd love to have donated are: *Diary of a Wimpy Kid*, *Dork Diaries*, *13 Story Treehouse*, *Investigators*, *Wings of Fire*, *Warriors*, *DogMan*, *Pete the Cat*, *Don't Push the Button*, *Desmond Cole Ghost Patrol*, *Kingdom of Wrenly*, *Pug Diaries*, *Magic Treehouse*, *Goose Bumps*, *Dragon Masters*, *Who Would Win*, and animal books.



Thank you for supporting getting new books in the hands of ALL our students so that they can continue reading over summer break!



LOST & FOUND

Ocean View families, our **Lost and Found** is over flowing. All the items you see here and more are unclaimed and most if not all Do NOT have their names on the item.

Please come and check our **Lost and Found**



Nurses Corner

Effective April 1, 2025, the State-sponsored free vaccine clinic at the Tikahtnu Complex off Muldoon has been closed due to lack of grant funding. However, free vaccines are still available at the Alaska Department of Health for both adults and children!

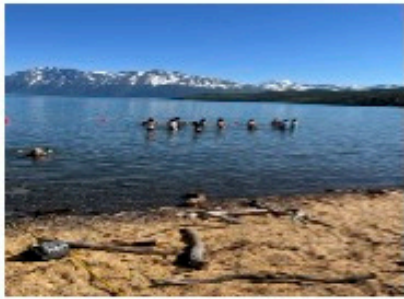
<https://www.anchoragublichealth.com/services/immunizations/>

Spring is in the air! Unfortunately for some, Spring is the start of allergy season. Do you or your student experience red, itchy, or watery eyes? Headaches, stuffy nose, increased asthma symptoms? If so, now is the time to prepare.

Please call me at 742-5851 if you have questions regarding the protocol for medications to be given at school.



~ Nurse Lanaee



ABOUT CAMP K

Nestled among the spruce forests along Kenai Lake in Cooper Landing, Camp K provides the perfect environment for youth to explore the natural world around them, engage in challenging activities and form friendships that can last a lifetime. With the supportive guidance of camp counselors, campers build their own unique community in which each member can experience a sense of belonging, connectedness, safety, acceptance and appreciation.

Peninsula Puffers

Peninsula Puffers was created by a team of dedicated Alaskan health care providers in partnership with AAFA AK and Central Peninsula Hospital. Dr. Jody Butto along with Dr. Teresa Neeno, Dr. Kathy Young and Elizabeth Collins, RT wanted to provide children living with asthma and food allergies with a fun, safe and educational summer experience.

Peninsula Puffers is the result of their dedication to helping campers learn how to manage their conditions while Living a Life Without Limits.



Asthma and Allergy
Foundation of America
ALASKA CHAPTER

2025 SPONSORS

Aurora
Pediatrics



PENINSULA PUFFERS ASTHMA CAMP

“in the woods with wheezers”

**A Camp for
Kids with
Asthma
&
Food
Allergies**



June 16– June 20, 2025
Monday–Friday

Camp K on Kenai Lake
Cooper Landing, AK

WHO:

Boys and Girls ages 7 to 14 with asthma. Asthmatic children with food allergies are also welcome. Preference will be given to children who take daily medication for asthma. Space is limited so register early

WHEN:

Monday June 16 to Friday June 20, 2025
Deadline to apply: May 10

WHERE:

Camp Fire USA Camp K in beautiful Cooper Landing. Bus transportation provided from Camp Fire USA Anchorage

MEDICAL

SUPERVISION:

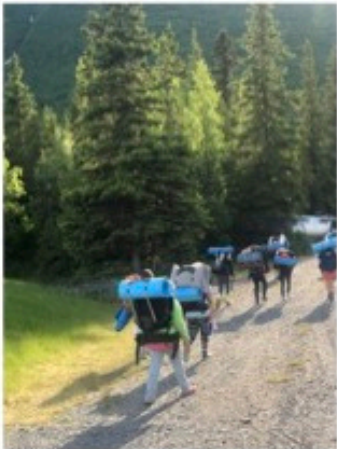
The Camp Medical Director is Board Certified Pediatrician Jody Butto. Our volunteer medical team of physicians, nurses and respiratory therapists are available 24 hours a day to attend to routine and emergency medical health needs.

COST:

Tiered scholarships are available with rates ranging from \$200-\$600

TO APPLY:

Apply online at:
<https://www.aafaalaska.com/camp>
Applications may also be printed and faxed to (907)349-0637.
For Additional Information:
Contact AAFA Alaska.
(907)349-0637
info@aafaalaska.com



**** All completed camp paperwork must be reviewed and approved by the Medical Director prior to camp.**
**** Camp Health Forms must be signed by your health care provider**

ACTIVITIES:

- Swimming
- Boating
- Arts & Crafts
- Archery
- Hiking & Camping
- Field Games

ASTHMA
EDUCATION

Each day, campers will participate in asthma education led by the volunteer medical team. The curriculum will include components from the AAFA Power Breathing Program and the AAFA ACT Program.

Topics will include:

- Asthma Pathophysiology
 - Asthma Tools
- Asthma Myths and Facts
- Medication Awareness
- Social Issues of Being a kid with Asthma

COMICS PLUS

NO HOLDS.
NO WAIT LISTS.
NO LIMITS.

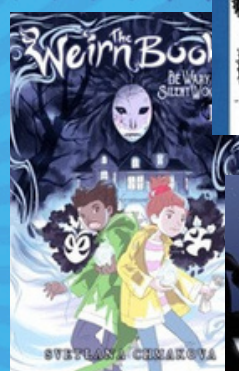
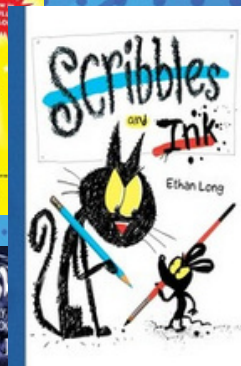
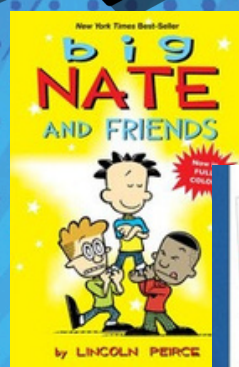
Enjoy unlimited access to thousands of age-appropriate digital graphic novels, manga, and picture books — **24 hours a day, 7 days a week!**

HOW TO ACCESS COMICS PLUS

1. Visit www.anchoragelibrary.org
2. Navigate to **Resources** --> **Databases A-Z**
3. Select whichever **Comics Plus** age range best suits your needs-- or click **Comics Plus Full Collection** to access everything at once!
4. Enter your Anchorage Public Library card number when prompted.

comicsplus #ReadAllTheComics

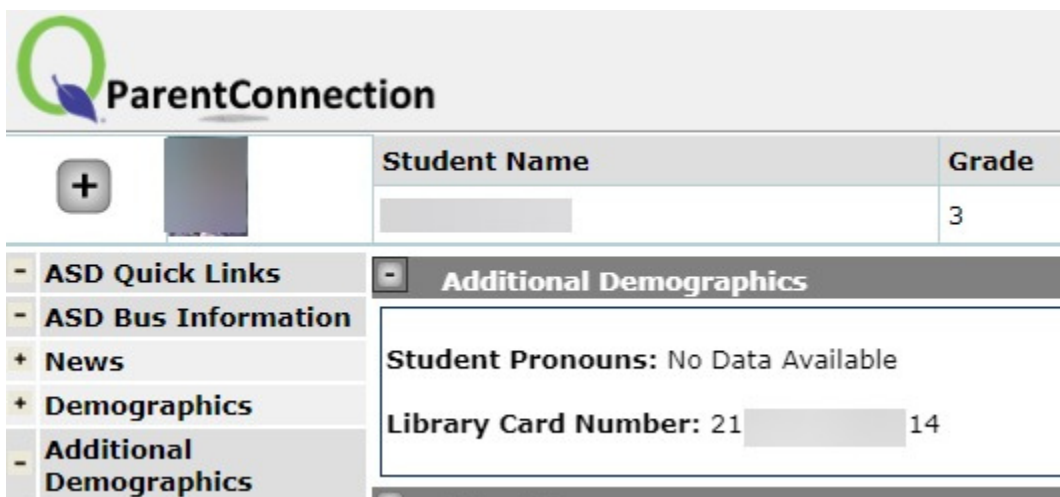
READ
ALL THE
COMICS!



ASD/APL Library Card Number in Parent & Student Connect

Families who opted in to the Alaska Public Library and Anchorage School District Library Card Partnership during registration can find their library card number in both Student & Parent Connect.

In Parent Connect, under “Additional Demographics”



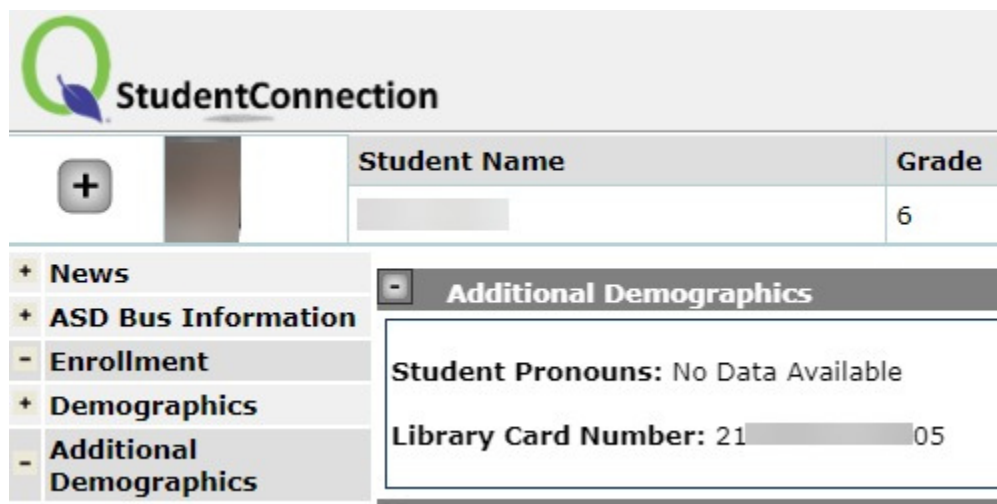
The screenshot shows the ParentConnection interface. At the top is the logo and title. Below it is a table with columns for Student Name and Grade. The Student Name field is empty, and the Grade is 3. To the left of the table is a sidebar with a list of links: ASD Quick Links, ASD Bus Information, News, Demographics, and Additional Demographics. The Additional Demographics link is selected, and the corresponding section is expanded on the right. This section contains the text 'Student Pronouns: No Data Available' and 'Library Card Number: 21' followed by a text input field containing '14'.

Student Name	Grade
	3

- ASD Quick Links
- ASD Bus Information
- + News
- + Demographics
- Additional Demographics

Additional Demographics
Student Pronouns: No Data Available
Library Card Number: 21

In Student Connect, under “Additional Demographics”



The screenshot shows the StudentConnection interface. At the top is the logo and title. Below it is a table with columns for Student Name and Grade. The Student Name field is empty, and the Grade is 6. To the left of the table is a sidebar with a list of links: News, ASD Bus Information, Enrollment, Demographics, and Additional Demographics. The Additional Demographics link is selected, and the corresponding section is expanded on the right. This section contains the text 'Student Pronouns: No Data Available' and 'Library Card Number: 21' followed by a text input field containing '05'.

Student Name	Grade
	6

- + News
- + ASD Bus Information
- Enrollment
- + Demographics
- Additional Demographics

Additional Demographics
Student Pronouns: No Data Available
Library Card Number: 21

- This number can be used to access the digital resources available through the Anchorage Public Library: anchoragepubliclibrary.org
- ***The PIN is the last four digits of the library card number***
- Hoopla is not available with ASD/APL accounts
- More information on the ASD/APL card project can be found [here](#)

REGISTER FOR

FALL

2025

Register today!



**SCAN QR CODE TO
REGISTER, OR VISIT:**
<https://qr.fy.io/r/obK7iwUJKe>



(907) 279-3551

**Questions?
Give us a call!**

**Fall Enrollment opens at 6:00 AM
on Wednesday, March 19, 2025!**



Enroll your child in our award-winning
Afterschool Program!



Program Hours

Monday–Friday
2:30 PM–6:00 PM



Pricing

\$590/month



**We accept Child
Care Assistance!**



**Scholarships
are available!** *Apply on
our website!*



**Camp Fire
Alaska**

WWW.CAMPFIREAK.ORG





June 24 – July 17, 2025

A four-week summer workshop in creative music and movement. It's fun for kids ages 3-6.
Performance: July 17
 for family and friends

Director: Carly Flake
Theme: OUT OF THIS WORLD



DAYS: Tuesdays and Thursdays
TIMES:
 Ages 3 & 4: 9:30–10:30 a.m.
 Ages 5 & 6: 10:30–11:30 a.m.

PLACE:
 St. John United Methodist
 Church Gym
 1801 O'Malley Road, Anchorage

For more information, visit us at
themusicmachineanchorage.com

NO AUDITION, but you must register in advance at our website. If you can't register by May 16, call 907-227-0509 to confirm interest.



June 23 – August 2, 2025

A six-week summer workshop in American Musical Theatre for kids ages 6-18, with shows at the ACPA Discovery Theater.
Performances: July 31, Aug. 1 & 2

Directors: Janet Carr-Campbell and Jack Klauschie

Group I: Ages 6-9
DAYS: Mon, Tues, Wed, & Thurs
TIMES: 9:30–11:30 a.m.

Group II: Ages 10-12
DAYS: Mon, Tues, Wed, & Thurs
TIMES: 11:45 a.m.–1:45 p.m.

Group III: Ages 12-18
DAYS: Mon, Tues, Wed & Thurs
TIMES: 11:45 a.m.–1:45 p.m. (M & W)
 11:45 a.m.–3 p.m. (T & TH)

PLACE:
 St. John United Methodist
 Church Gym
 1801 O'Malley Road, Anchorage

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June 23 – August 2, 2025

A six-week summer workshop where dancers ages 6-18 work on specialty numbers for our shows at the ACPA Discovery Theater.
Performances: July 31, Aug. 1 & 2

Director: Carly Flake

GROUP I: Ages 6-9
DAYS: Mon & Wed
TIMES: 11:45 a.m.–1:15 p.m.

GROUP II: Ages 10-12
DAYS: Mon & Wed
TIMES: 9:30–11:30 a.m.

GROUP III: Ages 12-18
DAYS: Mon & Wed
TIMES: 2–4 p.m.

PLACE:
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 Church Gym
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To sign up today, visit
themusicmachineanchorage.com





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themusicmachineanchorage.com



JOIN US FOR OUR 44TH YEAR!

**The Music Machine is Alaska's oldest
continuous musical program for kids**

Kids involved in the Music Machine programs learn more than music and movement. They are encouraged in a healthy, supportive environment to interact with other children, to develop teamwork and to feel a sense of pride in their accomplishments.

Many parents continue to enroll their children year after year, as the lessons the kids learn here benefit them in both their academic and social lives.

**SEE PROGRAM DATES AND SCHEDULE
ON THE BACK OF THIS FLYER.**



"...an excellent summer program. My family has been involved for over 15 years and it just gets better and better. Janet creates a warm and welcoming environment for kids to explore the world of music and dance.

The shows are high caliber and energetic. So much fun to watch and great family entertainment."

DENISE F.

"...simply the best! My first year in the program, it was the 10th anniversary. It was 1991 and I was 11 years old. My years in the program as a child are among my fondest memories. I looked forward to it every summer. I am so happy to see it still in operation...!"

CHRIS G.

"First my daughter and now my granddaughter are blessed to be a part of this amazing summer program. Janet Carr Campbell runs a finely "tuned" program. Teaching voice, dance, coordination, poise and stage presence are skills to last a lifetime. But the real benefit is being able to sing under the direction and leadership of Janet!"

SANDY B.

SUMMER CAMP

Programs

Camp K On Kenai Lake

Our overnight camp experience.

Traditional Camp Sessions

- Ages 6-17
- 5 days/4 nights, Monday-Friday
- Weekly themed activities
- Daily activities like swimming, boating, and target sports
- Round-trip Transportation from Anchorage to Cooper Landing included
- \$645-\$855 (tiered pricing)

Expedition: Halibut Cove

- Ages 13-17
- 5 days/4 nights
- Camp in tents, hike to a glacier, kayak through town, and explore tide pools. This will be a truly Alaskan experience—one you won't want to miss
- Round-trip Transportation from Anchorage to Cooper Landing included
- \$940

Teen Leadership Program

- Ages 15-17
- Participate in 2 weeks of camp program + counselor training and 2 weeks leading activities with younger campers
- If interested, contact Camp Director Tom Martin for an application at tmartin@campfireak.org
- Round-trip Transportation from Anchorage to Cooper Landing included
- 4-Week Session: \$3,760
- 3-Week Session: \$2,820



Scholarships and Tuition Assistance are available!



To learn more and apply, scan the QR code!

Our outdoor day camp experience.

Camp Fireweed

Counselor In Training (CIT) Program

- 14-15 year old youth who want to grow skills in leadership and childcare
- CIT participants will engage in customized trainings, lead younger groups of youth, and support camp operations throughout the week
- Have the opportunity to attend official trainings with Camp Fire's Summer 2025 camp counselors
- At the end of the session, participants will walk away with concrete skills, experiences, and knowledge around leadership, camp counseling, and support
- 2-Week Sessions: \$870

Weekly Camp Sessions

- Ages 5-13
- Located in Anchorage on the campus of Alaska Pacific University
- Campers get to explore the forest, practice target sports, and launch a canoe from the waterfront
- Each session is structured to create a classic, outdoor summer camp experience
- All campers get to experience rock wall climbing and swimming each week.
- \$435/session
- *Field trips are optional for an additional \$65



TO REGISTER,
SCAN THE QR CODE OR VISIT:
https://qr.fy.io/r/3_lngAchug

