

Ocean View Newsletter

APRIL 2024

Principal's Corner

In South High School's most recent newsletter, the principal wrote about Jonathan Haidt's, The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness. As I read his newsletter, I realized that to make a real difference, this must start younger, before our children have smart phones and social media.

Although I have not started the book, it is my next read. I agree with Dr. Almon that it might be the most important book we can all read if we want to create a healthier generation of students.

The book uses the almost undeniable correlation between the rise of smartphones and the sharp and concurrent rise in anxiety, depression, and other mental illnesses. This troubling correlation is then used as the basis for exploring what we can do to reverse this alarming trend.

Haidt urges us to return to the days when we didn't track our kids based on their phone's location, where we didn't text them constantly throughout the day or feel the need to always be able to reach them, and where we trusted they would learn to become independent as a result.

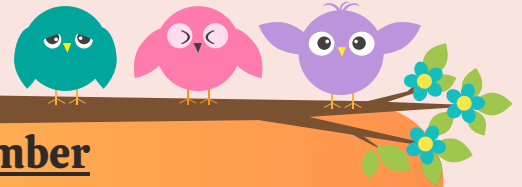
He also advocates for greatly restricting the time kids spend on phones and eliminating almost all access to them until students are at least 16 years old. This may prompt boredom, but that wouldn't be such a bad thing because boredom is often a precursor to creativity and inventiveness. It may also encourage more time spent outside in the open air, where there are fewer restrictions and a greater likelihood that kids would get more exercise, which acts as an antidote to anxiety.

I'll share a short excerpt from Haidt's introduction, which illustrates the need to move away from screens and into the in-person, in real-time, unfiltered real world:

"Succeeding socially in that universe (which revolves around social media) requires them to devote a large part of their consciousness to managing their online brand. This (is) now necessary to gain social acceptance from peers, which is the oxygen of adolescence, and to avoid online shaming, which is the nightmare of adolescence" (p. 6).

If you get an opportunity to read the book, I'd welcome your thoughts in response to it as we consider how to create a more humane world for our students both at school and in the larger community.

April



Important Dates To Remember

- 4/1 Yearbook order deadline
- 4/2 AK Star ELA Testing (Get a good night's sleep and eat a good breakfast).
- 4/2 Dine to Donate @Texas Roadhouse from 4pm-9pm
- 4/4 AK Star Math Testing (Get a good night's sleep and eat a good breakfast).
- 4/5 5th Grade Science Assessment
- 4/9 Girl Scouts visit during lunch
- 4/9 Final Choir Concert @ 9:30-10am
- 4/9 PTA meeting @ 5:30pm
- 4/10 Spring & Class Picture Day
- 4/10 Girl Scout Discovery Night @ 5:30-6:30 in the library
- Talent Show Practice after school @ 3:30-4:15 on 4/17; 4/19; 4/24 & 5/1
- 4/18 Movie Night @5:30pm
- 4/19 No School
- 4/23 Kindy Roundup @4:30-5pm
- 4/24 Dine and Donate @ Chuck E Cheese 3-9pm
- 4/29 School Assembly
- 4/29 & 4/30 MClass Testing
- 5/3 Fun Run
- 5/7 Talent Show at 9:30 am

Spring & Class Picture Day

April 10, 2024


Order now on
mylifetouch.com
Encarga hoy en mylifetouch.com

Don't miss your chance to get this special keepsake for \$15
¡Encarga hoy tu foto de la clase! No pierdas la oportunidad de obtener este regalo especial por \$15

Mark Your Calendar
Marcas tu calendario

Ocean View Elementary School

Picture Day ID: EVT7BKDRR



Design and class posing may vary by school. Lo poseo de la clase y el diseño pueden variar según la escuela.

Questions? Please contact Customer Service at 800-244-4373.
¿Preguntas? Comuníquese con el servicio de atención al cliente. Teléfono al 800-244-4373.

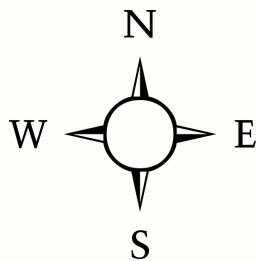
Lifetouch

SPRING PICTURE DAY IS COMING!

Pre-order on
mylifetouch.com
¡YA LLEGÓ EL DÍA DE LA FOTO DE PRIMAVERA!
Encarga de manera anticipada en mylifetouch.com




PERKS OF ORDERING ONLINE
Beneficios de realizar pedidos en línea.





Your Year of Friendship

Be part of a crew that celebrates you just the way you are!

Come see what the fun is about at our Discovery Night! Try a new activity while learning about Girl Scouts!

Free Event! Bring your grown-up(s) along.

Ocean View Elementary Library
Wednesday, April 10th from 5:30pm to 6:30pm



Sign up for our Extended Year Membership today and, for a limited time,* you can join and keep the fun going through September 2025! Financial assistance available!

Questions?
Call (907)248-2250
Email customer@girlscoutsalaska.org

girl scouts of alaska

*Full Year membership must be renewed annually. Membership year is October 1-September 30. ©2023 Girl Scouts of the USA. All Rights Reserved.
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Nurse's News

Please read the warning labels on energy drinks! Energy drinks are NOT recommended for children due to their high caffeine content, the potential for heart problems. Please see the below youtube clip regarding Prime Energy drinks, in particular, as kids have been promoting these on social media recently.

Regular soda 12oz: 30-40mg

Red Bull 8oz: 80mg "Not recommended for children..."

Prime Energy 12 oz: 200mg "Not recommended for children under 18 years of age..."

<https://www.youtube.com/watch?v=ZjympG55CeU>

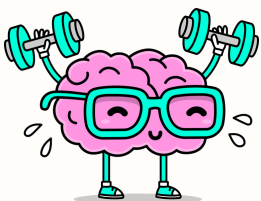
Why some experts are warning parents against PRIME energy drink

Social media is filled with videos of kids showing off their bottles, but experts say they should be careful, especially the energy version of PRIME.

www.youtube.com

Please promote water! Try adding fresh fruit as flavor. Pieces of cucumber or grapes give water a flavor that some kids love. Our bodies are more than 50% water.

Drinking more of it can improve are ability to recall information, help us focus, stay alert, and so many other good things 😊



Lanae Winfree, BSN, RN, NCSN
Ocean View Elementary School Nurse



May Talent Show



Permission slips will be sent home after spring break. Talent show practices will be after school on Wednesdays and Fridays April 17th, 19th, 24th, 26th, and May 1st. The Talent show will be on May 7th at 9:30 am in the MPR, and parents are welcome to attend.

Migrant Ed Preschool

Anchorage School District
**Migrant Education
Preschool Programs**

Apply
Online Now!
asdk12.org/preschool/gened

Program Details

- Children must be 4-years-old on or before September 1st of the current school year
- Families must meet income eligibility requirements through the State of Alaska for Migrant Education Services
- Visit asdk12.org/preschool/gened to review eligibility and selection information
- Children attend 3 hours on Monday, 4 hours per day Tuesday through Friday and follow the ASD school year calendar

Benefits for Children

- Comprehensive program with focus on all areas of development: social and emotional, physical, language, cognitive, math, and literacy
- School readiness including social emotional skills, increased self-confidence, and positive relationships with others
- Family engagement including home visiting
- Family resources through ASD Migrant Department

ASD Migrant Education
907-742-4275
migrant_office@asdk12.org

ASD Preschool
907-742-4140
asdpreschool@asdk12.org

ASD Migrant Education ASD Preschool Anchorage School District
Serving All Students in Service to All



Weather Lab with KTUU

Mrs. Patzke's and Mrs. Washburne's
class will be getting a visit from KTUU's
Melissa Frey April 10, 2024

.....

School Drop-off Time

8:40am

**No supervision is available before that
time**

.....



Campfire



For the 2024/25 school year, after school care will continue to be on site and will be from 2:30pm to 6pm Mon-Fri. Camp Fire Afterschool Program cost will be \$560/month. Camp Fire registration for the 2024-2025 school year will open Wednesday, March 20th at 10am AKST for all currently enrolled families, and on March 22nd at 10am AKST for all other families.

Please reach out to the Family Services Manager at campfire@campfireak.org or call their main office with any questions or concerns.



Ocean View Seal Club

This year the Ocean View Seal Club's community service fundraiser is the Chains of Caring for Providence Alaska Children's Hospital. Kids Helping Kids. This is an annual partnership with ASD to raise money to support care for the children at Providence Alaska Children's Hospital. Our school will participate by students creating paper chain links with messages of support for children at PACH and a donation of 25 cents for each link added to the chain.

WHEN: April 8th-12th

DONATION: \$.25 per chain

PRIZE: The grade level that brings in the most money will earn an extra recess.

Students will bring their donation to their classroom teacher, write their message on their paper chain, and the Seal Club will hang the chain in the school.

If you have questions, please reach out to Audra Doner @
doner_audra@asdk12.org

Thank you for supporting your school's Seal Club and Providence Alaska Children's Hospital. Kids Helping Kids.



2024 AK STAR and Alaska Science Assessment



Each spring, Alaskan students are provided an opportunity to show what they know. When students show what they know, teachers and parents can partner to promote student success. The State of Alaska Department of Education has partnered with NWEA to align and connect the English language arts (ELA) and mathematics tests with the MAP Growth benchmark assessments students take in fall and winter.

This balanced assessment system targets instruction to better support meeting students' individual learning needs. In addition, students will take only one assessment per content area (ELA and math) and be provided two scores as follows:

1. Summative assessment result at grade-level
2. MAP Growth interim benchmark result, including growth from fall to spring

AK STAR, the Alaska System of Academic Readiness, is comprised of English language arts and mathematics and is administered to students in grades 3-9. The Alaska Science Assessment is administered to students in grades 5, 8 and 10. The purpose of a large-scale, summative assessment is to provide parents and schools an overall picture of a student's progress in meeting the Alaska standards at grade level.

Parents can locate resources for AK STAR and the Alaska Science Assessment, including directions for Student Readiness (Practice Tests and Tutorials), student testing times and general assessment information on the ASD website at <https://www.asdk12.org/akstar>.

Parents can also help by ensuring their children are well rested, eat a nutritious breakfast, and are at school on time for the days of testing. Please avoid scheduling appointments on your child's testing days.

The ASD AK STAR and Alaska Science Assessment testing window allows for school assessment scheduling flexibility. Students! Get ready to show what you know during our school's AK STAR and Alaska Science Assessment testing dates: April 2, 2024, ELA, April 4, 2024, Math, April 5, 2024 Science (5th Grade Only)

2024 ASD AK STAR and Alaska Science Assessment Testing Window March 25-April 5

(Make-ups through April 26)

State of Alaska Window: March 25-April 26



Traditional Food Service at Oceanview Elementary begins March 25th

Anchorage School District Student Nutrition fuels student potential by providing wholesome meals and promoting healthy habits for lifelong success.



Testimonials from Fire Lake Elementary.

Students are choosing what they want to eat and eating what they take

The items on the share cart have greatly reduced

More students are eating provided breakfast and lunch

The amount of trash was reduced by half

Students are choosing more servings of fruits and vegetables

Increased student and parent participation



ASD STUDENT NUTRITION IS LEVELING UP!

Our mission at Student Nutrition is to bolster student success by serving wholesome meals that fuel optimal learning. To achieve this goal, we are gradually transitioning our elementary cafés from overwrapped hot and cold packs to fresh meals prepared on site. "Traditional service" will dramatically improve food quality, allow for increased menu options and engage students to choose their food. The result is greater consumption of fresh fruit and vegetables, and the added benefit of being environmentally friendly by reducing food and material waste.




****9001 Old Seward Hwy, Anchorage, AK 99515****

DINE TO DONATE

TO-GO

Ocean View Elementary PTA

DINE IN ~OR~ Use our Mobile App  to place a curbside order. *Make sure to let your Server or Curbside Specialist know* that you're part of the ***Ocean View Elementary PTA*** Fundraiser or present this flyer!

Tuesday, April 2nd
4:00pm - 9:00pm

Call Ahead Seating 907-336-7427

10% DONATION NIGHT

Support ***Ocean View Elementary*** by presenting this flyer to the ***Dimond South*** location and Texas Roadhouse will donate **10%** of your total food purchases to ***Ocean View Elementary***

CHUCK E. CHEESE® FUNRAISER

Turning Fun into Funds™
Benefiting



Ocean View Elementary

Wednesday
April 24th, 2024
3:00pm – 9:00pm



**20%
DONATION
ON ALL EVENT SALES!**

Bring this flyer to Chuck E. Cheese for
10 FREE PLAY POINTS

Limit 1 offer per child. Valid only on night of Fundraising Event. Activation of play card or band is not included.
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FR Panel #0741

**120 PLAY
POINTS
FOR \$30**

FR Panel #8166
**CHUCK E.
CHEESE.**

EXPIRES 12/31/24
Limit one per check. Valid with coupon and only on night of Fundraising Event.
Only at participating locations. Play card or band activation not included.
Dine-in only. © 2023 CEC Ent. Conc. LP. All rights reserved.

\$29⁹⁹

**1 Large (1 Topping) Pizza
4 Drinks**

EXPIRES 12/31/24
Limit one per check. Valid with coupon and only on night of Fundraising Event.
Only at participating locations. Dine-in only.
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FR Panel #5996
**CHUCK E.
CHEESE.**

**DOWNLOAD THE CHUCK E.
NEW APP GET 500 FREE
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EXPIRES 12/31/24
One time offer. Valid with first time registration.
See chuckecheese.com for more details.
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Sales include all food and merchandise purchased at the registers. Delivery & Carryout Orders placed directly at [ChuckE Cheese.com](https://chuckecheese.com) now also apply towards your fundraiser. You must add the item "School or Organization Fundraiser" to your cart before check-out and order from the location noted at right.

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