



SOLDOTNA PREP PRESS

Attendance Matters

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... From the Principal's Desk

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Possibly the single most important indicator of success in high school (and future careers) is regular attendance. Does your child miss school when it is not necessary? Does your child arrive late or regularly have dental/doctor visits during the school day? It is very rare that a student who misses school on a regular basis learns as much as they would if they were in class. Many of our teaching activities, classroom discussions, and lessons cannot be replicated by a make-up assignment. Teach your child the importance of attending school every day. Students grades, attitudes, and graduation rates all improve when students attend regularly and education is valued.

Establishing Good Routines

It is important to have routines in place for high school students, maybe even more than younger students. Often high school age students need help in managing their own routines as they participate in more extra-curricular activities, often have part-time jobs, conduct active social lives both face to face and electronically, and are assigned homework on a regular basis. Below are some tips to help with establishing these routines:

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Mark your Calendars

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Set a regular bedtime

Ask your child how their school day was --- what did you learn? ---what homework do you have?

Check their PowerSchool accounts regularly

Have regular study times

Be prepared with the correct supplies—paper, pencils, notebooks

Schedule time to talk with your children—eat a meal together daily

When asking them questions about their day or homework don't settle for "I don't know" type answers. Make them engage in the conversation with specific information about what they did in class or what happened during the day. Also, remember to encourage your students to keep trying each day they will thank you for this down the road. Success at school, and in real life, rarely requires them to be the best; it does requires hard work and dedication.

AMP (Alaska Measure of Progress)

The Alaska Measure of Progress (AMP) is replacing the Standards Based Assessment (SBA) in 2015. This new test is different in many ways from the format your students are used to seeing. The Alaska Department of Education has chosen the Achievement and Assessment Institute (AAI) at the University of Kansas to develop a custom assessment that measures the new Alaska English/Language Arts & Mathematics Standards adopted in 2012. Our previous assessment, the Standards Based Assessment (SBA) was administered for the final time in April 2014. The new, custom assessment from AAI, Alaska Measures of Progress (AMP), will be administered for the first time in spring 2015. To help prepare our students for this change we have been introducing them to the new format in our advisory periods and will administer some practice tests prior to the formal testing in April. In many ways proctoring this new test will be far less intrusive to the school setting and be much easier to facilitate. Only Math and Language Arts classes will be impacted for 4 days each during the April Testing window of April 6 - 24. For more information please use the following links:

<http://akassessments.org/>

<http://education.alaska.gov/akassessments/#c3gtabs-amp>

Thanks!

Curt Schmidt, Principal



SOLDOTNA PREP SCHOOL HONOR ROLL

SECOND QUARTER 2015

4.00 GPA

Garryn Baker, Ethan Bott, Derek Evans, Gavin Goggia, William Gross, Alice Han, Selby Hill, Jaela Hubbard, Ashley Jones, Kallie Kenner, Madeline Kindred, Mathphia McEntire, Melia Miller, Tehya Naylor, Emily Pieh, John-Mark Pothast, Cody Quelland, Michael Reutov, Delaney Risley, Tre Rybak, Jode Sparks

3.99 - 3.50 GPA

Anna Aley, Kellie Arthur, Trayton Bird, Ashlyn Branning, Caroline Cho, Charis Curry, Darrion Derflinger, Erin Dobbs, Nicholas Edwards, Elijah Elsey, Austen Eriksson, Kiernan Escott, Megan Fenton, Grace Graham, Andrew Gross, Kealey Hendricks, Sonya Houser, Javan King, Myra Love, Kamala Martin, Sarah McConnell, Samuel McElroy, Maguire Merriman, Charles Meyer, Cole Nelson, Hannah Noyes, Andrea Rodriguez, William Selden, Stormy Shields, Samuel Snow, Taylor Speakman, Caleb Spence, Vanessa Steiner, Ella Stenga, Mikala Swedberg, Kevin Tautfest, Autumn Waggoner, Hannah Wells

3.49 - 3.00 GPA

Sara Baktuit, Zachary Clark, Dominique Conner, Brandon Crowder, JuliAnn DiLucchio, Madisen Elder, Conner Fowler, Jay Frost, Brenner Furlong, Korie Gilmore, Haley Griffin, Patrick Gross, Daniel Grubb, Christian Hames, John Holland, Delaney Johnson, Blake Jones, Jake Marcuson, Brittany McNeil, Kamry Meyer, Calvin Mitzel, Michael Moore, Chloe Newby, Portia Padilla, Anna Peterson, Austin Reeves, Michaela Renfro, Tyler Reynolds, Alaina Swensen, Brooke Tapia, Luke Trammell, Farra Waldrip, Hailey Wilkinson, Whitney Wortham, Denali Wurst



NO SCHOOL for STUDENTS

Thursday, February 5: Parent/Teacher Conferences

Noon-3 & 4-7:00 pm in the Big Gym

Check in at the office for your student's schedule, then proceed to the small gym where teachers are at individual tables. Stand in line for the teachers you wish to see. Please try to keep conferences to a maximum of 5 minutes each, so everyone can be accommodated.

Friday, February 6: Teacher In-service Day

Chess Club during lunch in Rm 18, Tuesday through Thursday

Lunch tutoring Monday through Friday in Room 11 specializes in English

After School tutoring Monday and Wednesday 2:25-3:25 PM specializes in Math

Native Youth Leadership Club Rm 10 2:15-3:00 the 1st and 3rd Wednesday of every month

Poetry Out Loud Meeting Rm 10 2:15-3:00 the 2nd and 4th Wednesday of every month

Battle of the Books Team

Prepares for District Battle


Soldotna Prep Battle of the Books team will be battling with schools in our district on February 2nd beginning at 9:00 am. If we win, the state battle will be February 24th. Team members are: Elizabeth Lisenby, John Holland, Anthony Kitson, and Sarah McConnell with coach Heather Swanson.





Daylight Savings Time

Begins Sunday, March 8, 2015



EARLY RELEASE DAYS

FEBRUARY 4 & MARCH 27

SCHEDULE




1 st	7:35 - 8:05	(30 min)
2 nd	8:10 - 8:40	(30 min)
3 rd	8:45 - 9:15	(30 min)
4 th	9:20 - 9:55	(35 min)
5 th	10:00 - 10:30	(30 min)
Lunch	10:30 - 11:00	(30 min)
6 th	11:00 - 11:35	(35 min)
Adv.	11:40 - 12:45	(65 min)
Bus Pickup	1:00	

Congratulations to the Soldotna Chamber of Commerce Students of the Month Selby Hill for December and Tre Rybak for January.

Congratulations to these students who were honored at the 2nd quarter Student of the Month luncheon on December 5, hosted by our National Honor Society members. Taha Trigg-Math, Kallier Kenner-Lang Arts, Ashley Jones-Art, Selby Hill-Social Studies, Jaela Hubbard-Science, and Calvin Mitzel-Music

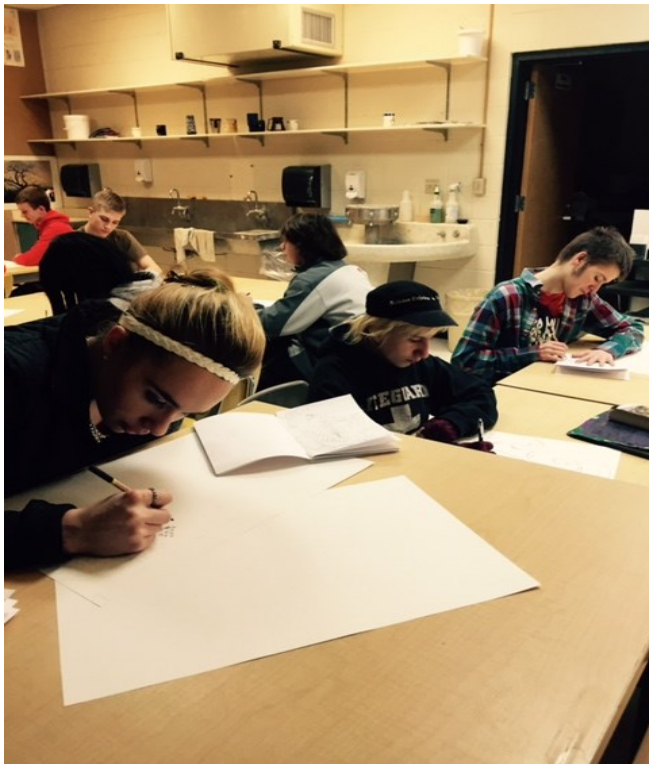
Track, Softball, Soccer begin Monday, March 9th

REMINDER: Participants must have **proof of a current physical** and have **all paperwork completed and turned in BEFORE** they can try out or practice. **Fees must be paid to SOHI**

ART NEWS --- from Miss Rene', Art Instructor

SoPrep's awesome students are off to a great creative start in art. They are currently reviewing the Principles and Elements of art while Beginning Art class creates masterpieces in Graphite. Ceramics students are making animal rattles with pinch pots now. This is in prelude to next quarter's wheel work when they will be making mugs and bowls. It is going to be a fun semester in art





In March, Health classes will be doing MFA classes in CPR and First Aid. For now, enjoy winter activities.

Winter sports can help you burn calories, increase your cardiovascular fitness, and strengthen muscles. Activities that are weight-bearing (like cross-country skiing or skating) help build stronger and denser bones. If we ever see snow, then snow shoeing is a fun way to get out in the woods and be active with friends. Fluids and good nutrition are essential for both sports activities and healthy growth. Juice, water, and soup are great ways to get fluids in. But avoid caffeinated drinks, which won't hydrate you as well. Breakfast, or at least a snack bar or fruit or string cheese will aid in avoiding the midmorning headaches and tiredness. We do serve breakfast here at school.

Being outdoors and getting exercise are great for your mental health. Exercise boosts mood, and our increasing sunlight seems to help beat back the winter blues. Dress in layers for changing conditions, use sunblock on bright days, and always keep a hat and gloves along for windy conditions that increase the chill. Choosing footwear that matches the conditions is ideal. If you do wear non-winter shoes, then walk carefully and use cleats during slick conditions to avoid injuries.

People who stay out in the cold too long may risk frostbite and hypothermia. With frostbite, your body tissue literally freezes. Frostbite is fairly rare in teens' everyday outdoor activities, but if your ears, toes, or fingers feel really cold, get out of the cold. Hand warmers are helpful to avoid frostbite, but may cause burns when skin is numb from cold so warm water or armpits are safer ways for rewarming. If the discomfort or tingling doesn't go away after a half hour or so, it's time to call a doctor.

Whether you travel by snowshoe, car, or snowmobile, it's always a good idea to let someone know where you're going and when you expect to be back. Don't go solo – take along a buddy who can go for help if there's trouble. Take a locator beacon or fully charged phone. Carry extra clothes, especially hats, gloves, and socks. Whatever vehicle you use, should have an emergency kit containing flares, blanket, flashlight that works, small first aid kit, packaged finger foods, matches, candle, lighter, metal cup, tea or drink packets.

Even indoors, there are some cold-weather health hazards to watch out for. More people come down with colds and the flu as activities move indoors for the winter. Avoid missing out on winter fun by washing your hands frequently, not sharing food or utensils, and getting your flu vaccine. Eat healthy foods and get enough rest to boost your immune system. If you sweat, change into dry clothes, and try to layer for the conditions. Above all, get out and safely enjoy our beautiful country that most people only dream of seeing. Take part in the Winter Games at the Sports Center, ice fish, watch Auroras.

“Adapted from teen Kidshealth.org.”

From Nurse Evie

IMPORTANT REMINDERS

SCHOOL DELAY/CLOSURE - In case of inclement weather, hazardous road conditions, or other emergency situations, check for announcements on the district website at www.kpbsd.k12.ak.us, and/or listen to the local radio stations. The AlertNow automated phone system will also call you, assuming we have your correct phone number(s).

SOLDOTNA PREP WEBSITE/BLOG - Find the monthly calendars, daily announcements, newsletters, and lots of other information - <http://soldotnaprepschool.blogs.kpbsd.k12.ak.us/wpmu/> or www.kpbsd.k12.ak.us, click on Schools and select Soldotna Prep. Save to your Favorites or as a shortcut on your computer desktop.

POWERSCHOOL - View attendance, assignments, and grades. Call Mrs. Madden at 260-2318 if you have questions about your log-in.

DISTRICT WEBSITE - www.kpbsd.k12.ak.us - This site has lots of helpful information.

KEEP US INFORMED - Please let us know of any changes to your phone numbers, physical and/or mailing addresses, email addresses, emergency contact information, etc., so we have the correct information.

VOLUNTEER SCREENING - Anyone volunteering at any school function or activity is required to complete the

MARK YOUR CALENDARS

February 4: EARLY RELEASE DAY

February 5: NO SCHOOL for students - PARENT/TEACHER CONFERENCES from Noon -3 & 4-7:00 pm

February 6: NO SCHOOL for students - TEACHER INSERVICE/WORK DAY

March 6: NO SCHOOL for students - END OF 3rd QUARTER INSERVICE/WORK DAY

March 8-15: NO SCHOOL - SPRING BREAK

APRIL 3: NO SCHOOL for staff or students - VACATION DAY

APRIL 13 THROUGH APRIL 24: AMP TESTING during LA and Math classes

APRIL 18: PROM @ SOHI

MAY 1: EARLY RELEASE DAY

May 20: LAST DAY OF SCHOOL for students

**Public Pool Use Meetings**

The Kenai Peninsula Borough School District will hold Public Pool Use Meetings as well as Public Budget Meetings as follows:

Tuesday, February 17, 2015 in the Seward High School Library

Pool use meeting begins at 5:00 p.m.

Public budget meeting begins at 5:30 p.m.

Wednesday, February 18, 2015 in the Soldotna High School Library

Pool use meeting begins at 5:00 p.m.

Public budget meeting begins at 5:30 p.m.

Tuesday, February 24, 2015 in the Homer High School Library

Pool use meeting begins at 5:00 p.m.

Public budget meeting begins at 5:30 p.m.

Everyone is encouraged to attend the meetings of their choice. If there are questions, please contact Lassie Nelson at 714-8838.