



Soldotna Prep Press

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**Kenai Peninsula Borough
School District**
[http://
www.kpbsd.k12.ak.us/](http://www.kpbsd.k12.ak.us/)

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... From the Principal's Desk

Help your child succeed in school:
Build the habit of good attendance

GOAL:  Every student will attend school at least 90% of the time.

A missed school day is a lost opportunity for students to learn. There is a direct correlation between students who attend school regularly and higher academic achievement levels.

Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college and at work.

Thanks! Curt Schmidt, Principal

*Happy
Valentine's
Day*



SOLDOTNA PREP SCHOOL HONOR ROLL

SECOND QUARTER 2016

4.00 GPA

Asia Angeles-Hanson, Elliana Bruce, Haley Buckbee, Hannah Delker, Porter Evans, Sally Hoagland, Sydney Juliussen, Serena Larrow, Michael Michael, Cloe Milbauer, Cody Nye, Marlayna Saavedra, Jaida Sturman,

3.50 – 3.99 GPA

Donald Bennett, Erika Bennett, Kortney Birch, Brittani Blossom, Madelyn Brennan, Carsen Brown, Kristina Bybee, Megan Calloway, Luis Chicas-Sorto, Wyatt Denna, Alyson Driskell, Megan Eskue, Mykenna Foster, Cassie Haeg, Dalton Hatten, Kennedy Holland, Brock Kant, Katelynn Kimes, Trevor Marks, Caleb Matson, Kalyn McGillivray, Darby McMillan, Natalia O'Toole, Aliann Schmidt, Kayli Smith, Kyla Smith, Benjamin Snow, Liam Sullivan, Sophie Thomas, Brighton Turvin, Levi Wahl, Thomas Wells, Brennan Werner, Mikaele Wong

3.00 - 3.49 GPA

Joanna Cornelius, Tanner Craig, Joseph Fiebelkorn, Victoria Giles, Ashlee Heiman, River Kitchens, Derek Lewis, Quinn Lucas, Amanda McGlothen, Dakota Mercurieff, Morgan Nelson, Mackenzie Powell, Danica Schmidt, Bethani Shepard, Samuel Skolnick, Holly Todd, Ashlyn Vehmeier, Alijah West, Colleen Yeskie



NO SCHOOL for STUDENTS

Thursday, February 4: Parent/Teacher Conferences

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

Check in at the office for your student's progress report, 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 5: Teacher In-service Day

PUBLIC MEETING

The Kenai Peninsula Borough School District is holding Public Budget Meetings at the following locations:

Tuesday, February 16, 2016 at 5:30 p.m. in the Seward High School library

Wednesday, February 17, 2016 at 5:30 p.m. in the Soldotna High School library

Tuesday, February 23, 2016 at 5:30 p.m. in the Homer High School library

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



The following students will be honored at the Student of the Month Dessert Party during advisory at SOHI on February 18th.

Math-Victoria Denison

Science- Kortney Birch

Language Arts- Jayden Kemp

Social Studies- Trinity Palm


World Issue and Relations- Quinn Lucas

Strength Training PE- Brittani Blossom

Choir- Megan Eskue



Daylight Savings Time
Begins Sunday, March 13, 2016



Congratulations to the Soldotna Chamber of Commerce Students of the Month

November: Cody Nye
 December: Hannah Delker
 January : Kortney Birch

EARLY RELEASE DAYS
FEBRUARY 3 & April 1




SCHEDULE

| | |
|-------------------|---------------|
| 1 st | 7:35 - 8:19 |
| 2 nd | 8:22 - 9:06 |
| 3 rd | 9:12 - 9:56 |
| 4 th | 9:59 - 10:42 |
| Lunch | 10:42 - 11:12 |
| 5 th | 11:17 - 12:00 |
| 6 th | 12:03 - 12:45 |
| Bus Pickup | 1:00 |

Softball open gym times will start in March
 Monday's: 8pm - 9pm at the Prep
 Wednesday's: 6pm -8pm at SoHi
 Thursday's: 6pm - 8pm at SoHi

Track, Softball, Soccer begin Monday, March 7th

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

SOLDOTNA PREP SCHOOL HONOR ROLL
FIRST SEMESTER 2016

4.00 GPA

Asia Angeles-Hanson, Donald Bennett, Erika Bennett, Kortney Birch, Elliana Bruce, Haley Buckbee, Hannah Delker, Porter Evans, Sydney Juliussen, Serena Larrow, Michael Michael, Cloe Milbauer, Cody Nye, Marlayna Saavedra, Aliann Schmidt, Jaida Sturman,

3.50 - 3.99 GPA

Brittani Blossom, Madelyn Brennan, Carsen Brown, Kristina Bybee, Megan Calloway, Luis Chicas-Sorto, Alyson Driskell, Megan Eskue, Mykenna Foster, Dalton Hatten, Sally Hoagland, Kennedy Holland, Brock Kant, Katelynn Kimes, Quinn Lucas, Trevor Marks, Caleb Matson, Kalyn McGillivray, Darby McMillan, Danica Schmidt, Benjamin Snow, Bethani Shepard, Kayli Smith, Liam Sullivan, Sophie Thomas, Brighton Turvin, Gabriel Wackler-Murdock, Levi Wahl, Thomas Wells, Brennan Werner, Mikaele Wong

3.00 - 3.49 GPA

Joanna Cornelius, Samantha Denbrock, Wyatt Denna, Amanda Eby, Joseph Fiebelkorn, Victoria Giles, Titan Griffin, Cassie Haeg, Ashlee Heiman, River Kitchens, Jeremy Kupferschmid, Travis Lindley, Kodi McGillivray, Amanda McGlothen, Dakota Mercurieff, Morgan Nelson, Natalia O'Toole, Katie Schwartz, Samuel Skolnick, Kyla Smith, Holly Todd, Ashlyn Vehmeier



Beginning February 29th through March 4th, 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 online application on the KPBSD web site.

MARK YOUR CALENDARS

February 3: EARLY RELEASE DAY

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

February 5: NO SCHOOL for students - TEACHER INSERVICE/WORK DAY

March 11: NO SCHOOL for students - END OF 3rd QUARTER INSERVICE/WORK DAY

March 14-20: NO SCHOOL - SPRING BREAK

APRIL 1: EARLY RELEASE DAY

APRIL 11 THROUGH APRIL 14 AMP TESTING during LA and Math classes

MAY 4: EARLY RELEASE DAY

May 18: LAST DAY OF SCHOOL for students

**LIBRARY NEWS****Helpful Websites for School and Leisure**

Live Home Work Help is available for all Alaskans K- into college classes from noon to 2:00 AM daily! This service links you up with a qualified live tutor that helps you work through your homework, giving you skills as you work to the answer together. Write Tutor Review, test prep and career resources are also available. Click on: <http://lam.alaska.gov/sled/homework> or go to Live Homework Help located in the Digital Pipeline link found in the Soldotna Prep Library blog under our school site. Using the tutor.com address directly might cause errors getting to the site paid for by Alaskan Libraries and the State of Alaska.

<http://sled.alaska.edu/databases/> Clicking on this link or the Digital Pipeline link at the Soldotna Prep Library blog will bring the world of research to your fingertips through SLED Statewide Library Electronic Doorway. Once in SLED you may choose from several trusted databases. Some great ones to check out are: Academic Search Premier (full text of just about every periodical), Alaska's Digital Archives (Alaska's history and culture), and All EBSCO Host Databases (lists over 30 databases for home repair, small business, hobbies, health, newspapers around the world, Novelist (find a book similar to one you like), and fun research sites for all school subjects). Check SLED out today!!