



SEWARD MIDDLE
SCHOOL

November Newsletter

NOVEMBER 1, 2015



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General News



Parents it is important that we have your correct mailing address and contact numbers. If this information changes please send a note in or call the office at 224-9000 with your current contact information.



Tutoring is available to students Monday, Wednesday and Thursday from 2:25-3:00pm. A bus pass can be issued for students to ride the elementary bus home if needed.



Parents if you have not signed up for PowerSchool please call the office at 224-9000 today to get your log in and password information. You will be able to check on your child's grades, see missing assignments, lunch balance and much more information as well as being able to communicate with teachers.

Important Dates for November

- November 1—Daylight Saving time, set clocks back 1 hour at 2am.
- November 25—Students Early release at 12:50pm
- November 26 & 27—No School Thanksgiving break— No School



Notes from the Principal

I recently had the opportunity to travel from classroom to classroom to check out some of our new exploratories which are available to interested students. New to Seward Middle are both guitars (taught by Mr. Barnwell), and American Sign Language (taught by Mr. Engelhaupt and Ms. Stanley). It's fun to see our teachers bringing their passions and hobbies into the classroom and connecting with our students outside of core academics.

I have a few updates for 2nd quarter to share with you:

- 1.) Round one of conferences begins next week on Oct. 29 and 30. We may have to conduct conferences in classrooms, as Seward Middle will serve as overflow for the King of the Mountain wrestling tournament. Look for signs to guide you along the way when you enter the building, and I'll do my best to keep our visitors quiet and orderly.
- 2.) Grade 7 Health has been furloughed to third quarter. Our seventh graders are half-way through the 4R Health curriculum, and will pick it up again next quarter. This was a last minute switch due to an unexpected overload on the resource department. Jess Gal, Resource Dpt. Chair, is our 4R Health instructor.
- 3.) Due to a high number of turnout for boys and girls basketball, Coach Collins, Hettrick, von Borstel and I, met briefly to discuss options for playing time during November and December competition. C teams do not exist borough-wide, therefore it will be difficult to provide equitable playing time for the 21 members of the boys B team. We will do our best, and keep you informed.

If you have any questions or comments, please don't hesitate to give me a call, or send me an email: arothernberger@kpbsd.org or 224-9000.

Best regards,

Andy

Teachers News

Parents/Students please take time to visit the teachers sites below. If absent this is where you and your child need to check for assignments.

- **Mrs. Walker:**

Language Arts 7: <https://kpbsd.instructure.com/courses/10435>

Language Arts 8: <https://kpbsd.instructure.com/courses/10436>

U.S. History: <https://kpbsd.instructure.com/courses/11013>

- **Mrs. Wade:**

Wade Algebra: <https://kpbsd.instructure.com/courses/10472>

Wade Pre-Algebra: <https://kpbsd.instructure.com/courses/10428>

Wade Math 7: <https://kpbsd.instructure.com/courses/10429>

Wade SMARTians: <https://kpbsd.instructure.com/courses/10431>

- **Mrs. Liljemark:** <https://kpbsd.instructure.com/courses/10875>

- **Mrs. Nichol's Canvas class page:** <https://kpbsd.instructure.com/courses/10445>

- **Ms. Hammer's classes: PowerSchool:** <https://ps.kpbsd.k12.ak.us/public/home.html>

- **Mrs. Scrivo:** www.scrivosuperstars.com

- **Mrs. Barnwell:** <https://sites.google.com/a/g.kpbsd.org/mr-b-s-6th-grade-09-10/>

- **Jessica Gal: Math 8:** <https://kpbsd.instructure.com/courses/10432>

Math 7: <https://kpbsd.instructure.com/courses/10433>

Math 6: <https://kpbsd.instructure.com/courses/11214>



PowerSchool is also a place to check for grades, lunch balance and communicate with teachers if you haven't signed up please call the office at 224-9000 or check the parent packet your student brought home the first day of school.

PowerSchool Web page: <https://ps.kpbsd.k12.ak.us/public/home.html>

Nurses News



Kinesio Taping

I had attended a two day conference on kinesiotaping in Anchorage recently. Kinesio tape was originally invented by Dr. Kenzo Kase in 1979 in Japan and in fact is having a 30th symposium in Japan this November. I attended this conference because I was curious to see if there was any legitimacy to the tape. I have seen the tape used by world-class olympic and professional athletes. It is so popular now, you can buy it on Amazon. Our instructor informed us that there are many “knock offs” of kinesio tape. The analogy that he gave was would you have your athlete run in Skechers in competition? He said, “Skechers makes a running shoe but it hasn’t gone through the rigorous testing that other well-known running shoe companies have”. The Kinesio tape by Dr. Kase has scientific research behind its’ product. In other words, all kinesio tape are not equal. The purpose of the tape is to facilitate the body’s natural healing process while allowing support and stability to muscles and joints without restricting the body’s range of motion. So, does it work? Many of us were skeptical. Well, we taped our partners head to toe and had very positive reviews. Participants had low back pain, knee and ankle instability to name a few problems. One of the participating therapist brought in a patient who was a recent and young Afghanistan vet with PTSD. His duties entailed dealing with IEDs, road-side bombs. He was handling an IED and it exploded in his left hand. His hand looked like a hook. His fingers were severely contracted like a claw. Within 10 minutes of the instructor applying the tape, you can see the hand relax by 40% which was dramatic. If I hadn’t seen it, I wouldn’t have believed it. There is definitely a technique to using the tape therapeutically to relieve a person’s pain. I have more to learn and more kinesio taping classes to attend but I am excited to add this non-pharmaceutical treatment modality for our students.

Yolanda Ifflander RN, BSN

School Nurse

Seward MS, HS, Moose Pass, Cooper Landing, and Hope

(907) 224-9018 SMS; 224-9088 SHS

Alaska Measures of Progress (AMP) Testing

In the spring of 2015, students in grades 3-10 across the state of Alaska took a new assessment called the Alaska Measures of Progress (AMP). AMP replaced the Standards Based Assessments (SBA). This is the first year of the AMP test, and score results are delayed due to the State of Alaska’s standard setting process to determine the range of scores for each level of achievement. Individual school scores are expected in October after the process of standard setting is complete. Statewide scores expect to be released in late August. [Learn more.](#)

1st Quarter A/B Honor Roll

6th Grade: kekoa Albino, Carina Allen, Fisher Allen, Hailey Anderson, Rowan Bean, Ryan Brown*, Caitlin Corrigan, Wren Dougherty, Gavin Foote, Joseph Foutz, Kloey Fredrick*, Luke Gunter, Steven Harshman, Grant Hinders, James Milburn, Bryan Mitchell, Annika Nilsson, Aiden Perea, Hannah Schilling*, Shelby Sieminski, Peter Spanos, Sailor Terry, Emily Unrein, Destiny Walker.

7th Grade: Anevay Ambrosiana*, Reanna Brewi*, Lucas Brockman, Cody Bryden, Selma Casagrande*, Lucy Hankins, Maila Hewitt, Trey Ingalls*, Neil Lindquist, Calysta Lohman, Kylie Mullaly, Max Pfeiffenberger, Marisa Phasomsap, Tegan Retzer*, Katelyn Sawyer-Lemme*, Sequoia Sieverts, Ashley Trapp, Jacob Wendt.

8th Grade: Madison Athey, Allyson Chryss, Sophia Dow, Dylan Dunning, Lincoln Farris, Lindy Guernsey*, Jack Gunter, Hunter Hollingsworth, Jonah Lindquist*, Justin McMurray*, Ryan Miller, Madilyn Moore*, John Moriarty, Bjorn Nilsson*, Joshua Park*, Kalista Rodriguez, Connor Spanos*, Daisy Terry, Callie Tomlinson, Jaden Vanddyke.

*4.0 GPA

Sports News

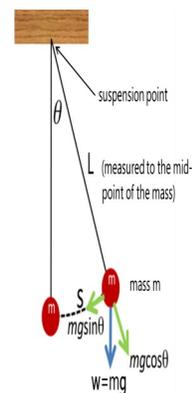


Basketball Schedule

- **Saturday, 10/31**—Nikiski – Boys 9am-1pm. Girls 1pm-5pm.
- **Saturday, 11/7**—Skyview vs. Seward @ Seward 12pm.
- **Friday, 11/13**—Kenai vs. Seward @ Kenai—2:30pm.
- **Friday, 11/20**—Nikiski vs. Seward @ Seward—3pm.
- **Saturday, 11/21**—Seward vs. Homer @ Seward—Noon.
- **Friday, 12/4**—Skyview vs. Seward @ Skyview—3pm
- **Tuesday, 12/8**—First round of borough tournament - TBA
- **Saturday, 12/13**—Finals of borough tournament @ Skyview -10am

Mind-A-Mazes

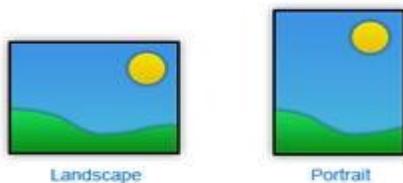
Seward Middle School was represented this year at the 2015-16 Mind A-Mazes Competition in Soldotna on October 10th. This year's problem was to build a free-standing pendulum that could pop an inflated non-latex glove, ring a bell, draw something, pick something up and knock something over at least once. Extra points could be earned for repeating the tasks, and it all had to be accomplished in 2 minutes or less. It was a tough problem! Forty teams met to represent their schools from across the district. Seward Middle walked away with 3rd place in the Intermediate/Senior Division represented by Team Broccoli: Kamryn Pack, Priscilla Stoltz, and Lindy Guernsey and 1st place in the junior division represented by Team KWT: Katie Zernia, Wren Dougherty, and Tommy Cronin. Congratulations to all of the competing teams!!



Yearbook Cover Contest

Students have an opportunity to make Seward Middle School history through the school's yearbook cover contest. Seward Middle School students can submit up to 3 original artwork entries to have a shot at having their art become the yearbook's front cover. All entries must meet the following requirements:

- The entry must be original art created by the student.
- The entry can be digital, photography, or hard copy (like a hand-drawn drawing)
- The entry must say "Seward Middle School" and "2015-2016"
- The entry must be "portrait" style and not "landscape."



Due Date: November 23, 2015 (Monday before Thanksgiving)

Submission: Submit all entries to Mrs. Liljemark either by email (mliljemark@kpbsd.org) or in person

Cover Winner: All students in the school will vote on Tuesday, November 24 with a run-off vote (as needed) on Wednesday.

Questions? Contact Mrs. Liljemark 907-224-9024



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P.O. Box 1149
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Seward, AK 99664
Phone: 907-224-9000
Fax: 907-224-9001
School Blog:
<http://sewardmiddleschool.blogs.kpbsd.k12.ak.us/wpmu/>

STUFFED ANIMAL DRIVE



National Honor Society is hosting a Stuffed Animal Drive! We want your clean and gently used stuffed animals! This will run from Monday, October 12-27. Please bring them to school and put them in the bin by the office. These stuffed animals will go to local organizations such as the Hospital, Police Department, Fire Department, and Sea View to comfort kids in need! Clean out your room and do a good deed!



District News

Building a Sustainable Future for Alaska: The KPBSD Board of Education encourages everyone to participate in Governor Walker's [Sustainable Future: conversations with Alaskans](#) through an interactive revenue and expenditure model that "allows you to fix Alaska's budget your way."

Apply for Free or Reduced price meals: NEW—you can now apply online! It's safe and secure. KPBSD provides free and reduced-price meals for children served in the National School Breakfast and Lunch programs. Every year the results from students qualifying for free or reduced price meals results in significant funding for the school district. [Please take five minutes to complete the online application—click here.](#)

School Safety Closure or Delay Start information: Parents and guardians, school safety is a top priority in the KPBSD. It's important for you to know what to do before, during, and after a school emergency, weather related delay start, or school closure. Please visit this webpage to familiarize yourself with A.L.I.C.E., KPBSD emergency terms and actions, and how to learn if there will be a two-hour delay start or school closure. [Learn more here.](#)

KPBSD Mobile App: our free all-in-one information source is a download away! The KPBSD app provides you direct access to the district's most sought after information in the most convenient format—your mobile device. Free for users, it is available for immediate download on iPhone and Android devices. You can find Kenai Peninsula Borough SD in the app store. [Get it now.](#)

Tip: personalize your app by subscribing to specific KPBSD schools for calendar events, PowerSchool, more!