



Ole Steller Yeller

April 20, 2010



Importance of Student Discussion:

H. Green

Students, it goes without saying that everyone wants you to get good grades. I would like to add something to that. I would like to ask each student to participate.

There is academic value in students being present in class, in hearing the explanations of teachers, in discussing subjects with other students.

How to contribute to the discussion of ideas-making your voice heard

At the appropriate time in classroom discussions, don't be afraid to voice your opinion, even if you differ from your teacher or classmates. Your opinion can and should be based on the text, other readings, class discussions, library sources, experts in the topic,

as well as your own experience.

In class, listen carefully to what the teacher or other students are saying. Mark or make notes of the points you wish to answer, discuss, or question.

Remember: a question is as valuable as an opinion in the course of discussion. It shows that you are trying to understand others, as well as be understood!

Introduce your contribution with a quick summary of the discussion or point... "As I understand it..." Restating the discussion/author's main idea also shows that you are trying to understand, and shows where you are in understanding.

It is very likely that if you have questions or information, others will share them.

Be certain it is clear to the class and teacher when you are summarizing and when you are giving your opinion. Try to keep your comments to the point and don't hesitate to refer to your notes: logic is not a speed test...

In making an argument, begin with examples from the author or teacher (imitation can be a form of flattery), but generally use your own examples to show your agreement with their point of view. This demonstrates independent thinking which should be valued in an academic setting.

Study Guide and Strategies

Although a student may be able to read a textbook and pass an examination, if he or she has not participated - has not become involved in classroom discussions - that student has missed a valuable part of the education offered in our school.

Staff Corner

Hello Steller families! We are coming up on the final weeks of classes and the end of the academic year. It's hard to believe but by the time you read this column mid-quarter will have come and gone. As usual, it has been a pleasure to work with you and with your children!

The teaching staff would like to take this opportunity to share a few upcoming changes in our routine with you.

Advisory Group Feedback Student Survey

We administered the student survey on March 30th and will tabulate results in the coming week. These will be made available at the April Advisory Board meeting.

Parent/Student/Advisor Conferences

In years past we have hosted Parent/Student/Advisor conferences at the end of the year to review your child's progress and to look ahead to the coming year. This May we will again host conferences but instead of being obligatory they will be optional and they will take place over the course of one day instead of two. This switch will allow us to pre-register our returning students for the fall semester on what would have

been the second day of conferences. The final week of school will look like this:

Mon: May 17 Olympics
Tue : May 18 Stand and Deliver
Presentations/Graduation
Wed: May 19 Year-end Conferences
Thur: May 20 Registration
Seniors 8:30 – 10:00
11th/8th 10:00 – 12:00
9th/10th 1:00 – 3:00

Registration Make up day in the fall TBA

Beginning in the fall of 2010/2011 we will follow the ASD calendar for Parent/Teacher/Student conferences. These will be in October and again in March. As usual, you are welcome to conference at any time during the year as the need arises.

Student Government/Community Involvement Credit

Students serving as Advisory group Reps and engaged in Operational Group and Advisory Board will be able to earn elective credit next year for their commitment to student empowerment. Details will be available in the fall via their advisor.

Next Year's Plans

Parents of 7-11th graders: please notify the school if you are moving this summer and/or your student is planning on going to another school next fall. You may email Susan at levy_susan@asdk12.org or call the office 742-4950. We need to know how many slots we have to fill for incoming students.

Thank you very much!

Nurse's Notes



Building Our Youth's Developmental Assets

Each month, in addition to the Nurse's Notes, I will include The Search Institute's "Ideas for Parents" a mini-newsletter containing suggestions and ideas on how to build your child's assets. This month's focus is *Boundaries & Expectations: Positive Peer*

Influence. More information can be found at the Safe & Drug Free School's link via the ASD website, The Search Institute www.search-institute.org, or by contacting me directly. I also have a great book on developmental asset building in Alaskan youth if you are interested.

Spring Intensives & Travel

If your student is participating in travel or an overnight intensive, the health office will need updated medical and medication information. Please check with your student as he/she should have paperwork for you to review and return to the health office prior to intensives.

Student Medication

Medications cannot be left in the nurse's office over the summer. It must either be returned to the parent or discarded. PLEASE PICK UP MEDICATION IN THE NURSE'S OFFICE BY 11:00am, Thursday, May 20, 2010. Per ASD policy, any medication not picked up will be turned into ASD Health Services and destroyed.

Immunizations Due

Many students will need immunization boosters before the end of school and over the summer. The immunization must be received and documentation provided to the school prior to attending classes. The State of Alaska has a strict "NO SHOT, NO SCHOOL" policy. Reminder letters are mailed out monthly and several months prior to your students immunization due date. Letters for immunizations due over the summer will be mailed in May. Free immunizations are available at a variety of locations; please contact me with any questions or concerns.

Prom and Graduation Parties

Prom night and graduation are soon approaching. We want this to be a time of fond memories and not a reminder of a tragic event. Please take the time to remind your sons and daughters about the safety issues and consequences of drug and alcohol use. Remind them that it impairs judgment, lowers inhibitions, and can cause alcohol poisoning/ overdose, all of which increase the risk for motor vehicle accidents. Lets work together to keep our students safe.

Donations

Lunch, snack, and drink donations are needed for students who forget or don't have lunch. Lunch and snack items that do not require refrigeration or freezing and have a good shelf life work best. Suggestions for donations include: soup cups, granola bars, oatmeal, juice boxes, etc.

Nurse Wendy

Lottery Deadline

Please help spread the word that the July lottery deadline is July 29 at 3:00 pm. The drawing will be the following day.

ideas for parents

Practical Suggestions for Building Assets in Your Child

FAST FACTS

**ASSET #15:
Positive
Peer
Influence**

Youth are more likely to grow up healthy when their best friends model responsible behavior.

60%

*of youth surveyed by Search Institute have this asset in their lives.**

What Are Assets?

Assets are 40 key building blocks to help kids succeed. "Positive peer influence" is one of six boundaries and expectations assets.

* Based on Search Institute survey of about 100,000 kids in 12th-grade youth throughout the United States.

Photos of Friends: Snapshots of Responsibility

The best way to encourage children to choose positive, healthy relationships is to model them ourselves. Take out an old yearbook or photo album. Look at pictures of the friends you had as a teenager.

Think about the friends who acted in ways you admired. Most people can remember at least one person who always sensed when things weren't going well and called, sent a note, or showed up to find out what was wrong. Often, these are the people who turned out to be lifelong friends.

How about people who weren't such true friends? Was there someone who spread rumors about you, or talked behind your back? Did you ever have a friend who tried to get you to do things you didn't want to do? The pain of these kinds of experiences often teaches young people a lot about how they want to be treated by others.

No one forced you to like people who were



good to you, or feel angry at people who hurt you. You had to make your own choices about who your friends were. In the same way, we can't control who our children choose as friends. They are exploring their world, themselves, and the people around them. Sometimes they're attracted to people we don't approve of (and that, deep inside, they probably don't approve of either). Other times they say the "good" kids are boring. However, if we model responsible relationships, talk to our children about how others act, and are involved in their lives, gradually they'll see that friends who act, talk, and think in positive ways will bring out the best in them.

Helpful Hints

Tips that encourage your child to choose responsible friendships:

- **Get to know your child's friends and their families. Point out what you like about them.**
- **Get to know the parents of your children's friends. Share your values and rules with them and ask them about theirs.**
- **Don't jump to conclusions based on what friends look like.**
- **Be honest with your child when you're concerned about a relationship.**

time together

Three ways to help your child choose responsible friends:

1. **Make sure your kids get to know your friends. The best way to teach is to be a role model.**
2. **Include your child's friends in some family activities. Get to know them.**
3. **Talk about your childhood friends and why some friendships ended.**

What's Responsible?

Our children may need our guidance in choosing friends who model responsible behavior. Use this "responsible" checklist with your child to evaluate each friend. Discuss with your child what each word means:

- Reliable**
- Equal**
- Self-controlled**
- Principled**
- Open-minded**
- Nurturing**
- Sensible**
- Intuitive**
- Brave**
- Lovable**
- Ethical**

talk together

Questions to discuss with your child:

- Which of your friends do you most want to be like? Why?
- What bothers you about your friends? Why?
- How do you feel when you're with your friends? Do they bring out the best in you?

Quick Tip:

Examine your own friendships before you examine your child's.

Worth a Cheer



We often think of "peer pressure" only as a negative influence, but we can also think of time spent with friends who model healthy behavior as peer pressure. Of youth surveyed by Search Institute, 60% say they experience positive peer pressure, reporting that their best friends do well in school, don't use alcohol or other drugs, and don't get in trouble at school.

More Stuff You Can Use

Positive Peer Groups gives information on how to help youth work together to solve their own challenges. (Available from Johnson Institute, 7205 Ohms Lane, Minneapolis, MN 55439 2199; 1-800-231-5165.)

FINAL WORD

"A friend is an extension of yourself, without which you are not complete."—Susan Polis Schutz, poet

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2010 UAA Confucius Institute Summer Camp to China: Now Accepting Applications

The University of Alaska Anchorage Confucius Institute would like to make you aware of an exciting program for high school students interested in Chinese language and culture study in China. Hanban, the Confucius Institute Headquarters, is sponsoring a Chinese summer camp July 8-21, 2010.

What will you do in China? Students will spend time in Beijing and in Jilin Province, Northeast China. The camp will consist of Chinese language study(40%), Chinese cultural studies (including traditional arts of brush painting, calligraphy, Chinese decorative knots, tea, martial arts, etc.)(20%), local sightseeing(20%), visits to Chinese schools and opportunities to visit local Chinese families(20%).

Any high school students (grades 9-12) including seniors who are graduating this spring and students who will be freshmen this fall are eligible to apply. No prior knowledge of Chinese language is required.

Please go to UAA Confucius Institute website [<http://www.uaa.alaska.edu/ci>].

Spring Cleaning Time!!

Overdue notices went to 25 students. Ask your student if they got one. Look in backpacks, on bookshelves and under the beds....also try cleaning out the car!

There is a \$25 fine for a lost book, or you may replace the book with another copy from the bookstore... usually cheaper.

All library books should be returned before intensives. April 29 is the final due date. The library will be open during intensives, but no books will be checked out.

Thanks for helping find these wandering books.

Lost & Found

We discovered a treasure trove of lost and found -

2 small black wallets – no ID

2 rings – one small with 2 stones and diamonds and one pink diamond. If not claimed this year – you will see them in next year’s auction!!

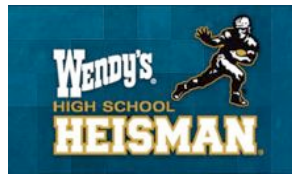
Please stop by the office if you think any of these might belong to you or one of your offspring!

Thank-you 9th grade class and Parent Volunteers



Many thanks to all the 9th graders and Parent Volunteers who helped in planning, organizing, setting-up, running, and cleaning up after the annual Steller Auction. You helped to earn over \$10,000 for Steller technology, travel, and yearbook funds. (We don't yet have a final tally, as monies are still coming

Junior Athletes



Register for the Wendy's High School Heisman Award.

www.wendysheisman.com

Eligibility is limited to men & women entering their senior year of high school in the 2010-2011 academic year who have at least a 3.0 GPA and participate in at least one school-sponsored sport.

The first 41,000 students to complete an application will win a Wendy's Gift Card in amounts ranging from \$5 to \$50. Gift cards will be mailed in November.

Steller Directory



Student Directories were distributed in Advisory Groups last week. Remind your student to bring home your family's copy. We appreciate the effort of parent volunteers: Sally Jungreis for collecting the information; Wendy Woolf for transferring the info to a new format database which will make it much quicker and easier to publish the directory next year; and Marc Wilhlem for printing the directory.

Summer Volunteers Needed

The Anchorage Museum/Imaginarium is looking for teen volunteer science guides for the summer. Please contact Karen Mouton at 929-9277 or look on the Museum's website at www.anchagemuseum.org

Students may attend one sign-up date April 12, 16 or 17. These are the only times they may sign up for this volunteer summer job.

Posters are up in the school with Karen's card and more information.

NATIONAL FOUNDATION FOR



WOMEN LEGISLATORS, INC.

NFWL-NRA 2010 Bill of Rights National Essay Contest

ESSAY TOPIC: Freedom and Civic Virtues

This year, the National Foundation for Women Legislators (NFWL) and the National Rifle Association (NRA) are sponsoring the 13th annual nationwide Bill of Rights Essay Contest. The focus this year will be on the Bill of Rights as shown through the civic virtues of the millennial generation. The deadline for submission is **Friday, July 30, 2010** after which an NFWL/NRA joint committee will judge each essay and the seven award recipients will be chosen.

If you are a female High School junior or senior, class of 2010 or 2011, you are eligible to participate. The seven contest winners will receive: (1) a \$3,000 unrestricted scholarship to use towards college tuition at any U.S. college or university; and (2) an all-expense-paid trip to NFWL's 2010 Annual Conference, taking place November 18-22 at a location yet to be determined. Here you will meet women lawmakers from across the United States, learn about public policy, and establish relationships that often grow into mentoring opportunities.

For application form and more information, visit the Steller Flash website [stellerschool712.org/flash].

Registration limited to first 50 people

Entrepreneurship Boot Camp and Business Plan Competition

Learn fundamentals of business innovation, planning,
start-up, and the essential traits of entrepreneurs.

Friday, April 23rd

UAA Consortium Library, Room 307

8:30 a.m. – 5 p.m.

(Continental breakfast and lunch included)

Saturday, April 24th

College of Business & Public Policy (Rasmuson Hall)

8:30 a.m. – 5 p.m.

(Continental breakfast and keynote speaker luncheon included)

- Learn from guest speakers and successful entrepreneurs
- Identify characteristics of thriving businesses
- Explore vital components of business plans
- Discover competitive positioning secrets and market strategies
- Get valuable feedback and advice about your business model

Boot Camp agenda and registration online:

<http://ced.uaa.alaska.edu/> or <http://www.aksourcelink.com/>

Fax form to: 907-786-5444 or email form to:

ancab5@uaa.alaska.edu

Preregister by
April 16th, 2010
\$30.00

Day of the event
\$50.00

**All fees WAIVED
for students with
valid UAA or high
school ID.**

Registration forms also
available at CBPP
Student Information
Office, Rasmuson Hall,
Rm. 309

CBPP contact :
Jennifer Wisel
Rasmuson Hall ,room 305A
anjaw2@uaa.alaska.edu
907-786 4170

Christi Bell
ancab5@uaa.alaska.edu
907-786-5444

Al Hermann
aphermann8228@gmail.com
907-350-9595



Entrepreneurship Boot Camp

April 23rd and 24th, 2010

REGISTRATION FORM

Mr. ___ Ms. ___ Name _____

Title _____

Organization _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Fax _____ Email _____

Is this your first entrepreneurship course? Yes ___ No ___

Are you a UAA or high school student? (If so, fees for this course will be waived*)

_____ *Please provide your student ID number or High School name

Do you have any special needs? (Accommodations, dietary, alternative format) Yes ___ No ___

If yes, please let us know how we can assist you:

Pre-Registration deadline: Friday, April 16, 2010

**Course Fee of \$30.00 will be collected at the registration table when picking up packet.
\$50.00 at the door without prior registration.**

****Course fees payable only by cash or check.****

For questions, or to register complete this form fax, or email it to:

David Weaver or Christi Bell
University of Alaska Center for Economic Development
3211 Providence Drive
Anchorage, AK 99508-8243
David (907) 786-5445 or Christi Bell at (907)786-5444
Fax: (907) 786-5446
Email: andww2@uaa.alaska.edu or ancab5@uaa.alaska.edu

CBPP Contact: **Jenifer Wisel, (907) 786-4170, Rasmuson Hall room 305A, anjaw2@uaa.alaska.edu**

Changing the Future...

A conversation about teen pregnancy and
access to healthcare services

Free Food

What: An informal (and confidential)
discussion on teen pregnancy and barriers
to accessing healthcare services

Who: **All teens ages 14-18 years**


When: Saturday May 1st from 1-3 pm

Where: 3601 C Street (Frontier Building)
3rd floor

Gift card for everyone

Sponsored by the
State of Alaska
Adolescent Health
Program

Call or e-mail Ashley to participate:
907-770-9716 or Ashley.rousseau@ppgnw.org



“Changing the Future...A conversation about teen pregnancy and access to healthcare services” is happening on May 1st from 1-3 pm. It is open to teens 14-18 (although if there is a teen who you know would do a fantastic job contributing, and they are slightly older, they are also encouraged to attend.)

The 2 hour meeting will consist in breaking the teens up into groups of 4-5, giving them discussion topics, paper and pens, and having them converse among themselves- and draw/write it all down. They will then all come back together and discuss what they talked about. It will be a good chance for them to meet other Anchorage teens. There will of course be time set aside for games and food!

The information gained will be used to help provide better programs for teens.

All participating teens will be given a \$20 gift card.

Teens who are usually not represented and do not have a chance to have their voice heard are especially encouraged to attend.

If you know parenting teens, please let them know that childcare expenses will be reimbursed.

Permission Form

I, _____ allow my son/daughter _____ to participate in “Changing the Future...A conversation about teen pregnancy and access to healthcare services” to take place on May 1st from 1-3 pm at 3601 C. Street 3rd Floor (Frontier Building). This conversation is sponsored by the State of Alaska Adolescent Health Program.

If I have any questions, I can contact Ashley Rousson at 907-770-9716 or Ashley.rousseau@ppgnw.org.

_____ Signature of Parent/Guardian Date

Mark Your Calendars

Wednesday, April 21

7:30am - Senior Breakfast

6:00pm - Ad Board Meeting

Friday, April 30

4th Qtr. Ends for Steller

Saturday, May 1

8:00-12:00pm. - Spring Prom - Alaska Zoo

Monday, May 3 - Friday, May 14

Intensives

Thursday, May 13

7:00pm - Parent Group Meeting TENTATIVE

Monday, May 17

8:30am - Steller Olympics

Tuesday, May 18

8:30am - Stand and Deliver Presentations

3:00pm - Steller Graduation

Wednesday, May 19

Parent Teacher Conferences - Call office to schedule

Thursday, May 20

2010/11 Registration

Seniors 8:30 – 10:00

11th/8th 10:00 – 12:00

9th/10th 1:00 – 3:00

Friday, May 21

Teacher's Last Day

STELLER SECONDARY SCHOOL
2508 BLUEBERRY STREET
ANCHORAGE, AK 99503

