



# Ole Steller Yeller

November 10, 2010



## Second Quarter is Here

*H.Green*

Dear Steller Parents and Guardians,

Can you believe a few weeks from now will mark the end of our first Semester? Finals week will begin on November 29<sup>th</sup>, the week following Thanksgiving. During this period, rest and proper nourishment are critical for our students to do their best on their finals.

Homework is not our enemy, this is one way students can practice what they have learned and begin to hone those skills for later use in their pursuit of higher education or the world of work. Likewise the quizzes and tests they are given are like a mirror. A mirror that gives each student a glimpse of what things they are good at and what things need improvement.

There has been lots happening at Steller this month. Select students have been engaged in the New WorkKeys Exam and the Plan Exam. Alyse Galvin has developed and implemented an exciting parent, student and staff meeting called "Steller Café". The first meeting was held on November 4, 2010 in our MPR. Keep watching the FLASH for more on this exciting new endeavor.

Alayne and students in the Art Club are moving forward on their "First Friday" like event called ***Creative Commons***. This promises to be an exciting and fun event. Watch the FLASH for more information on it as well.

A committee consisting of a parent, student, nurse, Administrative Secretary and myself have been interviewing all week looking for that perfect candidate to fill our secretary opening. We have had some promising candidates and as of the writing of this article we have three more applicants to interview. We are all optimistic we will find someone perfect for that position.

As we move toward the end of yet another quarter we thank you for your continued trust and support in helping make Steller one of the best schools in Anchorage.



## Staff Corner

**“Steller is a school where active participation in community events is an expectation for students, parents and faculty”.**

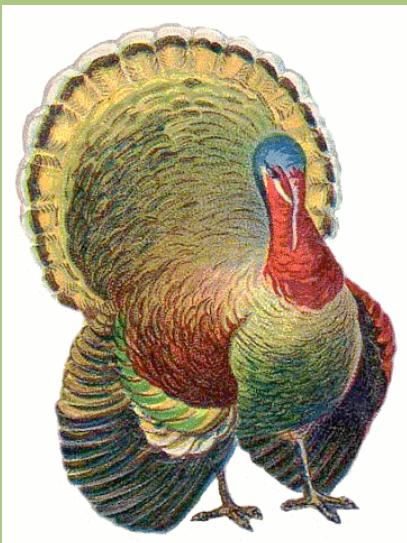
-Steller Secondary School Expectations Documents

On November 18<sup>th</sup> the Steller staff will host the fall “All Community Meeting”. At one time the ACMtgs took precedence over the Advisory Board in major decision-making that would determine the direction of the school. Over the years the ACMtgs have evolved into work sessions where community members, students, parents and staff, come together to explore options for solving problems, to discuss issues of major concern, or to brainstorm ideas for enhancing the Steller program. This November 18<sup>th</sup> the faculty invites all Steller members to join us as we put on our collective thinking caps to probe into the following issues with an end toward formulating an action plan to move us toward resolution:

*Senior Projects, Parent Communications, Enhancing Advisory Groups, Teacher Recruitment, Exit Survey, and Steller’s Strategic Plan Review.*

We would propose that groups meet to explore pertinent questions around the above topics, and with the help of teacher facilitators & recorders, brainstorm ideas, possibilities and plans for the future. This process would be repeated for a total of three 20 minute sessions, giving folks the opportunity to have input into three areas of interest to them.

After the discussion portion of the evening has concluded, the reporter from each area will summarize the key points gleaned from the discussions and briefly report to the whole group giving one or two suggestions for how to move forward. The input gathered will be used by the faculty as guidance for how to proceed as we tackle these issues this school year. Please join us! 6:30 pm November 18<sup>th</sup>. We look forward to working together with you all.



### **Thanksgiving Closure Information**

Thanksgiving is fast approaching and the staff would like if at all possible that all students be picked up by 3pm on November 24<sup>th</sup>. We know everyone would like to get home as soon as possible for holiday preparations. We understand that if this is not possible that the students can stay until their usual pick up times or until 4 pm when everyone must be out of the building. Thank you for your help and have a wonderful Thanksgiving.



# What does quality public education mean to Anchorage?

To RSVP, visit: [www.asdk12.org/depts/budget](http://www.asdk12.org/depts/budget)

## Participate in the Anchorage School District's budget dialogue WORKSHOPS

### How can you help?

Tell us what you value most about public education. The district has to make cuts to next year's budget. Help us pursue a vision of educating all students for success in life as we seek creative solutions to maximize our available financial resources.

### How will your input be used?

We will host three workshops to develop a sense of what you value most about public education. Your input will help our administration and school board make budget decisions.

### Who should come?

Anyone in the community including parents and families of students, graduates, employers and other community members.

Thank you to students who attended the Nov. 4 Advisory Committee to let us know what students value in public education.

### When and where?

**ANCHORAGE EVENING WORKSHOP**  
6-9 p.m., Wednesday, Dec. 1  
Clark Middle School  
150 Bragaw Street

**ANCHORAGE EVENING WORKSHOP**  
6-9 p.m., Thursday, Dec. 2  
Hanshaw Middle School  
10121 Lake Otis Parkway

**EAGLE RIVER WEEKEND WORKSHOP**  
1-4 p.m., Saturday, Dec. 4  
Gruening Middle School  
9601 Lee Street

**RSVP to save a spot!**  
visit: [www.asdk12.org/depts/budget](http://www.asdk12.org/depts/budget)  
or call 742-4153

**Anchorage School District**  
*Educating All Students for Success in Life*

# Nurse's Notes

November 2010



## Cold Weather

The snow is here and winter is in full swing for us here in Alaska. With all this snow comes freezing temperatures which put at us risk for cold weather injuries and related woes. Education regarding prevention, identification, and treatment of frostbite and hypothermia are important for all of us trying to stay warm while living in Alaska.

**Frostbite** occurs when skin and underlying tissue freezes. This occurs when you are exposed to freezing temperatures. Frostbite worsens progressively; initially, the affected area feels cold, turns white, stiffens, then becomes tingly or stings. As it continues to worsen, the tissues harden and may change from white to blue or grey. Eventually, the area numbs and the feeling of cold and pain go away. Areas affected most commonly are your extremities (fingers/hands/toes/feet) and the face (nose/cheeks/ears).

**Hypothermia** occurs when your body temperature falls below normal as a result of exposure to cold or freezing temperatures. Hypothermia worsens progressively; initially, you may begin to shiver and have difficulty performing fine motor tasks such as zipping your coat or tying a shoe. As hypothermia worsens, you experience slurred speech, weakness, disorientation, and become tired. Eventually, your pulse slows and your body becomes stiff.

**Treatment** for frostbite or hypothermia involves immediate medical attention by a health care provider. One should get out of the cold, change into warm dry clothing, and hydrate with warm water. Re-warming should be done slowly if possible via skin-to-skin contact, warm blankets, or a luke-warm water bath. Do not rub frostbitten skin as this can

damage the tissues. The re-warming process is painful and tissues may swell. Remember, frostbite and hypothermia are life-threatening conditions and require medical attention as soon as possible.

**Prevention** is key. Remember to plan ahead, dress in layers, and wear cold weather accessories such as a hat, gloves, scarf, and warm socks. Go inside and warm up periodically, stay hydrated, and eat snacks to keep your energy up. Avoid tobacco and alcohol. Tobacco decreases circulation while alcohol impairs judgment and interferes with temperature regulation.

## Cold Weather Vehicle Tips for You and Your Driving Teen:

- ∞ Keep an emergency kit in your vehicle (blanket, flashlight, flares, jumper cables, extra winter clothes, a shovel, etc).
- ∞ Plug in your vehicle and let it warm up in temperatures below 20 degrees F.
- ∞ Be careful pumping gas. Gasoline on the skin lowers skin temperature as it evaporates putting you at risk for frostbite.
- ∞ Slow down and drive for the road conditions & weather.

Wishing you warm thoughts until the temperature rises!

## How to avoid that sleepy feeling on Turkey Day...

- ∞ Use a smaller plate to avoid overloading your extra-large plate and therefore your stomach.
- ∞ Eat moderate portions of your favorite foods.
- ∞ Drink water during the meal and eat slowly.
- ∞ Stop eating when you feel full; you can enjoy the leftovers for several days.
- ∞ Take a walk after dinner to help with the digestive process.

Follow these tips and have a HAPPY THANKSGIVING...gobble, gobble!

*Nurse Wendy*



# Healthy Alaska



November 2010

## Healthy Holiday Eating

### Inside This Issue:

#### Page 1

- Healthy Holiday Eating
- Recipe Substitutions

#### Page 2

- Twelve Health & Safety Tips for the Holidays
- Keep Kids Active
- Bullyinginfo.org

#### Page 3

- Team Nutrition the Alaskan Way
- The Fundraising Conflict
- Pumpkin Cranberry Bread



### Brain Booster:

Which of the following sentences does not belong with the others?

1. Wild turkeys are native to North America.
2. Wild turkeys can fly at speeds up to 55 miles per hour.
3. Between 500-600 feathers cover the average adult turkey.
4. Benjamin Franklin wanted the wild turkey to be America's national bird.
5. Turkey hens can lay about 10-12 eggs in a season

The holiday season is a time of warmth, family, and fun. Each year families and friends gather to enjoy each other's company and, perhaps, enjoy a few good holiday meals. With all sweet and savory foods available at this time of year, maintaining a well-balanced diet is often challenging. Adults and children alike engage in this annual struggle to eat healthy and still enjoy all the good things this season has to offer. Nonetheless, with a little will-power and planning there are ways to limit weight gain while enjoying the holiday fare.

The key to healthy holiday eating is to keep things in balance. While it is okay to enjoy the occasional snack or dessert, it is important to eat these things in moderation and to ensure that the proper amounts of nutrients are consumed.

One way to do this is to serve a well-rounded breakfast and a light lunch prior to attending a holiday party or feast to offset the lack of nutrition in higher fat foods and keep individuals full enough so that they do not overeat later in the day.

Another way to maintain balance is to make a conscious choice to limit high fat foods. Children, in particular, tend to gravitate to the less healthy options; however, parents can help make healthy choices by limiting the number of sweet drinks consumed during holiday parties and making sure that they include healthy foods when dishing their plates. Similarly, adults can make a choice to limit their own intake by using portion control and choosing low or no-sugar beverage options. A trick to keeping nutritious foods at the center of everyone's diet is to serve healthier items first so that they have less room to fill up on the unhealthy foods. When enjoying the meal, encourage children to eat slowly and to stop when they feel full.

While food plays a big role during holiday gatherings, take time during meals and parties to engage in other activities, whether it means taking a walk with friends, dancing, singing or playing games. Taking the focus off food will not only curb the urge to overeat, but will also liven up the gathering and give people the opportunity to have fun and mingle.

The most important thing to keep in mind is that the holidays are not a good time to diet. Instead, focus on maintaining healthy eating habits and enjoy the food and the season.

For more tips on healthy holiday eating, visit <http://family.samhsa.gov/be/holidayeat.aspx>.

## Recipe Substitutions

The table below contains tips for lightening up some of the common ingredients found in holiday recipes. Try these to give your next holiday meal a healthier twist:

| Ingredient                            | Substitution  |
|---------------------------------------|---|
| 1 whole egg                           | 2 egg whites  |
| Sour cream                            | Low fat plain yogurt or low fat sour cream                                      |
| Ice cream                             | Frozen yogurt   |
| Heavy cream (not for whipping)        | Equal parts half-and-half and fat-free evaporated milk                          |
| Light cream                           | Equal parts 1% milk and fat-free evaporated milk                                |
| Cheese                                | Low-fat cheese  |
| Butter, shortening, or oil for baking | Applesauce or prune puree for half of the called-for butter, shortening, or oil |
| Syrup                                 | Sugar-free syrup or sugar-free preserves or pureed fruit                        |



What do you do if you think your family needs help?

Contact  
Fire Stoppers  
907-346-2888

- Screening
- Education
- Referral

**Fire...**

is the only weapon of mass destruction we leave within our children's reach without a second thought!

## Parent Tips...



### STEP ONE:

- Contact Fire Stoppers for assistance

**907-346-2888**

### STEP TWO:

**Create a Safe Home Environment**

- Lock up all Matches and Lighters
- Check your Smoke Alarms

### STEP THREE:

- Teach children that fire is a tool for use by grown-ups
- Set a good example, children learn by watching and imitating adults
- Ask young children to tell you when they find matches and lighters, and put them away.
- Teach older children proper techniques in using fire and fire tools - how to safely strike a match or light a candle with supervision.

Alaska Injury  
Prevention Center



3701 East Tudor, Suite 105  
Anchorage, Alaska 99507

Do you know where the matches and lighters are in your home?



Indiana University Medical Center, Riley Hospital for Children Burn Unit

Keep children safe,  
always lock up your  
matches and lighters.

**Fire Stoppers 907-346-2888**

# Thanksgiving Blessing

*Be generous and share your food with the poor. You will be blessed for it.  
Proverbs 22:9*



**Bless your hungry neighbors with the gift of food this Thanksgiving!** The faith community is joining together this Thanksgiving to collectively distribute food to those in need.

## Here's how you can help:

- Organize your church, temple or office to collect food. We suggest collecting a single item per church or temple, i.e. set a goal of 1,000 cans of corn.
- Donate funds: \$10 will buy a turkey. \$40 will buy a complete Thanksgiving dinner.
- Volunteer to help set up on November 21st or distribute on November 22nd.

## Got food?

Drop off your food by November 19th at Food Bank of Alaska, 2121 Spar Avenue, 272-3663. Or drop food off at one of the distribution sites (see other side) on Sunday, November 21st.

## WANTED: FOOD!

- cranberry sauce
- gravy mix
- canned vegetables
- dinner rolls (packs of 12)
- canned sweet potatoes or yams
- stuffing mix
- pies
- cans of whipped cream
- pounds of butter/margarine
- aluminum roasting pans

**For information on how you can help, contact  
Food Bank of Alaska, 272-3663.**

# Thanksgiving Blessing

*I am weak and poor, Oh Lord, but you have not forgotten me.  
Psalms 40:17*



**Need help providing a Thanksgiving meal for your family?**

You can get a turkey and all the fixings on:

**MONDAY, NOVEMBER 22, 3 PM TO 8 PM**

*Please go to one (and only one) of the following sites, depending on your zip code. BRING PROOF OF ADDRESS WITH YOU.*

**Crosspoint Church** (Dimond and Minnesota, in the Burlington Coat Factory mall): 99507, 99511, 99515, 99516, 99518, 99522, 99523, 99540, 99587

**Faith Christian Community** (4240 Wisconsin in Spenard): 99502, 99517, 99519

**Central Lutheran Church** (Cordova and 15th): 99501 - addresses WEST of Gambell, 99503, 99510, 99513, 99520, 99524

**St. Patrick's Church** (2111 Muldoon Road): 99504, 99509, 99521

**Church of Jesus Christ of Latter Day Saints** (2501 Maplewood, off Northern Lights near Lake Otis): 99501 - addresses EAST of Gambell, 99508 - addresses SOUTH of the Glenn Hwy.

**Mt. View Community Center** (315 N. Price, off Mt. View Drive): 99508 - addresses NORTH of the Glenn Hwy., 99514

**Joy Lutheran Church** (10111 E. Eagle River Loop Road): 99505, 99506, 99567, 99577

**Questions? Call Food Bank of Alaska, 272-3663.**



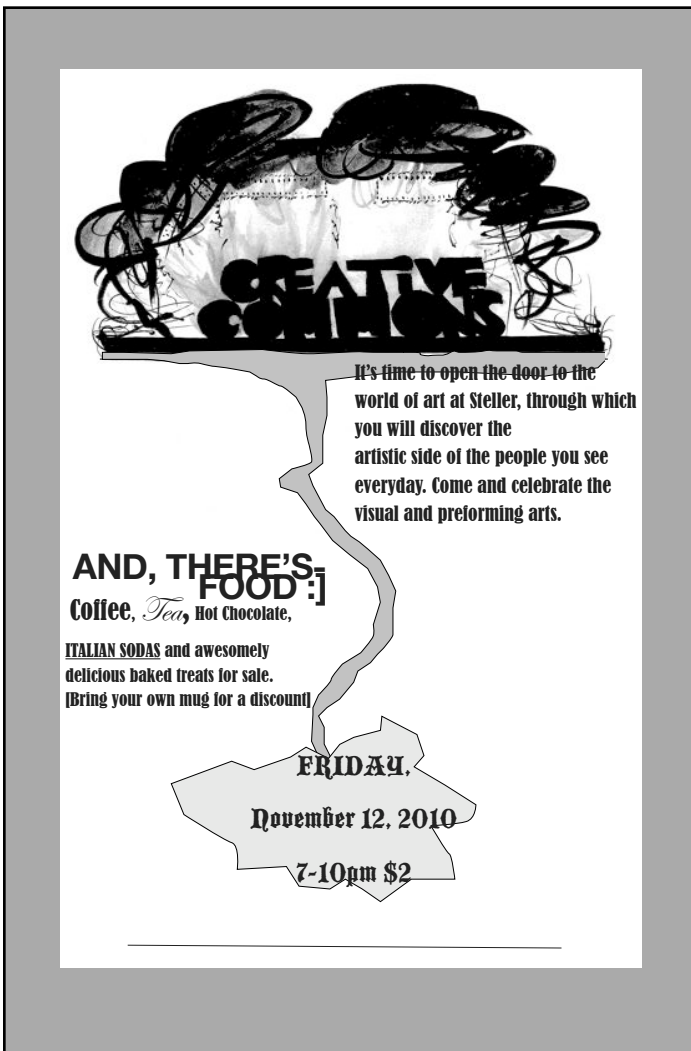
## Library News - Battle of the Books

We have nearly 20 students signed up to participate in Battle of the books. What an amazing turnout. I am very excited to have so many readers. Because we are blessed with so many, we will need to have run-off battles here at Steller in late January. The District Battles are on February 3rd for Junior High and 4th for Senior High.

If you are interested in working with the students to prepare for the at school battles and to help run the battles, please contact me.

<[Emmel\\_Karen@asdk12.org](mailto:Emmel_Karen@asdk12.org)>

This is a wonderful time to watch your student in action.



The poster features a large, stylized graphic of a coffee cup with the words "CREATIVE COMMONS" written across it. The background is a collage of various artistic elements, including what looks like a map of Alaska and some abstract shapes. The text on the poster is as follows:

**CREATIVE COMMONS**

It's time to open the door to the world of art at Steller, through which you will discover the artistic side of the people you see everyday. Come and celebrate the visual and performing arts.

**AND, THERE'S FOOD :]**  
Coffee, Tea, Hot Chocolate,  
ITALIAN SODAS and awesomely delicious baked treats for sale.  
[Bring your own mug for a discount!]

**FRIDAY,**  
**November 12, 2010**  
**7-10pm \$2**

## Drug Use Recognition/Education Classes



This week we had the privilege to have a Drug Recognition Expert (DRE), Staff Sergeant Derrick Green of the Alaska National Guard, come out and speak to our Stellerites about drug awareness and prevention.

As a DRE, Staff Sergeant Green has been trained to use a 12-step evaluation to determine if an individual is under the influence of drugs and alcohol and to specify which class of drug(s) is being used. Staff Sergeant Green used this training as a military police officer, and later transformed his education into drug prevention and education programs for youth and adults.

Staff Sergeant Green has offered to come to Steller for an evening of parental education in drug recognition and awareness. Learn how to talk with your pre-teens & teens about drugs, how to recognize signs and symptoms of drug use, and what to do if you suspect your child is using drugs.

If you are interested in participating in an educational parent-night for drug awareness and prevention, please let me know a day of the week and time of night that would work best for you. I would like to get an idea of date/time that will work best for the majority of families and schedule accordingly with Staff Sergeant Green.

Nurse Wendy

[williams\\_wendy@asdk12.org](mailto:williams_wendy@asdk12.org)

907-742-4963



Spice, also known as K2, is a plant material similar to marijuana that is laced with synthetic compound chemicals.

Users smoke or mix the product in food or drink to get high.

Synthetic Marijuana is often advertised as incense and is legal to purchase in Alaska.

The product may cause adverse side effects and has sent many teens to the hospital emergency room.



Synthetic marijuana is packaged with many different labels and names.

## Synthetic Marijuana

Synthetic marijuana is made up of dried herbs and spices that are sprayed with synthetic substances that mimic THC, a natural psychoactive ingredient found in marijuana. The synthetic substance can be 3–800 times more potent than THC. Because the product is unregulated, it is legal to purchase and is growing in popularity as an alternative to marijuana. Many times the product packaging lists the substance as herbal incense and sometimes includes information that it is “not for human consumption.”

### *Effect of use*

Hospitals have reported incidents of people, mostly teenagers, with the following symptoms: elevated blood pressure, rapid heart rate, anxiety, intense hallucinations, tremors, seizures, numbness/tingling and vomiting. There have been reported cases where teens have lapsed into comas caused by the use of synthetic marijuana.

The American Association of Poison Control Centers has issued a warning about the dangers of synthetic marijuana products.

### *Signs of use*

Synthetic marijuana users may have the following signs of use:

- Bloodshot/red eyes with normal pupil size
- Rigid muscle tone
- Altered blood pressure or body temperature
- Unstable or unpredictable mood swings
- Incoherent speech or disjointed thought processes

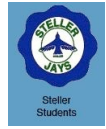
Detecting the substance may be difficult. Blood and urine tests can only detect some of the many synthetic compounds that may be used.

### *Legality*

Although synthetic marijuana is currently legal in most states, including Alaska, authorities warn that it is a potentially dangerous and addictive substance.

Synthetic marijuana is not allowed in any ASD schools per the Students Rights and Responsibilities section of the Student Handbook. Students caught with, or using, the substance will face disciplinary action.

Authorities warn that just because a substance is legal, that doesn't mean it's safe. Anchorage police confirm instances of local teens using the substance.



## November News

### Walk to school safely!

Daylight hours are decreasing and soon our students will be walking to and from school in the dark. It is always a good time to remind your children about safety. Each year in ASD there are a handful of students who report being approached by strangers. Oftentimes, these strangers have good intentions. They may be offering a ride in sub-zero weather, helping with a heavy backpack or just trying to strike up a conversation. Although these instances are intended to be friendly, they aren't realizing how dangerous the situation could become.

Safety is a top priority for our students. Children should be told, and told often, that they should never accept rides or assistance from strangers. Please talk to your child about stranger danger, safe places to wait for rides from school and other information specific to your situation.

Also, make sure your children know what to do if they get scared. They should immediately run away from the situation, find a safe place and tell a trusted adult. This information should also be reported to the school principal. We will notify authorities and, if necessary, our School Resource Officers will follow up and work to ensure our students are safe before, during and after school.

For more information about student safety, log on to [www.asdk12.org/parents/safety](http://www.asdk12.org/parents/safety).





# WHO'S THE BULLY? "3 SECRETS TO STOP BULLYING"

Tuesday November 16, 2010

East High School

7 – 9pm

Bye-Bye Bullies and the ASD present a community meeting regarding bullying and its prevention. The meeting will focus on how to create a sense of Community in our schools and in Anchorage which will discourage bullying and violence. The speakers will present methods proven to work in schools resulting in less violence and improved learning.



**Dorothy L. Espelage, Ph.D.**, is a Professor of Child Development and Associate Chair in the Department of Educational Psychology at the University of Illinois, Urbana-Champaign. She has conducted research on bullying for the last 17 years. As a result, she presents regularly at national conferences and is author on over 80 professional publications. She has been on Oprah 4 times and her programs are being used in inner city schools in Chicago and elsewhere across the country.



**Stuart W. Twemlow MD** has over 200 publications in a wide variety of fields including school violence, and prevention of community violence. Dr. Twemlow is an international lecturer on the physical and psychological aspects of violence. He was appointed by President Bill Clinton to serve on the Academic Advisory Council of the United States Presidential Campaign Against Youth Violence. Dr. Twemlow has been with the Menniger clinic for over a quarter of a century and is now a full Professor of Psychiatry at Baylor Medical School. His program in Jamaica has reduced violence for over 25 years. He was retained as an expert by the FBI at the Columbine tragedy. His programs have been statistically proven to reduce bullying and increase Test Scores.

## ByeBye Bullies INC.

[www.byebyebullies.org](http://www.byebyebullies.org)

Special thanks to the Anchorage School District, Odom Corp., and Coca-Cola, Dr. Michael Manuel, and Dr. John McCormack.

For more information call Eddie P. at 907-351-2280





# People Mover Service for Veterans Day

People Mover will be operating regular service on Veterans Day, November 11, 2010.

Funding was restored to the Public Transportation Department's 2010 Operating Budget by the Anchorage Assembly and the Municipal Administration to provide this service.

People Mover November 8, 2010  
Paula Kangis, Marketing Manager  
KangisPJ@mani.org  
(907) 343-8491

Community Councils Center  
907-277-1977

Covenant House Alaska  
**Candlelight Vigil for Homeless Youth**  
Wednesday  
November 10, 2010  
at 6pm  
on F Street -  
between 6<sup>th</sup> & 7<sup>th</sup> Ave



for more information  
Sheila 339.4406  
[www.covenanthouseak.org](http://www.covenanthouseak.org)



thanks to  
our sponsors



Light a candle...  
Ignite a Dream.

Photo © Greg Martin 2009

**Please Join Us!**  
For our 20<sup>th</sup> Candlelight Vigil for Homeless Youth  
Wednesday at 6pm  
November 10, 2010  
on F Street - between  
6<sup>th</sup> & 7<sup>th</sup> Avenues

Light the dark with our special guests:

Kevin Ryan: President, Covenant House  
Karla Mosley: Actress, Director & Covenant House International Board



Interested in getting involved?  
Contact Sheila at 339.4406 or  
[sparker@covenanthouseak.org](mailto:sparker@covenanthouseak.org)

[www.covenanthouseak.org](http://www.covenanthouseak.org)



# Scholarship of Hope

The **Scholarship of Hope** is open to high school students in the Anchorage, Mat-Su Borough and Kenai Peninsula Borough School Districts<sup>1</sup> who attend the **Candlelight Vigil for Homeless Youth**<sup>2</sup>, and who are inspired to do something positive for someone in need or for their community as a whole.

## How will you spread hope?

Envision a better community for all. Create a plan.  
Make it happen. Dream big...Spread hope.

Submissions can be made in a variety of ways: in writing, poetry, song, video or in any other format<sup>3</sup>. Applicants are encouraged to be creative and will be judged on the strength of their inspirational message.

This **\$500** scholarship can be used towards furthering your plan for hope, or to pursue personal academic goals. 3 scholarships will be awarded in the Anchorage/Mat-Su area and 1 scholarship will be awarded in the Kenai Peninsula Borough.

Applications are available at  
[www.covenanthouseak.org](http://www.covenanthouseak.org)

Contact **Alison Kear** for more information  
907.339.4407 or [akear@covenanthouseak.org](mailto:akear@covenanthouseak.org)

Funded by the **6 Reasons Family Foundation**



- 1 Applicant must be enrolled in an Anchorage, Mat-Su Borough or Kenai Peninsula Borough School District High School or Home School and be in good standing.
- 2 Applicant must attend the 2010 Covenant House Alaska Candlelight Vigil for Homeless Youth - either in Anchorage or via video in the Kenai Peninsula Borough area ([www.covenanthouseak.org](http://www.covenanthouseak.org) for more information).
- 3 Applicant may send in one (1) submission for consideration. Videos should be no longer than 3 minutes. Essays should be no longer than 1,000 words. Submissions must be received by December 10, 2010.

Scholarship of Hope Application

*Return by December 10, 2010*

Attach 2010 Candlelight Vigil Program or documentation of your attendance at Vigil.

Name \_\_\_\_\_

Last

First

Middle

Address: \_\_\_\_\_ Phone \_\_\_\_\_

High School \_\_\_\_\_ Graduation Date \_\_\_\_\_

E-mail Address: \_\_\_\_\_



**Please briefly describe your presentation:**

**Covenant  
House  
Alaska**

Applicant Signature \_\_\_\_\_

Send completed application to:

Alison Kear  
PO Box 100620  
Anchorage, AK 99510  
Ph: [907-339-4407](tel:907-339-4407)  
[akear@covenanthouseak.org](mailto:akear@covenanthouseak.org)

October 2010

Dear Student:

Congratulations on your decision to investigate academic summer programs!

By taking time to review the enclosed information, you will see a basic overview of six excellent summer programs available to Alaska students. There are many other excellent programs out there, so we also encourage you and your family to research on your own. Some factors you may want to consider include location, your areas of interest, costs, financial aid, and selection criteria.

You will see two types of programs on the enclosed chart:

- *Talent Searches*, which require students to register for the program and then take either the SAT or the ACT. This provides valuable test-taking practice and also may qualify students for recognition and to sign up for summer programs.
- *Summer Institutes*, which offer academic summer programs, but do not require students to take the SAT or the ACT (although some students do). Applicants are evaluated on existing test scores, grades, and other criteria, depending on the program. Summer institutes provide opportunities to pursue in-depth study in an area of interest, to meet other students with similar interests and talents, and to experience living and studying on a college campus.

Brochures for some of these programs are available through your school. Web sites also are excellent sources of information. For more information or to request brochures, contact your counselor or the gifted contact teacher at your school. For your convenience a list of contact names is included on the back of this letter. Also, please feel free to contact the gifted office if you have further questions as you research, select, or apply for programs.

Of course, participation in talent searches or summer programs is strictly up to you; we are notifying you of possible opportunities because it is the policy of the Anchorage School District to bring reputable programs that may help meet special educational needs to the attention of students and families.

Once again, congratulations and best wishes on this journey.

Sincerely,

  
Leslie Vandergaw  
Executive Director  
Middle School Education

  
Peter Ljubicich  
Supervisor  
Gifted Program

  
Enid Silverstein  
Executive Director  
Curriculum and Instructional Support

  
Brenda Fenton  
Mid-level Coordinator  
Gifted Program

5/20/13 | 2013/2014

## Alaska Summer Research Academy

<http://www.uaf.edu/asa/>



<http://www.education.uicwa.edu/html/blank/TalentSearch/>

## JOHNS HOPKINS UNIVERSITY | Center for Talented Youth

<http://cty.jhu.edu/>



## Youth Enrichment and Talented & Gifted Programs

College of Education

University of Oregon

[http://defining.uoregon.edu/~high/iew\\_program.php?view\\_program\\_id=3](http://defining.uoregon.edu/~high/iew_program.php?view_program_id=3)



## EPGY Education Program for Gifted Youth

<http://epgy.stanford.edu/>



<http://www.giftedstudy.org/residential/sia/index.asp>





### Eligibility

The Alaska Performance Scholarship is available to Alaska residents who graduate from an Alaska high school (public, private, or home school), on or after January 1, 2011, and:

- ∞ complete a rigorous high school curriculum
- ∞ achieve a high school GPA of at least 2.5, or equivalent
- ∞ earn a minimum score on college or career readiness test
- ∞ enroll at least half time, and remain in good standing, in an approved program at a qualifying Alaska institution
- ∞ have qualifying unmet costs of attendance after considering all other non-loan aid

### Class of 2011

Members of the 2011 class must graduate from high school having successfully completed a curriculum that includes a minimum of five credits, combined, in math and science (with no fewer than two credits in each) to be eligible.

### Class of 2012

Draft regulations by the Department of Education and Early Development establishing the curriculum requirements for the class of 2012 are open for public comment until 4 p.m. October 29, 2010. For more information and/or to read the proposed regulations, go to [www.eed.state.ak.us/regs/comment.html](http://www.eed.state.ak.us/regs/comment.html). It is expected that regulations will be finalized in early December, 2010.

### Class of 2013 and 2014

To be considered for eligibility high school freshman and sophomores (classes of 2013 and 2014) should choose a pathway and prepare to complete the full requirements set in statute.

- ∞ **Math and Science:** Four years of math, four years of English, four years of science, and four years of social studies (one of which can be substituted with foreign language, Alaska Native language, fine arts, or cultural heritage).
- ∞ **Social Sciences:** Three years of math, four years of English, three years of science, four years of social studies, and two years of the same foreign language or Alaska Native language.

### How to Apply

To be considered for a 2011 Alaska Performance Scholarship award, complete your Free Application for Federal Student Aid (FAFSA) by June 30, 2011. When you list Alaska as your state of residency, information from your FAFSA is automatically submitted to ACPE - your state financial aid agency.

Award recipients must apply for and use any other non-loan aid they receive, such as state or federal grants or other scholarships, before applying an Alaska Performance Scholarship toward their remaining costs. The award recipient will not receive an Alaska Performance Scholarship amount that is more than the remaining costs of attendance.

#### Award Levels

##### First Level Award up to \$4,755 per year

high school *GPA of at least 3.5*  
score of 25 on the ACT or 1680 on the SAT\*

##### Second Level Award up to \$3,566 per year

high school *GPA of at least 3.0*  
score of 23 on the ACT or 1560 on the SAT\*

##### Third Level Award up to \$2,378 per year

high school *GPA of at least 2.5*  
score of 21 on the ACT or 1450 on the SAT\*

*\*Students entering a career and technical education certificate program can substitute WorkKeys scores of 5 in applied mathematics, reading for information*





**Mission Statement:**

The Delta Kappa Gamma Society International is an organization that promotes professional and personal growth of women educators and excellence in education.



**Zeta Grant In Aid**

**\$500 Award**

One of our chapter goals is to support and encourage women who are choosing to pursue a degree in education. We also support women educators who are interested in pursuing advanced degrees in education. This grant is available each semester and may be reapplied for after already receiving it.

**Criteria for Selection:**

- ∞ Applicants must be a female student, in good standing, participating in an accredited college teaching program. Or a certificated teacher presently teaching and seeking a higher degree.
- ∞ Applicants must meet reasonable standards of general learning, as well as professional and community service.
- ∞ Applicants' personal comments and references should show promise of distinction in their respective field of study and or teaching assignment.
- ∞ **Must complete follow-up assignments upon acceptance of reward. 1. Thank You Letter to our chapter, describing what the grant was used for and what it meant to you. 2. Submit a photo for our scrapbook.**

**Directions for Applying:**

**Applicants must:**

Complete the requested application form provided by the Grant In Aid Chairman.

Write a brief essay (1 page).

Submit this form, essay, and one letter of recommendation to the Zeta Chapter Grant In Aid Chairman by the date specified, November 30.

**Secure one letter of recommendation from one of the following:**

- a. from a person who is involved with her in community and/or professional affairs, or
- b. from a person who is associated with her in her chosen academic program.



**Mission Statement:**

The Delta Kappa Gamma Society International is an organization that promotes professional and personal growth of women educators and excellence in education.



**The Carol Kajikawa Memorial Grant**

**\$250 Award**

As a member of Zeta Chapter, Carol Kajikawa worked tirelessly towards the success of Delta Kappa Gamma Society. Carol began teaching in 1967. Her first 12 years were in Hawaii and after moving to Anchorage, she worked as a Title 1 teacher and classroom teacher. She was recognized as a Teacher of the Month for the Anchorage School District and received the Alaska PTA Outstanding Educator Award in 1996. After her retirement in 2002, Carol mentored new teachers, and worked as a substitute teacher. She had a passion and talent for technology in and out of the classroom. She was a teacher that other teachers admired and is missed as a major contributor to the field of education.

**Criteria for Selection:**

- ∞ Applicants must be a female student, in good standing, participating in an accredited State of Alaska college teaching program, and completing her final year. Or a certificated teacher presently teaching and seeking further education.
- ∞ Applicants must meet reasonable standards of general learning, as well as professional and community service.
- ∞ Preference may be given to applicants who show passion and/or talent in the area of technology and its role in education.
- ∞ Applicants' personal comments and references should show promise of distinction in their respective field of study and or teaching assignment.
- ∞ **Must complete follow-up assignments upon acceptance of reward. 1. Thank You Letter to Alan Kajikawa, Carol's husband, describing what grant will be used for and what it means to you. 2. Submit a photo for our scrapbook.**

**Directions for Applying:**

**Applicants must:**

Complete the requested application form provided by the Grant Chairman.

Write a brief essay (1 page).

Submit this form, essay, and two letters of recommendation to the Zeta Chapter Grant Chairman by the date specified: November 30.

Secure one letter of recommendation from one of the following:

- a. from a person who is involved with her in community and/or professional affairs, or
- b. from a person who is associated with her in her chosen academic program.

The following forms are to be used for either or both of the above scholarship applications:

|  |   |
|--|---|
| Please <b>type</b> or <b>print</b> your answers. If application is illegible it may not be considered.   |   |
| 1.   | Last Name: _____ First Name: _____  |
| 2.   | Mailing Address:<br>Street: _____<br>City: _____ State: _____ ZIP: _____                            |
| 3.   | Telephone Number: (    ) Cell Telephone Number: (    )  |
| 4.   | Date of Birth:    Month                      Day                      Year                          |
| 5.   | Current Employer: _____ Number of years teaching: _____   |
| &/<br>or   | Current College: _____ Number of years attended: _____  |
| 6.   | I will be graduating: _____   |
| 7.   | If not currently a certificated teacher<br>Grade Point Average (GPA): _____ (On a 4.0 scale)        |
| 8.   | What specialty/major do you plan to major in as you continue your education?                        |
| 9.   | What are your educational and professional goals and objectives?                                    |
| 10.  | List your academic or professional honors, awards:  |
| 11.  | List your community service activities, hobbies, outside interests, and extracurricular activities: |
| <b>Personal Essay</b><br>Please answer the following question & submit your response along with your application.<br><b><i>How have you worked in your life to make a positive difference?</i></b> |   |

**A. The following items must be attached to this application in order for the application to qualify to be reviewed by the grant committee.**

**B. Your application will be rejected if these items are not attached to this application. (No exceptions.)**

C. Circle "YES" or "NO" to be sure you have attached each item as required.

|     |    |   |
|-----|----|---|
| YES | NO | <b>Completed Application</b>  |
| YES | NO | <b>One (1) reference.</b>   |
| YES | NO | <b>Proof of current student enrollment or teaching employment position.</b> Proof is required for receipt of funds. |
| YES | NO | <b>Personal Essay.</b> How have you made a positive difference in your community, school, family, etc.?             |

Applicant Name: \_\_\_\_\_ Date: \_\_\_\_\_

STATEMENT OF ACCURACY

I hereby affirm that all the above stated information provided by me is true and correct to the best of my knowledge. I also consent that my picture may be taken and used for any purpose deemed necessary to promote the organization's grant program.

Signature \_\_\_\_\_

The deadline for this application to be received by the Chairman is **November 30, 5:00 p.m.** **No exceptions!**

**Zeta Chapter – Delta Kappa Gamma  
Zeta Grant Program  
Application 2010**

**c/o Jennifer Schmitz  
2521 Maylen Circle  
Anchorage, AK 99516  
Schmitz\_jennifer@asdk12.org**



# HIGH SCHOOL SENIORS WIN THIS NEW CAR!



SUBARU

**2011 SUBARU IMPREZA**  
*No calculus necessary,  
it's as easy as 1-2-3.*

**1**  
Keep your grades up.  
No D's or F's on your report card.

**2**  
Stay out of trouble.  
No suspensions on record for the entire year.

**3**  
Turn in your report card.  
Bring in your latest report card to Continental Subaru to enter.

Quarter 3  
**April 1**

Quarter 2  
**January 14**

Quarter 1  
**November 12**

**Senior Fun Day!**  
Increase your chances — Enter each quarter!

Date of contest is ending  
April 6, 2011.

**Winner announced at winning student's Senior Fun Day!**  
We're looking out for you.

**CONTINENTAL**  
— AUTO GROUP —

4900 Old Seward Hwy • 562.2722



## 2010/2011 Student Car Giveaway

# Rules and Regulations

1. No purchase necessary for entry or to collect the Prize.
2. Prize may not be redeemed for cash.
3. Student must be a graduating senior on date(s) of entry, on Senior Fun Day (or like event), and upon collection of Prize at one of the following Anchorage School District schools:

Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, West, Crossroads, Frontier Charter, Family Partnership Charter, Benson Secondary, SAVE, Polaris, AVAIL, Steller Secondary, Highland Tech or COHO.

Or, student must be a graduating senior on date(s) of entry, on Senior Fun Day (or like event), and upon collection of Prize at one of the following Anchorage private schools:

Anchorage Christian School, Atheneum School, Eagle Crest Academy, Grace Christian School, Heritage Christian School, Holy Rosary Academy, Lumen Christi, Pacific Northern Academy or True Vine Christian School.

4. Student must have valid Alaska driver license on date(s) of entry and collection of Prize.
5. Student must have had no suspensions during senior year until collection of Prize and sign affidavit to that effect.
6. Student must have no D's or F's on any of their first, second, third or fourth quarter report cards during the school year and must be able to demonstrate this on date(s) of entry.
7. Each entry must be complete, including signature stating that student has read, understood and agreed to abide by these Rules and Regulations. Failure to abide by the Rules and Regulations will result in cancellation of the entry.
8. Quarter one report card is due to Continental Subaru by November 12, 2010, 8 p.m. Quarter two report card is due to Continental Subaru by January 14, 2011, 8 p.m. Quarter three report card is due to Continental Subaru by April 1, 2011, 8 p.m. All report cards received after above-stated dates will be considered ineligible. Winner will be drawn April 8, 2011.
9. Prior to the first Senior Fun Day (or like event), one name will be randomly selected from all entries. Four remaining names will be drawn from the same school as the first selected entry, resulting in five entries from the same school. The final drawing will be made at the winning school's Senior Fun Day (or like event). If for some reason there are not at least five eligible students from the winning school, all eligible students from that school will be selected for the final random drawing.
10. The student entries drawn to win the Prize will be announced at their Senior Fun Day (or like event) and must be present and identified to win. If not present and identified, alternate names in the order drawn will be announced until a winner is selected.
11. The winner is the last graduating senior whose name is drawn, who is present and identified at the Senior Fun Day (or like event), who has fulfilled all requirements to collect the Prize and who is not disqualified.
12. Prior to collection of the Prize, the fourth quarter report card must be presented and an affidavit must be signed by the student stating that he or she is in good disciplinary standing with the Anchorage School District, with no suspensions on record for the entire school year. The affidavit will also include a liability waiver.
13. All decisions made by Continental Auto Group are final.

Keep For Your Records



2010/2011 Student Car Giveaway

# Entry Form

**NAME:**  **PHONE:**

**ADDRESS:**

**CITY:**  **STATE:**  **ZIP:**

**EMAIL:**

**SCHOOL:**

**SIGNATURE:**

**INCREASE YOUR CHANCES  
—ENTER EACH QUARTER!**

**Quarter 1  
November 12**

**Quarter 2  
January 14**

**Quarter 3  
April 1**



Drop off entry form and report card to Continental Subaru.  
Signature stating student has read, understood and agreed to abide by the above  
Rules and Regulations. Only one entry per student per quarter. No cash value.  
Date of contest drawing, April 8, 2011.

We're looking out for you.

**CONTINENTAL**  
— AUTO GROUP —

4900 Old Seward Hwy • 562.2722

10/25/2010

Dear Superintendents, Principals, and Administrators,

Please forward this scholarship announcement to your high schools. Alaska's Junior Miss Scholarship Program will be hosted at Ketchikan High School over spring break in March 2011. Contestants need to arrive in Ketchikan on Tuesday, March 22, 2011 and can return Sunday, March 27th. The staged event will be 3/26/11 in our school auditorium.

It was a great event for contestants last year, and this year we expect to award about \$5000 in cash scholarship awards plus a near half tuition scholarship (essentially a UA Scholars Award in terms of value) at any UA campus for the winner and a half tuition scholarship for two years at any UA campus for the AJM Runner Up.

Because of budget constraints, UA will NOT allow the AJM award to combine with a UA Scholarship; however, the National America's Junior Miss (Now called Distinguished Young Women Scholarship Program) does have additional awards available.

If Alaska's winner meets certain GPA (3.5) and test scores (30 ACT) requirements, there are some prestigious universities offering full four year tuition and even full-ride offers that are also available to winners in Alaska or any other state.

Roisin Nakada, a very talented Irish Dancer from Anchorage, won last year and proudly represented Alaska well at the National AJM Program. She will be attending and participating in the program this spring as well. No fees are charged for participating, and Ketchikan host families will feed, house and transport locally visiting contestants at no expense to participants.

As Alaska's 2011 Representative, one young lady will have an all expense paid trip to Mobile, Alabama in June 2011 to compete for her share of approximately \$125,000 in cash prizes. Some colleges offer full ride scholarships for students who win state or national programs.

The attachments have a tentative schedule of events and a flyer. Hopefully, you will be able to get this form to school counselors, band directors, choral instructors, drama teachers, and other activity coordinators who may know of talented, bright and articulate young seniors looking for scholarships for 4 year college programs.

Thanks for helping to get the word out there on this great opportunity for college bound senior females. Feel free to contact me as the State Coordinator for Alaska's Junior Miss Scholarship Program (Distinguished Young Women for future programs) for questions.

Robert McClory, M.S. Ed. (School Counselor)

Ketchikan High School

2610 Fourth Avenue

Ketchikan, Alaska 99901

E-Mail [Robert.McClory@kgbsd.org](mailto:Robert.McClory@kgbsd.org)

Phone (907) 225-9815 ext. 211

Fax (907) 225-2298



# Alaska's Junior Miss Scholarship Program

*“Be Your Best Self”* (MISSION OF AMERICA'S JUNIOR MISS)

**Ladies, Alaska Junior Miss 2011 plans to offer over \$35,000 in Cash & Scholarship. Sign up now!**

2010's AJM earned a 4-year tuition scholarship at Univ. of AK & \$3000 in cash. A free trip to Mobile, Alabama let her compete for America's Junior Miss who earned \$50,000 cash. Alaska's AJM Runner-up received \$2000 cash & one year UA tuition scholarship. 12 scholarships were awarded. We have been told this year's UA AJM winner should expect a tuition award paying up to \$1375 each sem. (up to 8 sem.), but it cannot be combined with a UA Scholars Award.

In 2011, Alaska AJM hopes to give 12 cash awards totaling \$7000 in various categories from sponsors: Ream Family, Ketchikan Indian Community, GCI, CHARR, PEO A & H, Alaska Ship & Drydock, Candy Peterson & others.

Alaska's Junior Miss will compete for the title of America's Junior Miss 2011 & can win \$50,000 in cash plus full tuition college scholarships, 2<sup>nd</sup> place \$25,000 & 3<sup>rd</sup> place \$10,000---& other prizes as Alaska's AJM Representative.

Are you starting your senior year? Would you like a chance to be eligible for similar scholarships & cash prizes in 2010 to help prepare for college?

AJM may be the most enjoyable scholarship program in Alaska! Sign up on [www.ajm.org](http://www.ajm.org) if interested. You'll receive emails for forms to confirm.

***Competition and scoring is based upon the following areas:***

|             |     |          |     |                  |     |
|-------------|-----|----------|-----|------------------|-----|
| Scholastics | 20% | Fitness: | 15% | Self-Expression: | 15% |
| Interview:  | 25% | Talent:  | 25% |                  |     |

**WHEN:** March 22-26, 2011 (See attached tentative schedule)

**WHERE:** Ketchikan High School Auditorium, Ketchikan, Alaska

**ELIGIBILITY:** Female graduating high school in 2011 planning college with a good academic record (min. 2.8 GPA), good health, talent performance ability.

**REGISTRATION:** Free sign up at [www.ajm.org](http://www.ajm.org). Must get a physical & mail forms.

**APPLICATION DEADLINE:** All should be done & received by Dec. 15, 2010.

**CONTACT:** Robert McClory, Ketchikan High School Counselor  
Ketchikan High School, 2610 Fourth Avenue, Ketchikan, Alaska 99901  
Phone: (907) 225-9815 x211, Fax: (907) 225-2298; Email: [Robert.McClory@kgsbsd.org](mailto:Robert.McClory@kgsbsd.org)



# AJM TENTATIVE CONTESTANT SCHEDULE (Tentative)

## TUESDAY, MARCH 22, 2011

- 5:30 – 6:30pm Welcome pizza or salad dinner. Review rules & expectations.  
Meet Host Families at Ketchikan Theatre Ballet KTB Studios
- 7:00 – 9:00pm Warm ups and First Rehearsal of opening number at KTB

## WEDNESDAY, MARCH 23, 2011

- 8:30 am – 11:15pm Fitness Routine Rehearsal . (Wear Rehearsal Clothes)
- 11:15 am – 11:30am Change at KTB studio into interview clothes.
- 11:45 pm – 1:00pm Luncheon at Chamber of Commerce (Cape Fox)
- 1:00 pm – 1:30 pm Photo/Publicity / News Paper interviews?? KFMJ Interviews
- 1:30 pm – 4:00 pm Kayaking (weather permitting, if not Saxman Tour with Joe Williams) (Change into sweats or warm clothes)
- 4:00 pm – 5:00 pm Dinner at Subway Wear (Change back into Rehearsal Clothes)
- 5:00 pm – 9:00 pm Rehearse opening # & fitness routine w/ choreographer
- 9:00 pm - Pick up or drop off home.

## THURSDAY, MARCH 24, 2011

- 8:30 am - 10:45 am Fitness routine (Wear Rehearsal Clothes)
- 11:00 am – 11:30am Interview with Mike at First City Forum
- 11:40 pm – 12:45 pm Lunch downtown at Taco Time Restaurant
- 12:50 pm - 2:30 pm Sight Seeing the North end of town including totems
- 2:30 pm – 3:40pm Workout at Curves Women’s Gym with Dana Elerding
- 4:00 pm- 5:00 pm Dinner provided at St John’s Church
- 5:00pm – 7:00 pm Stage Makeup Workshop @ Hiz and Hairz & parent pickup
- 7:00 pm- 9:00 pm Rehearse opening number with choreographer

## FRIDAY, MARCH 25, 2011

- 8:30 am – 11:30 pm Rehearsal at Ketchikan High School. Work on all numbers & individual talent numbers (Checking timing of acts.)
- 11:30 pm – 12:50 pm Lunch at The Landing Restaurant
- 1:00 pm – 2:15 pm Ice Cream Social at Ketchikan Pioneer Home.  
(Demo bits of routines or talents). Daily News Photos.
- 2:15 pm- 2:45 pm Return to Kayhi and change for interviews
- 3:00 pm – 5:50 pm Interviews with Judges (25% of total points) & Thank yous
- 3:30 pm – 5:00 pm Photos in business attire with Charlie Starr after interviewing
- 4:00pm – 6:00pm Potluck at Kayhi w/ Host, & Steering after photos & interview
- 6:00 pm – 9:00 pm Final Dress Rehearsal and program run-through

## SATURDAY, MARCH 26, 2011

- 8:00 am – 11:45 am Write and distribute evaluations, Essay Writing Contest: “What does Be Your Best Self Mean to Me & How Have I Seen It Demonstrated in Ktn. this week?” Vote on Spirit of AJM. Contestants vote for one girl who showed her best self.
- 12:00 pm- 12:15 pm Lunch at Mc Donald’s
- 12:30 pm- 1:00 pm Contestants do a Meet and Greet at the Plaza at a table in Mall
- 1:00 pm- 2:00 pm Leadership Workshop at the Plaza
- Mall Invite children & families to evening program
- 2:00 pm - 5:00 pm Supper with family, free time, practice talents last time on own
- 6:00 pm – 7:00 pm Change at Kayhi, get ready and warm-up.
- 7:00 pm – 9:00 pm Alaska Junior Miss Program at Kayhi Auditorium
- 9:15 pm - 9:45 pm Announce Winners, Awards, Runner Ups and group photos
- 9:45 pm – 11:30 pm Farewell Party Green Room, Refreshments, Watch AJM tape

## Mark Your Calendar

**Tue Nov 9, 2010**  
**Midquarter Reports**

**Wed Nov 10, 2010**  
**6pm - 7:30pm Parent Group Meeting**  
**Where:** Ken's Room

**Thu Nov 18, 2010**  
**6:30pm - 8:30pm All-Community Meeting**  
**Where:** MPR

**7pm - 8:30pm Ad Board Meeting**  
**Where:** Danielle's Room

**Fri Nov 19, 2010**  
**7pm - 11pm November Dance**  
**Where:** MPR

**Thu/Fri Nov 25 & 26, 2010**  
**Thanksgiving Break - No School**



**Thu Dec 2, 2010**  
**6pm - 7:30pm Parent Group Meeting**  
**Where:** Ken's Room

**7pm - 8:30pm Ad Board Meeting**  
**Where:** Danielle's Room

**Mon Dec 6 - Thu Dec 16, 2010**  
**Fall Intensives**

**Fri Dec 17, 2010**  
**End of Second Quarter**  
**In-Service Day - No School**

**Mon Dec 20 - Mon Jan 3, 2010**  
**Winter Break - No School**

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STELLER SECONDARY SCHOOL  
2508 BLUEBERRY STREET  
ANCHORAGE, AK 99503

