



# Old Steller Yeller

October 2012

Greetings Steller Community,

We've had a great start to this year, and I want to thank the parent group for playing such a large role in motivating parents and community members to be here for meetings and important events. You are amazing, and those of you who do the majority of the work know who you are. Last month's All Community Meeting was a phenomenal success, and parent group deserves all the credit. I'm still waiting to see all the suggestions that came from the meeting, and I am excited to see which ones we can act upon.



**From the Principal  
Dale Evern  
742-4964**

Staff, students and parents are continually looking for ways to make our school better. The more involved people are in the process, the more eclectic we become as a school. I encourage all of you to continue coming to meetings and participating in all the conversations that help define who we are. It is nice to see parents coming to staff and op group meetings with ideas, students attending staff and parent meetings, and Ad Board meetings full of new and veteran parents.

I hate to be a stickler about certain things, but there is one issue that keeps coming up. Our classes begin promptly at 8:30 AM, and I often look out and see the halls still full of students just getting here or slowly meandering to class. Please make sure your students are being dropped off with enough time to go to their lockers, put things away, and be in class on time. Teachers feel disrespected when they have to wait for several students on a daily basis to start their classes. I'll work on being in the halls and help students along earlier.

I've been asked to remind parents to call in when students are absent from class. You have 24 hours from the time of the absence to let the office know your student's absence is excused. This matters for teachers who have a policy about not giving homework assignments to students whose absences are unexcused. I've spoken to the Op Group about making sure student absences are called in. Thanks for all you can do to help the process.

Dale

 **October**   
**Happenings**



## Staff Corner



One question that often arises is what makes Steller alternative. Yes, we're a small school without bells to signal class times, but the most meaningful ways Steller is set apart are programmatic. Here are a few aspects of our program that you will not find elsewhere in the school district:

**Passages:** This year is the first that Passages is a graduation requirement. This course ensures that students are able to pursue their interests and exercise self-direction, a core part of Steller's philosophy. There is also an emphasis on students thinking outside of themselves to find ways of giving back to their community.

**Peer-taughts/Co-teaching:** This is an incredibly unique-to-Steller opportunity. Peer and co-teachers are trusted with running a class on their own or assisting a teacher with a core class. Students design a curriculum, present it to the staff for approval, and teach the class.

**Independent Studies:** These classes allow students to earn core academic credit while pursuing topics of their choice. Working with a mentor teacher, the student can create a curriculum based around their particular interests. Students have a say in what they do and how they are assessed.

**Advisory Group:** This is a key element of Steller's program, where students work with an advisor that they get to know over the course of six years. This relationship is important because advisors are able to get to know students' strengths and weaknesses and can encourage personal as well as academic growth. Advisory group also allows for time in the schedule to discuss school issues.

**Seminar:** Requiring 8<sup>th</sup> graders to take a seminar class is unique to Steller. Many high school classes, especially language arts and social studies, incorporate elements of seminar. Often, traditional class discussions move from the teacher to a student, back to the teacher, on to another student, and so forth. The discussion is constantly filtered through the teacher with little student-to-student interaction. Seminar gives students the opportunity to take ownership of the discussion and to practice collaborative dialogue.

**Intensives:** These two-week classes allow teachers to offer courses that do not fit neatly in a normal curriculum. Travel intensives make it so that students get the enrichment of travel without missing school.

**Op-group and Ad Board:** Steller's student government meets every week. Students, who have a lot of voice in the school, run each meeting; proposals are passed largely based on student input. This means that students are more invested in their school and the decisions that are made within it.

These opportunities prepare students to become involved and engaged citizens in their adult lives. They are also evidence of the trust we place in students and the high expectations we have of them. Without the commitment and support of staff and parents, these opportunities would not be possible. It has taken years for the Passages program to gain enough momentum to be fully implemented. The fact that last year staff, parents, and students worked together to see Passages through is a testament that an alternative, open-optional philosophy is alive and well here. Whether you're a staff member, student, or parent, it's an exciting time to be at Steller.



# Nurse's Notes



Parents,

At a recent conference I attended the speaker talked about over-medicating children. I found the information on cold remedies from the Mayo Clinic website (<http://www.mayoclinic.com/health/cold-remedies/ID00036>) that I thought you might be interested in. Please read the info about headaches as well from another site (<http://www.nbneuro.com/reboundheadache.shtml>).

Anne

**Cold remedies: What Works:** with a cold, you can expect to be sick for one to two weeks. These remedies may help:

**Water and other fluids:** water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which can make dehydration worse.

**Salt water:** a saltwater gargle - 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water can temporarily relieve a sore or scratchy throat.

**Saline nasal drops and sprays:** over the counter saline nasal drops and sprays combat stuffiness and congestion. Saline nasal sprays may be used in older children. Unlike nasal decongestants, saline drops and sprays don't lead to a rebound effect - a worsening of symptoms when the medication is discontinued - and most are safe and nonirritating, even for children.

**Chicken soup:** chicken soup might help relieve cold and flu symptoms in two ways. First, it acts as an anti-inflammatory by inhibiting the movement of neutrophils - immune system cells that participate in the body's inflammatory response. Second, it temporarily speeds up the movement of mucus, possibly helping relieve congestion and limiting the amount of time viruses are in contact with the nose lining.

**Over-the-counter cold and cough medication in older children and adults:** Nonprescription decongestants and pain relievers offer some symptom relief, but they won't prevent a cold or shorten its duration, and most have some side effects. If used more than a few days, they can actually make symptoms worse. These medications are dangerous in children younger than age 2. The FDA is evaluating the safety of over-the-counter cold and cough medications in older children. Acetaminophen (tylenol, others) can cause serious liver damage or liver failure if taken in doses higher than recommended. It's common for people to take Tylenol in addition to flu medication that may also contain acetaminophen, which can lead to acetaminophen overdoses. Read the labels of any cold medication carefully to make sure you're not overdosing. If a cough lasts after other cold symptoms have resolved, see your doctor. In the meantime, sooth your throat with warm lemon water and honey and humidifying the air in your house.

**Antihistamines:** first-generation (sedating) antihistamines may provide minor relief of several cold symptoms, including cough, sneezing, watery eyes and nasal discharge. However, results are conflicting and the benefits may not outweigh the side effects.

**Humidity:** cold viruses thrive in dry conditions (one reason colds are more common in winter). Heat dries the air as well as mucous membranes, causing a stuffy nose and scratchy throat. A humidifier helps, but it can also add mold, fungi and bacteria if not cleaned properly. Change the water daily, and clean the unit according to the manufacturer's instructions. Sitting in a steamy bathroom for a few minutes before bedtime may also help.

**Cold remedies: What doesn't work:** common remedies that don't work include:

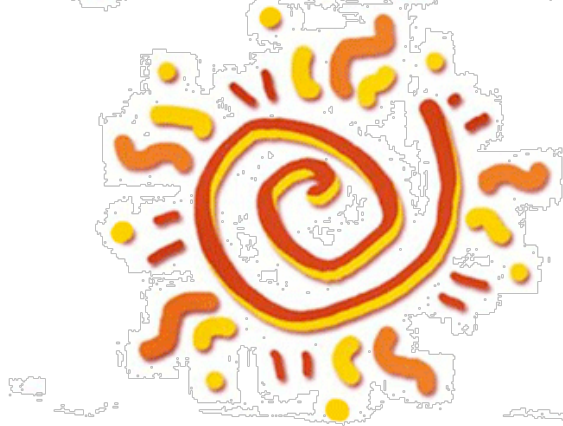
**Antibiotics:** they are of no help against cold viruses. Avoid asking your doctor for antibiotics for a cold or using old antibiotics you have on hand. You won't get well any faster, and inappropriate use of antibiotics contributes to the serious and growing problem of antibiotic-resistant bacteria.

**Over the counter cold remedies:** cough and cold preparations in younger children can be detrimental, even life threatening. Their effectiveness in older children is being evaluated.

**Headaches:** It is estimated that at least fifty percent of the patients seeking help for their headaches indulge in excessive use of medications. Taking these drugs every day, or even as infrequently as four times a week, can lead to ever-increasing dosages to achieve relief. When the effect of the analgesic wears off, a rebound headache can be triggered.

# CELEBRATE

## Hispanic Heritage Month



### Hispanic Heritage Month

September 15-October 15 is Hispanic Heritage Month. It is a time dedicated to learning about and recognizing contributions made by Latinos all over the country and the world. In Anchorage there are several great (and free) community events that students can attend and receive extra credit for. Please contact me if you know of any other events around Anchorage.

Ashley

### **Hispanic Heritage Family Day** **Sunday, Oct 7, 2012 2:00p to 4:00p** **Anchorage Museum Anchorage, AK**

Celebrate Hispanic Heritage Month with a rich cultural experience. Enjoy live music by Trio Los Andinos. Conduct fun lab experiments with sugar related to the work of Nobel Prize-winning scientists Luis Federico Leloir and Bernardo Alberto Houssay. Little ones learn their shapes while creating paper skulls inspired by Dia de los Muertos (Day of the Dead). Discover Hispanic folk remedies for common ailments. Museum general admission is free all day thanks to Wells Fargo.

### **Wells Fargo Alaska Heritage Museum** **September 15th to October 15<sup>th</sup> (this is right next to Steller)**

The name of this exhibit is "First Mexican and Spanish Explorers of Alaska" and represents the historic relationships between Alaska and Hispanic cultures, beginning with Spain's exploration and emphasizing Alaska's connection with Mexico through rarely-seen maps and illustrations depicting six voyages that took place from San Blas, Nayarit, Mexico in the late eighteenth century.

### **Out North Contemporary Art House**

The Dia de los Muertos exhibit opens Oct. 19 at 5:30pm. The big celebration is Nov. 2 at 5:30 and is replete with music, food, and other events.

# High School Students

This is the time of year be doing at least your first attempt on the ACT and SAT

The Typical Testing Timeline			
	10	11	12
PSAT	X	X	
SAT		X	X
SAT Subject	X (soon after finishing course)	X (soon after finishing course)	X (soon after finishing course)
ACT		X	X
ACT Writing		X (after finishing Advanced Comp)	X (after finishing Advanced Comp)
WorkKeys		X	X

## Sophomores / Juniors\*

### PSAT

THERE ARE STILL SEATS AVAILABLE

When: Saturday Oct 20<sup>th</sup> – 7:30AM

Where: Steller in MPR Room

Cost: \$20.00 (register with Michelle in the office)

If you have any questions see John.

\* Juniors – you will **NEED** to take this for the [NMSQT \(National Merit Scholarship\)](#)



You won't be staying at Steller forever  
You will need a place to go when you go  
You have got to start planning right now.



# College Search

Imagine, Explore, Navigate  
Come to the presentation...leave with direction.

Tuesday, **October 9**, 6:30 – 8:00 pm  
in the New Computer Lab



Choices require decisions...decisions become options...options lead to opportunities...

**John Stahl**, Steller Secondary, Guidance & Counseling  
[Stahl\\_john@asdk12.org](mailto:Stahl_john@asdk12.org) 907-742-4950

## Office Policies for Paying Fines and Fees

- 1. You must have exact payment amount as the office does not make change.**
- 2. Fines for dances must be paid at least 24 hours prior to the dance for processing.**
- 3. Payment days and hours will be as follows:  
Mondays, Tuesdays & Thursday's,  
7:30 – 8:30, 11:45 – 12:40, 2:05 – 3:30 pm**
- 4. We only accept cash or checks. We do not accept credit cards.**

**Thank you,  
Office Staff**



**You are Invited...**

**October 21 and 22, 2012**

Dena'ina Civic and Convention Center

The **Educational Opportunity Center** of Anchorage, Alaska extends an invitation to you and your institution to be part of the 31st Annual Anchorage College and Career Fair to be held on October 21 and 22, 2012.

This year's fair features a Sunday afternoon session and a shortened Monday session to maximize your contact with prospective students and their families.

The 2011 Fair had an attendance of well over 4000 students and families, with more than 150 institutions and educational support agencies participating.

**We hope that you will be a part of the  
31st Annual  
Anchorage College and Career Fair!**



In addition to meeting with representatives from a wide variety of educational institutions, participants will have three workshops to choose from to help prepare them for postsecondary education including:

**Understanding Financial Aid ~ Scholarships- How to Find Them ~  
Preparing for the College Admissions Process**

### REGISTRATION INFORMATION

All Booths are 10' x 10' and are available with or without power.

#### Register by June 30, 2012

Booth without electrical outlet	\$200
Booth with electrical outlet	\$225

#### Register between July 1 and August 31, 2012

Booth without electrical outlet	\$225
Booth with electrical outlet	\$250

#### Register after September 1, 2012

\* For registration after September 30, 2012 please call 907-786-6715 for space availability prior to registering

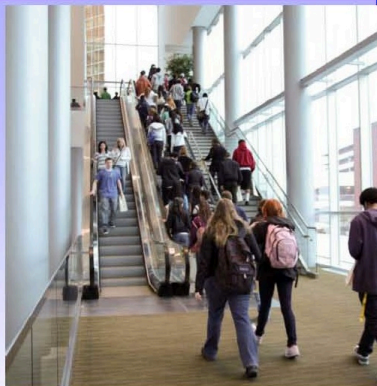
Booth without electrical outlet	\$300
Booth with electrical outlet	\$350

**First time participants are FREE!**

*If registration materials are received by July 1, 2012*

For more information on the 2012 Anchorage College and Career Fair and to register your institution please go to:

[www.eoccareerfair.com](http://www.eoccareerfair.com)



CONTACT INFORMATION  
College and Career Fair -  
3211 Providence Dr.- DIPL 105  
Anchorage, AK 99508-4614  
907.786-6715 fax 907.786-6713  
UAA\_EOC@uaa.alaska.edu



**Anchorage  
School  
District**

## ASD Announcements

### Anchorage School Board

Jeannie Mackie, president

Tam Agosti-Gisler

Gretchen Guess

Pat Higgins

Natasha Von-Imhof

Kathleen Plunkett

Don Smith

### ASD Superintendent

Jim Browder Ed.D.

### Can't reach the school via email?

ASD has learned that it's been blacklisted from some email providers, such as Hotmail and others. This means people with email accounts from those providers are not able to exchange messages with @asdk12.org email accounts.

The situation was caused by spam coming from within the ASD email system. The district's IT department is aware of the situation and has been working with the outside email providers to clear up the situation. However, those providers have their own standard timelines and policies, so it can take several days before it is corrected.

If you haven't received a response to an email or were expecting to receive an email from an @asdk12.org account, please give the school a call and speak to the person directly. We apologize for any inconvenience this may cause and thank you for your patience. The district is taking steps to alleviate the causes of the spam that resulted in the blacklisting.

## Alaska All Academies Night



West Point



Annapolis



Air Force



Coast Guard



Merchant Marine

**Tuesday, 16 October 2012, 7-9 pm**  
**Chugiak High School Auditorium**

For Anyone Interested in the Federal Service Academies

Get Information about:

- Application Process
- Congressional Nominations
- Academic Programs
- Military Programs
- Careers After Graduation

Meet with:

- Congressional Representatives
- Academy Admissions Officers
- Graduates
- Parents

For More Information Contact Jay Tung (907) 644-8554





"Reproduced from NFPA's Fire Prevention Week website, [www.firepreventionweek.org](http://www.firepreventionweek.org).

## Fire Prevention for Pre-teens and Teens At Home

Kids this age have reached a stage of mental development that helps them avoid non-fire burns. While this age group is at a much lower risk of dying in a fire, home fires remain a concern, and older children are more likely to intentionally set fires.

Preteens may want to prove themselves as responsible, but they might not know what to do in an emergency. Preparation and education are key elements of preventing fire tragedies, and teaching preteens about fire safety can prevent accidents and injuries.

### Top Tips

#### In the bedroom:

- Install smoke alarms in and outside of every sleeping area. Test smoke alarms monthly.
- Teach children to never use candles in their bedrooms.

#### In the kitchen:

- Never allow children under 14 to use kitchen appliances without active supervision.
- Never leave cooking food unattended – it is the number-one cause of house fires.

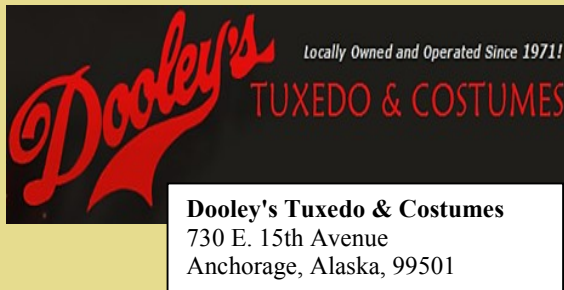
#### Discuss fire safety with your child:

- Practice an escape plan with your child. Designate a place to meet once safely outside the house.
- Teach children how to respond to a real fire: Stay low, touch doors before opening them and use alternative exits.
- Teach children never to go back into a burning building.

# Blaines Art

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out South-central Alaska  
(especially Steller Secondary)

# UPCOMING EVENTS

## Tuesday, Oct. 10th

Parent Group Meeting  
6:00-7:30 pm

## Saturday, Oct. 20th

PSAT - MPR  
7:30 am

## Friday, Oct. 12th

October Dance  
MPR  
7:00-11:00pm

## Wed & Thu Oct. 24th & 25th

Parent Teacher Conference  
12:30 - 7:00pm

## Thursday, Oct. 18th

Ad Board  
6:30-8:00pm

## Friday, Oct. 26th

In-Service - NO SCHOOL

## Friday, Oct. 19th

End of 1st Quarter  
In-Service - NO SCHOOL



STELLER SECONDARY SCHOOL  
2508 BLUEBERRY ROAD  
ANCHORAGE, AK 99503

