



# Old Steller Yeller

April 2013

Hello Steller Community,

After a long winter, it feels absolutely sunny and warm outside. With all the snow melting and with early morning freezes, it makes for dangerous times walking to school. Make sure your students have adequate foot wear for dealing with both water and ice. If your student is driving to school, please remind them about being careful driving through all the puddles. Some may be car-eating potholes. I've already seen a few of those.

There are many exciting things that have happened over the past month. We are almost finished with our testing cycle this year so there won't be many more classroom interruptions for testing. HSGQE and SBA Testing will be on April 2,3, and 4, and all students in grades 7-10 will be tested one more time this year for the RTI initiative. It will be nice for us to have these out of the way.

Steller students and parents were celebrated for all their volunteerism during the All Community Meeting in March. It was great to see all the good things that are going on in our community and with our students. I am always impressed with how willing our families are to give of themselves. During that meeting, Eliza McGownd gave a presentation on what was covered during the previous All Community Meeting. There were many ideas of how to make Steller a better place for all of us. We will continue the work on creating a Strategic Plan for our building in the fall. I look forward to coming up with action plans, so we can see how well we are moving forward.

I do want to remind parents to keep up on Zangle if your student is on probation. The last quarter goes very fast, and it's important that students have as much support as possible in keeping their grades up. We have some students that are having a hard time meeting the requirements of their probation. In looking at most of the students that have been put on probation, one factor stands out. Absenteeism is correlated greatly with success in school. Students who aren't here often have a much harder time keeping up in school. The school can do everything it can to offer extra help and support services, but we can't make students come.

As we move through the spring, make sure you are looking at the calendar for upcoming events. I don't want either you or your student missing out on important and fun events. We'll do our best to keep the calendars updated Again, I want to thank all of you for all you are doing.



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

Regards,

Dale



# Staff Corner

The staff would like to thank the parents and students that attended the March 20<sup>th</sup> All-Community Meeting. Our purpose was to celebrate some of the great things that are happening in and around Steller and the people – parents and students – who are making those things happen. We would like to extend a special thanks to Victoria Weindel, who compiled the names of all of our student volunteers (over 140 of them!) and created certificates of recognition for them.

We recognized several individual parents for their volunteerism within Steller, but there are many more who deserve our thanks. There will be a luncheon on Friday, April 26<sup>th</sup> to thank all of our parent volunteers. Please consider joining us if you are one of the many parents who have given your time to Steller. The staff is grateful for the many ways in which parents support our school: from chaperoning at dances to organizing school events to serving on committees and boards, parents are an integral part of the school and are key to ensuring Steller remains a dynamic, engaging environment for students.

The feedback we received about the All-Community Meeting was very positive, and we would like to make it a tradition to have a celebratory ACM at the end of the year, where we can recognize and highlight individual students and their accomplishments.

Spring intensives are quickly approaching, and the staff is excited about the variety of offerings this year. There are still five weeks left in 4<sup>th</sup> quarter, and while we're all looking ahead to spring intensives and summer, it's important for students to maintain their academic focus. Parents can help by checking in with their students to ask about topics from class and due dates.





# Nurse's Notes



Parents,

The information below is another reason to INSIST that your adolescents eat breakfast. And as an added note, the most recommended breakfast is a whole grain breakfast cereal with low fat (or skim milk) and fruit, if desired.

## Skipping Breakfast hurts Your child's IQ

Children who regularly skip breakfast have lower verbal, performance and full-scale IQs than other children, according to a study conducted by researchers from the University of Pennsylvania School of Nursing.

"Childhood is a critical period in which dietary and lifestyle patterns are initiated, and these habits can have important immediate and long-term implications," lead researcher Jianghong Liu said. "Breakfast habits appear to be no exception, and irregular breakfast eating has already been associated with a number of unhealthy behaviors, such as smoking, frequent alcohol use, and infrequent exercise."

Although the nutritional, cognitive and performance benefits of breakfast have been well established, the study is actually one of the first to look at the connection between breakfast and IQ. The researchers analyzed data from 1,269 six-year-olds taking part in the ongoing China Jintan Child Cohort, which is designed to uncover the early risk factors for later childhood neurobehavioral health.

Breakfast is highly valued in China, so skipping it is less common than in the United States.

The researchers found that even after adjusting for seven sociodemographic risk factors for low IQ, children who regularly skipped breakfast had lower overall IQ scores (by 4.6 points) than children who always or nearly always ate breakfast. The performance IQ scores among children who skipped breakfast were 2.50 points lower, and their verbal IQ scores were 5.58 points lower.

## Lifelong consequences

The researchers believe that breakfast is especially important for young children, whose brains are still going through rapid cognitive development. After an entire night of fasting, the brain is starved for energy, and breakfast supplies it with the fuel it needs for a new day. In addition, the researchers suggested that the social interaction that children receive from eating breakfast with their families also promotes brain development. Observing and taking part in regular group conversation helps young children expand their vocabularies, learn general knowledge, and gain practice at understanding and synthesizing stories.

"Because adequate nutrition in early childhood has been linked to increased IQ through childhood, which is related to decreased childhood behavioral disorders, better career satisfaction, and socioeconomic success in adults, breakfast consumption could ultimately benefit long-term physical and mental health outcomes as well a quality of life," Liu said.

Other studies have shown that about 18 percent of U.S. residents skip breakfast regularly. They have also shown that it is not just children who suffer from skipping this important meal. A 2012 study found that people who skip breakfast tend to weigh more than average, and also are more likely to consume too many high-calorie foods and sugary soft drinks, and to eat fewer fruits and vegetables.

Sources:

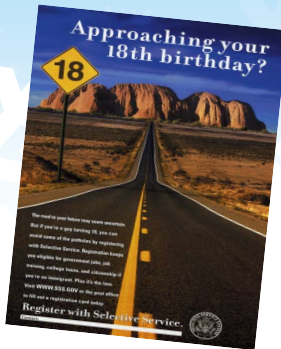
<http://www.sciencedaily.com/releases/2013/02/130205143334.htm>

# the Counseling Corner

FISH, ANIMAL, ENVIRONMENT, CONSERVATION

## SAN DIEGO, CA WINTER INTENSIVE 2013

GO BEHIND THE SCENES TO WORK WITH ZOOLOGISTS, MARINE BIOLOGISTS AND VETERINARIANS. YOU WILL ENGAGE IN HANDS ON OPPORTUNITIES TO LEARN ABOUT WILDLIFE AND MARINE ANIMALS...THE BEHAVIOR, HABITAT, CONSERVATION, PROTECTION AND SUSTAINABILITY OF THE PLANET'S FISH AND CREATURES. EXPLORE THE TECHNOLOGY OF FIELD RESEARCH. DISCOVER THE INNER WORKINGS OF A WILDLIFE FACILITY WHILE JOB SHADOWING SCIENCE



## Selective Service

Gentlemen...if you're 18 (or about to be) you need to register for selective Service.

It's the law... required for Student Loans, many scholarships, federal jobs, etc.



Type to enter text



FOR MORE INFORMATION  
LET JOHN KNOW...  
742-4951    STAHL\_JOHN@ASDK12.ORG

## The Scoop About the Alaska Performance Scholarship

Alaska High School Students - Earn the Alaska Performance Scholarship (APS) to Pay for College or Training in Alaska



### Collegiate Award

Level 1	Level 2	Level 3
up to \$4,755 per year	up to \$3,566 per year	up to \$2,378 per year
<ul style="list-style-type: none"> <li>High School GPA 3.5</li> <li>ACT - 25 or SAT - 1680</li> <li>Specified rigorous high school curriculum</li> </ul>	<ul style="list-style-type: none"> <li>High School GPA 3.0</li> <li>ACT - 23 or SAT - 1560</li> <li>Specified rigorous high school curriculum</li> </ul>	<ul style="list-style-type: none"> <li>High School GPA 2.5</li> <li>ACT - 21 or SAT - 1450</li> <li>Specified rigorous high school curriculum</li> </ul>

### Career/Technical Award

Can be earned with qualifying WorkKeys instead of ACT/SAT scores



## Save the Date!

### SBA / HSGQE Testing

April 2-3

Tuesday, April 2 – Reading  
Wednesday, April 3 – Writing  
Thursday, April 4 – Math

**THERE ARE NO MAKE-UPS FOR HSGQE**

### College Night

Tuesday, April 9<sup>th</sup>, 6:30 – 8 PM

This will be an open Q&A format, bring any questions you may have about graduating, college, career, gap year, financial aid, etc.

You know there are things you still aren't sure of...

### ACT Test

Saturday, April 13th

If you haven't taken the ACT you may want to give it a try...it's completely different than the SAT and many students do much better on it;

[ACT Registration](#)



**Anchorage  
School  
District**

## **ASD Announcements**

### **Scholarship for teen girls interested in business**

The Anchorage ATHENA Society, a program of the Anchorage Chamber of Commerce, offers a scholarship to teen girls ages 14-18 for an opportunity to learn leadership, entrepreneurship and business skills. The scholarship recipient will attend two business camps over the summer, one in Alaska and one in California. For more information go to the ASD website to download the [application packet](#) (PDF). The deadline is April 19.



### **Celebrating women and raising money for good cause**

Muldoon Elementary School Teacher **Galina Tomisser** hosted the International Women's Day event on March 9 at Tri-Grill Restaurant & Event Center. Overwhelmed with growing numbers of women who are being treated as cancer patients at Providence hospital, she decided to donate the net proceeds to the Providence Alaska Foundation. In addition to her family band, The Forget-Me-Not, many other popular artists and community members volunteered at her request to join the festivities and donate their time and money. Tomisser wants to express her gratitude to ELLP Quality Assurance Specialist **LaVon Bridges**, whose harp music charmed everyone at the event; the Muldoon parent Kaneyo Hirata for performing Hawaiian and Samoan dances; the Mariachi Agave Azul group who shared Mexican music; and the Hmong Lions Club, whose students from five different ASD schools pleased the guests with an outstanding dance performance.

#### **2012-13 Anchorage School Board**

Jeannie Mackie, president

Tam Agosti-Gisler

Don Smith

Pat Higgins

Natasha Von Imhof

Kathleen Plunkett

**Superintendent**

Ed Graff

# UPCOMING EVENTS

**Monday, April 2-4th**

SBA Testing  
7-10<sup>th</sup> grades

**Friday, April 5<sup>th</sup>**

Steller Olympics

**Saturday, April 13th**

ACT Testing

**Thursday, April 18<sup>t</sup>**

AD Board Meeting  
6:30 – 8:00 pm

**Tuesday, April 9<sup>th</sup>**

College & Career Night  
6:30-8:00

**Friday, April 19<sup>th</sup>**

Activity Night

**Wednesday, April 10<sup>th</sup>**

Parent Group Meeting  
6:00 – 7:30

**Monday, April 22<sup>nd</sup>**

Earth Day

**Friday, April 12<sup>th</sup>**

Sophomore Day  
8:30 – 2:05

**Saturday, April 27<sup>th</sup>**

Spring Prom  
8:00 - Midnight



Anchorage School Business Partnerships  
5530 E. Northern Lights Blvd.  
Anchorage, AK 99504-3135  
[www.asdk12.org/depts/sbp/](http://www.asdk12.org/depts/sbp/)



Steller Secondary  
can't thank our School Business Partners enough...  
thank you, thank you, thank you.