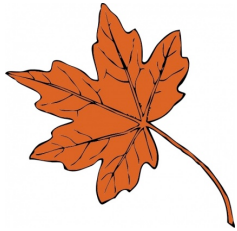




Old Steller Yeller

September 2013



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



Welcome Back Steller Community:

I am so glad to welcome all of our new and returning students and families to Steller Secondary for the 2013-2014 school year. I hope everyone is refreshed and ready to have an exciting year in school. I am enjoying all the stories students have from their summer of sunshine and recreation.

It was great to meet all of the new to Steller families during registration and to see all of our returning families. I love how everyone is ready to help out and become involved with the school. The Back to School Night and Family Barbeque went very well, and I have received several positive responses from parents and staff. It was nice for parents to meet the teachers to be able to speak with teachers about what concerns may come up with their students. Parents did a wonderful job organizing the barbeque and everyone brought a dish to share. Activities like this help everyone to feel a part of the community and bond with the school.

Steller is improving every year. If you haven't had the opportunity to see it, the old Darkroom has been renovated and is now a Seminar Room. The interactive projectors will soon be installed (I know you've heard that before). Steller received a grant to put in a rock wall this winter, and Rosa is excited to see a Rock Climbing Club formed. We are still working on grants that will help us to renovate the Art Room and to make it a better place for students to be.

Attendance:

The Anchorage School Board has passed a new policy on Attendance. The amount of students in the ASD that miss more than 10% of days or at least 18 days in a year is way too high. It's not only hard on students who miss school to make up their work, but it's a drain on resources when teachers constantly have to reteach or find make up work for students who don't have a legitimate reason for missing school. The four reasons a student may miss school for and be excused are as follows: illness, death or serious illness in the immediate family, participating in a school function, and attendance at religious services. The only other reason an absence may be excused is for extenuating circumstances approved by the principal. I will not be excusing vacations outside of regular vacation days. Even though the attendance rate at Steller is higher than the district averages, we can still do better. All families of students who miss school will receive a phone notification their student was marked absent. Absent notifications can not be turned off, but if you choose not to receive school information calls, those can be disabled.

Parking:

It is school board policy that all students that park in the school district parking lots must have a parking permit and that permit will cost \$55.00 per semester. Students must pick up a Vehicle Registration and Parking form from the office. Please pay for the permit in the office.

There will be spot checks of the vehicles in the parking lot to make sure you have an updated car permit. If you do not have a permit a warning is issued for the first offense, a fine is issued for the second offense, and you will be towed at your expense if there is a third offense. Also if you drive to another school for activities or for classes and park in their parking area you must have a permit. Please be aware that each school has their own fine system for their parking areas.

Permits from our school will be ok in other school lots, but it is a good idea to let the other school know you are parking in their lot.

Vehicle safety is important. Please do not speed in the driveway or parking lot. Do not overload your car with passengers, as this is very dangerous for all concerned. Please make sure you drive responsibly. Our school is about responsible freedom, which means just that, freedom to be responsible in all things you do and making proper choices. If proper choices are not made, those freedoms that we all cherish may be taken away.

Visitors:

All visitors to Steller must sign in on the computer in the Front Office. Even if you just plan on visiting a teacher briefly, it's important we know you are here. This allows us to know who is in the building for security and fire purposes and helps alleviate confusion about non-permitted cars in Steller's parking lot.

Fire Lane:

The front access drive is a Fire Lane. Dropping off and picking students up is fine, but we cannot have anyone parking there. Any car parked in the Fire Lane (without a driver in the auto) may be fined or towed at the owner's expense. There will be no warnings given out for this.

When we are having an emergency and/or drill and you are parked in the front access drive be aware of students coming out of the doors and PLEASE move your car to the parking area of the school as soon as you are able. We, as a staff, do not have the time to locate the owner of a car in the event of a real emergency. Our first concern is the safety of the students. Your car can also block an emergency vehicle trying to get to the school in a timely manner. Please do not try to pick up your child at the time of the emergency or drill. It causes too much confusion and increases risks for our students. The students will be released at the proper time after the event.

Steller Safety:

Safety at Steller is of high importance to the staff. A safe environment is essential to students. I would like to address a few of the safety issues.

- Stay in a group when leaving the school for lunch or walking to a bus. Do not walk or wander down back alleys just because it is a short cut. These areas are danger zones and should be avoided at all costs. If anyone approaches you that you do not know, do not talk to them, run to the nearest safe place and report it at once.
- If there is a person or a student in our building you know does not belong to the school, please let any staff member know right away. Do not confront them, let the staff member ask who they are and their business.
- Riding bikes to and from school: Please do not ride bikes on the school sidewalks or parking lots – WALK THEM. Many other things are going on at the same time and an accident can happen. Remember to wear helmets at all times when riding a bike on school property.
- Skateboards may not be ridden on school property

I am looking forward to seeing a full year of growth for each of your students. You know the more you are involved with the school, the better your students perform. I appreciate all you do for your students, and I thank you for your help supporting Steller Secondary.

Regards,

Dale



Staff Scoop

Steller's school year always begins with events intended to welcome new students and families and to reinforce the sense of community for which Steller is known, including the new-to-Steller family orientation and the Back to School BBQ. During orientation, students spent time with their advisory group and with their grade-level class. The purpose of this time is to welcome new students and orient them to Steller, to re-familiarize returning students, to look ahead at class responsibilities and to set individual and group goals. The ultimate purpose is to start the year in a positive and productive way. The volunteer fair was a successful event and helped set a great tone for the start of the school year. Many students came away with something concrete they would like to do as community service. If your student hasn't already mentioned an idea, you might ask what organizations in particular they were interested in.

We have started to discuss the pros and cons of doing orientation, and in our first advisory meeting we will solicit feedback from our advisees about what they liked and what can be improved. If you have feedback you would like to share about orientation, please email your student's advisor this week.

Throughout the school year, there are a number of ways for parents to get involved in the Steller community. In addition to chaperoning dances and other events, parents can volunteer in the library, help with the auction, or help support a student in their Passage class by sharing an area of expertise or even mentoring a student in a career field. Attending the once-a-month Parent Group and Advisory Board meetings are a great way to stay informed and to have a voice in how the school is run. If you have questions about any of these opportunities, please ask a staff member – many of our school events and opportunities are dependent upon help from our wonderful parent volunteers.

Lastly, since the concept of responsible freedom, including an open campus lunch, is new to some of our students, we would like to give a reminder about safety. Parents should discuss their expectations with their kids and remind them that if and when they leave campus at lunch, they should always have someone else with them.



Counselor's Corner

✓ ASD Test / Assessment Schedule

[2013-2014 Assessment Calendar](#)

[WorkKeys & HSGQE Test Prep](#)

✓ PSAT

(Some sophomores - All Juniors)

[Homepage](#)

[About the PSAT](#)

[Registration and dates](#)

✓ SAT & SAT Subject Tests

(Some sophomores, most juniors, all seniors)

[Homepage](#)

[About the Tests](#)

[Registration: Fees, Dates, & Test Centers](#)

✓ ACT & act writing

(Some sophomores, most juniors, all seniors)

[Homepage](#)

[Registration](#)

[Test Prep](#)

✓ ACT & SAT Test Prep

ACT website www.act.org for information, sign up and practice tests / tutorials.

SAT website: www.collegeboard.com, information, sign up and online practice test / tutorials.

Erik the Red <http://www.erikthered.com/tutor/>

Sylvan Learning, Anchorage, 561-2229, sylvan@gci.net

Method Test Prep – full-length practice SAT & ACT, test-tips, vocab builder, etc.; <http://www.methodtestprep.com>

Back to school Back to work **Job Fair**



2:30-4:30 p.m.
Friday, Sept. 6, 2013

- Connect with local employers
- Learn about new job opportunities
- Apply on-site at a variety of local businesses

Northway Mall,
3101 Perland Parkway, Anchorage

Find your next job TODAY!

A proud partner of the
america's workforce center
network

Jobs
Alaska Department of Labor
and Workforce Development



AnchorAge School District does not endorse the materials or the viewpoints expressed in them.
We are an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

Need, want, have to have a job?

The Job Fair on
Friday, Sept. 6
is the place to be.

- ✓ Connect with employers
- ✓ Learn about the latest job opportunities
- ✓ Apply on-site, right there and then, with businesses that are hiring.

Imagine having a great Letter of Reference
AND money in your pocket too.

If you have questions stop by and see John.

I School

Log in to ISchool on Sept 3rd (1st day of class); open the page and follow directions for accessing your class (problems - See John).





Nurse's Notes



Parents,

If the adolescents (and adults) in your life seem more moody than usual, then take note of what they're eating. There has been recent research exploring diet, nutrition, and mood disorders that can have implications for people of all ages. I want to share some of this research with you.

In one study, researchers followed 10,094 initially healthy adults for an average of 4.4 years. The participants were assigned a Mediterranean dietary pattern score, which positively weighted the consumption of vegetables, fruit and nuts, cereal, legumes and fish. A positive influence on the score was also seen with the consumption of a monounsaturated to saturated-fatty-acids ratio. On the other hand, consumption of meat, meat products, and whole-fat dairy were negatively weighted. The researchers found that the more adherence to the to the Mediterranean diet, the lower the risk for depression. The results suggest the Mediterranean diet has a protective role against the development of mood disorders.

Another study compared a diet high in "whole" foods (e.g., vegetables, fruits and fish) with a diet high in processed foods. Those who most closely followed the whole foods diet had lower odds of depression while those who had eaten diets high in processed foods had increased odds of developing depression. The researchers felt these finding can have clinical implications since patients with psychiatric disorders who often don't eat properly.

Furthermore, the diet-mood link seems to be evident across the lifecycle. A study with 7,114 adolescents aged 10-14 years was used to determine healthy and unhealthy diet quality scores from dietary questionnaires. Once again, this study found good, healthy eating resulted in less development of depression. Adolescents with higher unhealthy diet scores had a 79% increased risk of depression.

Not only does the Mediterranean diet (and other healthy patterns of eating) have positive implications for decreasing the risk of depression, but also as we know, earlier research has shown that the traditional Mediterranean diet reduces the risk of other health problems. A Mayo Clinic analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of death from heart disease and cancer, as well as a reduced incidence of Parkinson's and Alzheimer's diseases. So you ARE what you eat to some degree! Eat healthy!

Nurse Anne

Reference: <http://www.psychiatrictimes.com/apa2013/you-are—and-your-mood-is—what-you-eat#sthash.mOeiuZkA.dpuf>



CHEESE!



School pictures will be taken on Friday, September 6th. Students will receive their information/purchase packets on Tuesday, September 3rd during Advisory groups. Please make sure that your student returns the packet by Friday to their Advisor. All students will have their photo taken as this will also be used for their school id.





**Anchorage
School
District**

ASD Announcements

School Messenger

Stay informed throughout the school year

School Messenger is the system the Anchorage School District uses to send automated phone calls and email messages. Use of the “robo-call” system varies by school, but it can be used for attendance notifications, informational calls and emails, vital districtwide messages from the superintendent and may also be used in some emergency situations.

Keep these tips in mind

- If your school doesn't have an accurate phone number or email address, you won't get the messages. Contact your school's office to update your records.
- If you missed hearing a phone message, check your email. The system also sends an email with a link to a digital version of the message. Give your school's office a call if you still have questions.
- If you want to hang up during a call, press the 1 button first so the system doesn't think the line was accidentally disconnected and try to call you again.
- You can unsubscribe from email notifications, but if you choose to do this, you won't receive any other email messages through School Messenger, including critical or emergency messages from the district. You will still receive notifications from Zangle and other systems.
- Due to limited capacity, the system can only contact one email address, up to two phone numbers for informational calls and up to three numbers for emergency calls.
- Your school welcomes your feedback! Are the messages helpful? Are they sending too many or too few? Do you want information about specific topics? Just let them know.



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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

Wednesday, Sept. 4

Parent Group Meeting
6:00-7:30pm

Saturday, Sept. 21

ACT Testing
Registration Required

Friday, Sept. 6

School Picture Day

Friday, Sept. 27

Picture Retakes

Thursday, Sept. 19

AD Board Meeting
6:30-8:00pm

Friday, Sept. 20

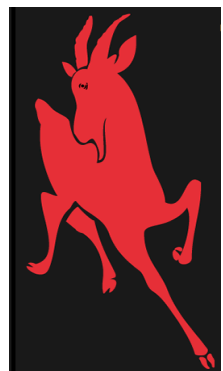
September Dance
7:00-11:00



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Anchorage School Business Partnerships
5530 E. Northern Lights Blvd.
Anchorage, AK 99504-3135
www.asdk12.org/depts/sbp/



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