



APRIL 2017

# Seahawk News

## Notes from the Principal

In the blink of the eye, we are suddenly making plans for the Class of 2017's graduation. It's important to remember, however, that students need to remain focused through the end of the year. Please help us by monitoring their grades and attendance and by continuing to encourage their best efforts.

Test season is upon us. Students will participate in a computer-based, state-wide test, known as the Performance Evaluation for Alaska's Schools (PEAKS). This assessment measures 9<sup>th</sup> grade student proficiency in the areas of English/Language Arts (ELA), Math. 10<sup>th</sup> grade students will be assessed in the areas of English/Language Arts (ELA), Math, and Science. The PEAKS Summative Assessment supplies the State of Alaska with comprehensive student performance data that can be compared school to school and used to develop school-wide strategic improvement goals. Each of the sections of the test will take about 90 minutes to complete, and students are allowed breaks at specific intervals during the test sessions. The schedule for testing will be as follows:

All Freshman will test during the mornings of the week of Monday, April 10<sup>th</sup>.

All Sophomores will test during the mornings of the week of Monday, April 17<sup>th</sup>.

Make-ups will occur by pulling students out of classes as needed. There will be no change to our bell schedule and no impact on Junior and Senior classes. Teachers of Freshmen and Sophomores will adjust their instruction to accommodate proctoring the PEAKS assessment.

It's important that all students participating in the PEAKS get a good-night's rest and a healthy breakfast prior to taking the exam. It's also important to remember that while we encourage participation from all students, state law allows parents to excuse their child from taking these tests. For more specific information about PEAKS, please visit the State Department of Education and Early Development's website listed below

<https://education.alaska.gov/tls/assessments/peaks.html>

Track and Field and Soccer are in full swing. Andrew Scervo returns as the Track and Field Head Coach. He will be assisted by Teresa Bickling and Dan Marshall. Seward Middle teacher, James Wayne, returns as the Girl's Soccer Coach. Dustin Phillips returns as the Boy's Soccer Coach.

I'm not sure if you're watching the education funding discussions occurring at the state legislative level. At the time of this writing, the Alaska State Senate is contemplating a 5% cut to education funding. If this happens, and taking into consideration of the cuts we faced last year, then it will incur further cuts into our staffing and the programs we're able to maintain for our students. I'm hopeful that you are as proud of the quality of education we provide in Seward as I am. If so, please don't hesitate to contact our representatives and share your support of our schools with them.

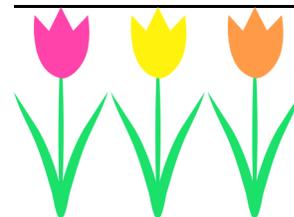
A huge thanks goes to Peggy Hamner for, in addition to all of her other volunteerism at Seward High School, her years of service on the Seward Area Site-Based Council. If you are interested in filling her seat, then please contact Trevan Walker no later than Wednesday, April 12th. He will get your name to the Site Council president so that it can be on the April 13th ballot.

You can always reach me at [twalker@kpbsd.org](mailto:twalker@kpbsd.org) or at (907) 224-9077 if you have questions or concerns.



### INSIDE THIS ISSUE:

Honor Roll	2
Graduation Dates	2
PEAKS	3
Nurse's News	4
KPC	5
Art Room	6
Event's Calendar	7



Early Release Day

12:50pm

April 5

Eligibility Grade Check

April 18

Prom Dance

April 22 - 8pm

### 3RD QUARTER HONOR ROLL



9<sup>th</sup>

Madison Athey  
 Sophia Dow  
 Dylan Dunning  
 Lincoln Farris  
 Lindy Guernsey  
 Hunter Hollingsworth  
 Naomi Ifflander  
 Kyrsten Johnson-Gray  
 Jonah Lindquist  
 Justin McMurray\*  
 Madilyn Moore\*  
 Michael Moriarty  
 Bjorn Nilsson  
 Kamryn Pack\*  
 Joshua Park\*  
 Connor Spanos  
 Daisy Terry  
 Jaden Vandyke  
 Akilena Veach

10<sup>th</sup>

Maggie Adkins  
 Nicole Charlie  
 Sohan Dissanayake  
 Beau Freiberg  
 Christopher Kingsland  
 Sadie Lindquist  
 Tanis Lorrington\*  
 Walker McKnight  
 Brendan McMurray\*  
 Meghan Mullaly\*  
 Karl Pfeiffenberger\*  
 Riley von Borstel\*  
 Emilia Whitcome

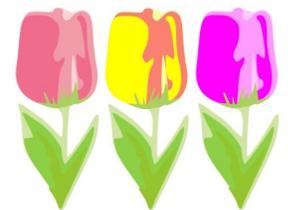
11<sup>th</sup>

Heleana Backus\*  
 Stephanie Ball  
 Makayla Dumars  
 Case Estes  
 Simon Estes  
 Elena Hamner  
 Jessi Hood\*  
 Ayla Lapinskas  
 Ruby Lindquist  
 EmmaLee Moore  
 Maille Moriarty  
 Kendyl Morris  
 Zen Petrosius  
 Winter Richey  
 Egor Sturdy  
 Randi Tolson  
 Creeanna Whitcome\*  
 Joel Williams  
 Billy Wolfe

12<sup>th</sup>

Jeremiah Anderson  
 Jonah Deboard  
 Cassidy Deland  
 Roman Hamner\*  
 Kristopher Hettick  
 Katelyn Kallio-Withrow\*  
 Hunter Kratz  
 Tia Miranda\*  
 Kjell Nilsson  
 Nickalus Walker\*  
 Jasmine White  
 Zane Zimmerman

\*Denotes 4.0



## Counselor's Corner



**PEAKS Testing** – 9<sup>th</sup> grade testing will begin April 10th. Make up testing for anyone absent will be the following weeks. More information on PEAKS on page 3.



April 22nd~Prom Dance @ 8:00

### Graduation Dates To Know

<b>May 21</b>	<b>Baccalaureate</b>
<b>May 22</b>	<b>12:00 PM Senior BBQ 2:00PM Senior Parade 6:00 PM Awards Night</b>
<b>May 23</b>	<b>Graduation</b>
<b>May 24</b>	<b>Student's Last Day</b>

## **Seward High School Blog**

<http://sewardhighschool.blogs.kpbsd.k12.ak.us/wpmu>

For all the latest news! Takes the place of our daily bulletin.



## Nurse's News

### Chasing the Dragon



When I was in high school, we called this drug Smack. Heroin has had many names. Heroin was invented in Germany in 1874 because many people were addicted to morphine and the marketing touted that Heroin was a “safe, non-addictive substitute for morphine”. So, it is not a new drug by any means. Today, experts in the field are saying that many people get addicted to prescription painkillers such as oxycontin and end up moving onto abusing heroin. Governor Walker has claimed this issue in Alaska as a public health disaster and recently signed into law that removes civil liabilities from doctors and trained bystanders to provide help to individuals by prescribing and administering Narcan (naloxone). Narcan is used for someone who has signs and symptoms of a drug overdose from heroin and other opiates. Fred Meyer in the lower 48 is now selling Narcan without a doctor’s prescription. Alaska is working on providing Narcan kits to many organizations now. The kits would contain the Narcan nasal spray, CPR barrier mask and a pair of gloves. Recently, the district school nurses had an inservice on that very topic. Our speaker was a brave, young woman. She tells her HS story. She talks about herself as being well-rounded, involved in activities and was a very good student. She said she fell in love with someone who was very popular and “all the girls wanted to date him”. She said she felt lucky to be with him. He smoked marijuana and encouraged her to do so as well. She had never had any experience with drugs or alcohol but she felt like if she wanted to keep her boyfriend, she would need to start smoking marijuana as well. Her boyfriend then proceeded to other drugs including heroin. Unfortunately, she followed his footsteps. This young woman now has had a lifetime of abusing heroin and other drugs. She has been taken to the ER many times and close to dying due to overdoses. Alaska’s average inpatient medical costs for heroin poisoning is \$30,000. She now has children and a husband who have seen her through stints of rehab and failing sobriety. She finally won her battle against heroin after many years of pain. She has spearheaded purchasing a house in Soldotna for the purpose of having a home for women getting out of prison and are having issues with addiction. She said she didn’t know the first thing about helping others and decided to just start asking help from the community and experts in the field. She visited other homes in Alaska and got local funding to purchase the house. The name of the house is Freedom house which will be finished soon and she has a waiting list already. So for her, she has stopped chasing the Dragon.

Nurse Yoly

### PowerSchool - Where to Go To Be In The Know

Seward High School makes every effort to communicate with students and their families about what is happening at the high school. A great source of information is our online *PowerSchool* program. Students and parents can access a wealth of information including class schedules, grades, attendance, and the school blog. Parents and students must have their own access code to use *PowerSchool* and letters with this information have been sent home this year. If you have not logged into *PowerSchool* please contact our school counselor.

There are two ways to log into *PowerSchool*. Go to the internet and type in 1.) <http://ps.kpbsd.org/public>. This will take you to the login page, or 2.) Go the school district’s website [www.kpbsd.k12.ak.us](http://www.kpbsd.k12.ak.us) and click on Students/Parents. On the left side of the screen you will see the *PowerSchool* icon or symbol. Click here and it will take you to the login page. If you haven’t checked out *PowerSchool* by now you should.

We also distribute information via daily announcements to the student body every morning and we send out a monthly newsletter that has a calendar for the month’s events with important dates to remember. All three schools use the electronic sign on the highway that is updated weekly. Also check out the High School’s blog for daily information. Be sure to take an active role in finding out what is happening at the high school. So, now you know—where to go—to be in the know!



## KPC-Resurrection Bay Extension Site News

**JumpStart:** Sophomores and juniors keep an eye out for Kenai Peninsula's College's JumpStart, dual credit program letter in the mail. **Online registration for fall classes begins April 17<sup>th</sup>.**

**JumpStart Basics:** Discounted tuition program for eligible high school juniors and seniors. Tuition for up to six credits per semester is subsidized by the Kenai Peninsula Borough, for residents of the Kenai Peninsula Borough.

Students are responsible for the remaining tuition, all student fees and textbooks.

KPB residents are eligible to use the JumpStart program in the fall semester of their 11<sup>th</sup> grade school year.

**Classroom Presentations:** KPC's, Resurrection Bay Extension Site Coordinator, Jackie Marshall will be visiting Seward High sophomore and junior classes beginning in April to share details/handouts about the JumpStart Program.

**Fall Course Offerings:** Introduction to Algebra, Writing Across the Contexts (formerly Introduction to Composition), Introduction to Philosophy, Introduction to American Government (web based) and Emergency Trauma Technician (blended format) **please note: English and math classes require SAT/ACT or Accuplacer placement scores.**

**Grades:** Fall semester 2016 grades are available at UAOnline. Spring semester 2017 grades will be available May 11<sup>th</sup> at UAOnline.

**Transcripts** for the college classes taken at KPC will need to be ordered and sent to the post-secondary institution you plan to apply or attend. Transcripts must be ordered online via [www.kpc.alaska.edu](http://www.kpc.alaska.edu) click on UAOnline and log in to secured area using UA Username and UA Password. **Please note-**It is the student's responsibility to review their unofficial transcript for accuracy prior to submitting the online request for an official transcript.

**Accuplacer:** High school seniors that are planning to attend a University of Alaska campus may need to take the Accuplacer before they are able to register for fall classes. Testing, a cost of \$18, is available by appointment.

**Consider pursuing a college degree at KPC:** Check out the areas of study offered at <http://www.kpc.alaska.edu/academics/areas-of-study/>

**KPC Residence Life (student housing)** Please visit <http://www.kpcreslife.com>

Contact Resurrection Bay Extension Site Coordinator Jackie Marshall for more information 224- 2285 or [jjpepimarshall@alaska.edu](mailto:jjpepimarshall@alaska.edu)



# The Art Room



Emma Moore



Xavier Prince



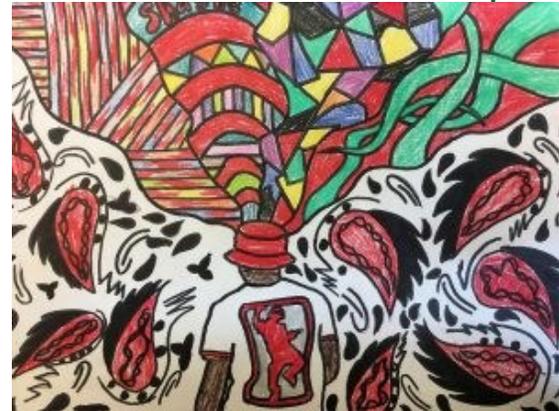
Dana Van Slyke



Laurel Correa



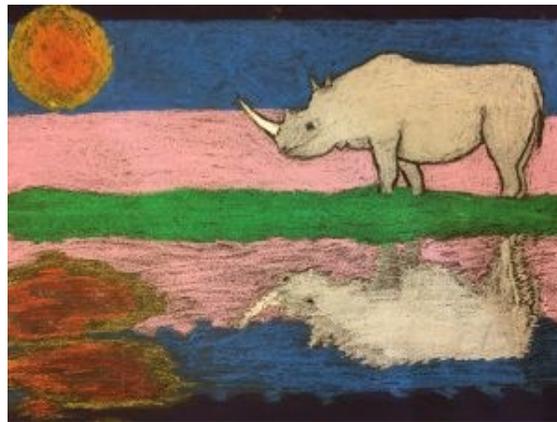
Hunter Hollingsworth



Shayne Sullivan



Bjorn Nilsson



Justin McMurray



Ally Chrissy



### April Calendar

- 5 12:50 PM Early Release Day
- 15 TBA Track @ Palmer
- 21 TBA Track @ Kenai
- 22 **8:00 PM Prom Dance**
- TBA Track @ Kenai
- 27 **3:00 PM Girls Soccer vs. Ketchikan**
- 5:00 PM Boys Soccer vs. Ketchikan**
- 28 TBA Track @ Homer
- 4:00 PM Girls Soccer vs. Houston**
- 6:00 PM Boys Soccer vs. Houston**
- 29 TBA Track @ Homer
- 1:00 PM Girls Soccer vs. Homer**
- 3:00 PM Boys Soccer vs. Homer**

### Seward HS Pool Schedule

Jan 9 –May 26 2017

*Closed Jan 16, Apr 16*



#### Open Swim

M, W, F 6:30 -7:50 pm  
 Sun 4:00 -5:20 pm

#### Lap Swim

M, W, F 6:30 -8:am, 5:00 -6 :30 pm  
 T & Th \* 11:00 -12:30 pm  
 (For evening T & Th Lap see lesson schedule)  
 Sun 5:30 -7:00 pm

#### Parent & Tot Swim

T & Th \* 11:00 -12:30 pm

#### Admission fees

Youth/Senior \$4. 10 swim punch card \$35  
 Adult \$5. 10 swim punch card \$45

When school is in session, enter through main entrance. 224-3900 for current schedule. 224-9050 to leave message. Schedule is subject to change.

### Calendar of Events

Home sporting events are in bold print.





Seward High School  
P.O. Box 1049  
Seward, Alaska 99664