



APRIL 2019

Seahawk News

Notes from the Principal

I'm not sure how, but I'm quite confident that this year did, in fact, go by more quickly than the last...

It's hard to believe, but we are already making plans for another graduation. Please help me, and the staff at Seward High, to keep our students focused through the end of the school year. Monitor their grades and attendance and encourage them to give their best effort through the end of the semester.

I wanted to make you aware that the impact of decreased enrollment, next year, will be a 1.5 Full-Time Equivalency (FTE) cut in Seward High's certificated staffing. This, of course, will create significant downward pressure on our Master Schedule as we work to prioritize the services and course offerings that we provide for our students. This is made more challenging because even as we are planning for this reduction, the Alaska Legislature is still in session. If educational funding is reduced further this year, then we could see more cuts at Seward High School. 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. You can find information on the District's homepage at www.kpbsd.k12.ak.us under the "Community Interest" section. You can also get involved locally. Dr. Christine Ermold will attend the Seward Site-Based Council Meeting on Thursday, April 11th. The meeting will be held at 6:30 PM at Seward Elementary.

In case you haven't heard, an era is coming to an end with the Class of 2019. Martha Fleming and Sandy Pelischek, who have both spent their entire careers serving the needs of Seward students, are retiring at the end of this school year. It would be impossible to articulate the value of their contribution to this school and this community over the course of the last two plus decades. If you ask any Seward High graduate, since the mid 90's, they will be able to give you a specific, heartfelt, and meaningful anecdote of the direct impact one or both of these ladies had on their life. This is legacy and they will so be missed...

Track and Field and Soccer are in full swing. Sol D'Amico has taken the helm as the Track and Field Head Coach. Coty Beck returns as the Girl's Soccer Coach and Dustin Phillips returns as the Boy's Soccer Coach.

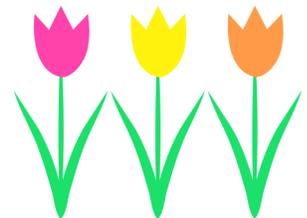
Finally, please always remember that I can be reached at twalker@kpbsd.org or at (907) 224-9066.

Sincerely,

Trevan Walker, Principal

Happy
Spring!

Nurse's News/ Counselor's Corner	2
Art Room	3
KPC	4
School Resource Officer News	5
Booster Club News/ Day of Caring	6-7
Events Calendar	8
Pool Schedule/Prom	9



Early Release Day

12:50pm

April 3

Eligibility Grade Check

April 22

NO SCHOOL

April 19

Prom

8:00 p.m.

May 4

PHONE EXTENTION CHANGES

Trevan Walker 224-9077 → 224-9066

Stephanie Withrow 224-9071 → 224-9060

Seward High Main 224-3351 → 224-9040 (will be looped with old number for about a year)

Nurse's News

Spring Sports

I am again starting to see kids come into my office with complaints of shin splints. Shin splints refers to pain along the tibia which is the large bone in the front of your lower leg. Shin splints are particularly common in runners.

Medically known as medial tibial stress syndrome, shin splints may occur in athletes who have recently intensified or changed their training routines. The increased activity overworks the muscles, tendons and bone tissue.

Think about adding strength training to your workout. Exercises to strengthen and stabilize your legs, ankles, hips and core can help prepare your legs to deal with high-impact sports.

Most cases of shin splints can be treated with rest, ice and other self-care measures. Wearing proper footwear and modifying your exercise routine can help prevent shin splints from recurring. If those measures do not work, a visit to your medical provider could be warranted.

Have fun in the sun...

Nurse Yoly



Counselor's Corner



Graduation Dates:

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| May 14-15 | Senior Finals |  |
| May 15 | Awards Assembly @ 6:30 p.m. | |
| May 16 | Makeup Finals, clean up, turn all books in, pay all fees. | |
| May 16 | Gym open for graduation set up | |
| May 16 | Mandatory graduation practice 9:00 a.m. | |
| May 17 | Senior BBQ Branson Pavilion @ 12:00 p.m. | |
| May 17 | Senior Parade – 1:30 p.m. from Pavilion to Seward High | |
| May 17 | Mandatory practice 9-12:00 p.m. | |
| May 19 | Baccalaureate (Parents organize, no time scheduled yet) | |
| May 20 | Mandatory practice 9-12:00 p.m. | |
| May 20 | Graduation 7:00 p.m. | |
| Reception to follow by Senior Parents | | |



KPC-Resurrection Bay Extension Site News



JumpStart: Sophomores and juniors keep an eye out for Kenai Peninsula College's JumpStart, dual credit program letter mailed directly to you. Online registration for fall classes opens Monday, April 15th.

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 11th 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 2019 Schedule: Beginning Yoga, time and dates TBA, Introduction to American Government (web based). Writing Across Contexts, Tuesday nights, 6pm – 8:45pm, Math class will be determined once students complete ALEKS Math Placement Test. Math and English classes require placement test scores. Stop by KPC Office for details.

Online college classes might be an option for you. Stop by KPC office to discuss online course offerings.

Grades for Fall semester 2018 grades are available at UAOnline. Grades for Spring semester 2019 will be available at UAOnline on May 9th.

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 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.

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) visit http://www.kpc.alaska.edu/student_life/housing_dining/krc-residence-life/

Contact Resurrection Bay Extension Site Coordinator Jackie Marshall for more information 224-2285 or jjpeimarshall@alaska.edu

Seward High School Blog

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

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

Be sure to add to your favorites for easy access.

Seward Seahawks Athletic Booster Club News!

Wow! These last few months have really flown by with a lot of activity. Seward hosted the Seahawk Basketball Classic, Regions Cheer Competition, and Regions Basketball and we all lived through it. Hats off to all of the organizers of these events because each one ran like clock work.

In February Booster Club was busy with the Annual Dessert Auction but it happened so long ago that I forgot how much was raised. I will say that we owe Celeste Lemme a big thank you for organizing the event. A big thank you to all of our dessert donors, volunteers, and to the winners of the silent auctions!

At Regions we tried something new with a Bucket Raffle and Silent Auction that raised (I can't remember again). LOL! Thank you to everyone who donated including: Brown & Hawkins, Urbachs, Sweet Darlings, AK Railroad, AK Starfish, Irvin Pottery, Kenai River Drifters Lodge, Nita Hollingsworth/Wildtree, Peking, Retreat Day Spa, Alaska SeaLife Center, Edward Jones, Fish House, Kenai Fjords Tours, Major Marine Tours, Martha Fleming, Jim Woodside, Marybeth Koster, Monica Janzen, and to all of the Seward Chamber of Commerce members that donated to the coaches' swag bags! We are truly blessed to live in this community. Please patronize our sponsors and show them some love and appreciation.

I'm sure that Mr. Walker will be giving a shout out to the coaches, players, and cheer squad but a HUGE congratulations to Al Plan and Haley Hatch for their Regions Coaches of the Year awards and also to the DIVISION II STATE CHAMPIONS in cheerleading!!

Our year isn't through though. We have the 2nd Annual Seahawk Day of Caring coming up in May where the spring athletes show appreciation to the community by cleaning up church parking lots, city parks, cemeteries, and other landmarks. We'll be reaching out for volunteers, equipment, and to our sponsors. We're hoping that our sponsors will continue to support this event that gives us all a warm glow inside. Please email us if you'd like to be involved.

Finally, please contact your KPB and State representatives and encourage them to support education and for our focus – the pool and extracurricular activities. We need to ask the Borough to fund education to the cap. Thank you.

“Success is not how high you have climbed, but how you make a positive difference to the world.” — Roy T. Bennett

Maya Moriarty, President
 Jason Ebberson, Vice President
 VACANT, Secretary
 Grace Williams, Treasurer
 Julie DeBoard, Member At Large
 Andrea Rodriguez, Concessions



Contact us at sewardboosters@gmail.com

Facebook: Seward High School Athletic Booster Club

The Seward High School Greenhouse has started its annual spring plant sale! Every week the students sell fresh salads, produce, and plants to raise money for the greenhouse. Produce is harvested when you pick up your order so you know it is as fresh as possible. If you would prefer potted plants to living up your home, bring home a fragrant basil, sweet pepper, or flowering marigold! Students are also starting marigold and nasturtiums 6-packs which will be ready in May.

Please contact George Reising (224-9079 or gskrabareising@kpbsd.org) if you want more information or to submit an order.

1oz Bags/Bunches of cilantro, basil, or sage - \$1

8oz bag of peppers - \$4

8oz Box of kale and/or lettuce - \$4

Potted Plants - \$10/each; 2 for \$15; or 3 for \$20

Basil – leafy and fragrant

Sweet Peppers

Flowering Marigolds
(already!)



April Events

- April 13 Girls Varsity Soccer vs. Homer @ 1:00 p.m.
 Boys Varsity Soccer vs. Homer @ 3:00 p.m.
- April 19 Girls Varsity Soccer vs. Joe Redington @ 4:00 p.m.
 Boys Varsity Soccer vs. Joe Redington @ 6:00 p.m.
 Track @ SoHi
- April 20 Girls Varsity Soccer vs. Houston @ 9:00 a.m.
 Boys Varsity Soccer vs. Houston @ 11:00 a.m.
 Track @ SoHi
- April 23 **Track @ Home**
 Girls Varsity Soccer vs. Kenai @ 4:00 p.m.
 Boys Varsity Soccer vs. Kenai @ 6:00 p.m.
- April 26 **Girls Varsity Soccer vs. Nikiski @ 4:00 p.m.**
Boys Varsity Soccer vs. Nikiski @ 6:00 p.m.
 Track @ Colony
- April 27 **Girls Varsity Soccer vs. Grace @ 11:00 a.m.**
Boys Varsity Soccer vs. Grace @ 1:00 p.m.
 Track @ Colony



Click here for our Online Events Calendar: <http://sewardhighschool.bigteams.com/main/calendar>

Calendar of Events

Home sporting events are in bold print.

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 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!



Popular Links

[Early Release Days](#)

[Bus Routes and Student Transportation](#)

[Mobile App](#)

[New-To-District Students](#)

[Online Payments for Activity Fees and Food Service Fees](#)

[Parent Student Handbook](#)

[PowerSchool Navigation Tips](#)

[Safety Protocol at KPBSD Schools](#)

[School Calendars](#)

[School Delays and Closures](#)

[School Development Plan Goals](#)

[School Start and End Times](#)

[Common Links for Parents and Students](#)

