



DECEMBER 2016/
JANUARY 2017

Seahawk News

Notes from the Principal

The first semester is rapidly coming to a close and I couldn't be more proud of the culture and climate we've established for the school year. We've worked through some of the early bugs we experienced with the implementation of the Modified Block Schedule and students have hit their stride. I'm also very proud of the extra work the staff took on to make this schedule work. Extra classes mean extra opportunities for the students we serve.

Swimming closed the season with freshman, Connor Spanos, qualifying for finals in two events at regionals. He'll have three more seasons with Seahawks swimming to improve times and make a state run. Huge thanks to Coach Meghan and the whole team for their efforts through a grueling season.

Seward's volleyball team posted a third place finish at regionals and earned a state berth for the first time since 2011. They had a huge following at Seward High as we were able to stream their 8:00AM games in our Commons on both Thursday and Friday mornings of the State Tournament. Congratulations to a great season, ladies.

At the time of this writing, our wrestlers have completed five of their seven road trips during this grueling season. It's important to remember that they must do this all while continuing to meet our high standards for academic eligibility. Please remember to thank them for their dedication to the team, this school, and our community.

I'm pleased to announce that Luke Rosier has returned as this year's Nordic Ski Coach. Their practices have already started and Coach Rosier has a larger team than I've seen in many years at Seward High.

Basketball is gearing up to begin on Wednesday, November 30th. Coach Plan and Coach Berry return to lead their teams. I'm also glad to welcome Max Ingalls as the boy's C-Team Coach.

Please help me in welcoming Ms. Haley Hatch as Seward High's Head Cheerleading Coach. Haley is a 2006 graduate of Seward High and has been volunteering with Mrs. Morris for the last three seasons. It's pretty clear, from our interview, that she bleeds Green and Gold, that she has some very positive goals for building the program, and the skills to see those goals through. I'm excited to have her in our ranks.

I also had the opportunity to address both the Seward Chamber of Commerce and the Seward City Council to provide an update on the academic program we offer at Seward High and the increased community and business partnerships it has facilitated. Fifty of our ninety-one juniors and seniors are currently engaged in a work study or mentorship in the community. I am very thankful for all of our partnerships and volunteers for the practical work experiences they're providing for our students.

Feel free to contact me at any time if you have questions, comments, or concerns. My direct line is 224-9077 and my email is twalker@kpbsd.org and thank you for your continued contribution to our students' success.

Best wishes for a safe, restful, and joyous holiday season,

Treva Walker

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End of 2nd Quarter

December 22

Winter Break

Dec. 21- Jan. 8

NO SCHOOL

Vacation Day

January 16

NO SCHOOL



Nurse's News

Help Locally

Ms. Liljemark recently had a speaker come to Seward who volunteered as a paramedic in Greece helping Syrian refugees. The word "helping" seems like such an inadequate word for what she did. She passed out hugs and lollipops to kids and adults alike. She bought groceries out of her own pocket to feed as many hungry people as she could. She would periodically leave her own family who supported her efforts in this human crisis. Those of us fortunate enough to see, hear and feel one-tenth of what she experienced helping the Syrian refugees walked away inspired by her and amazed at the human struggle to survive at all cost. Once you know a Syrian refugee as a person with a name who lost family, lost home and lost dignity, it is hard to turn your back. One question from a middle school student was "how can we help?". Her answer was simple and to the point. Help in your own backyard.

Wishing you all peace.

Nurse Yoly



The newspaper staff writers would like to invite everyone to check out *SHS Today*, Seward High School's online news source at shstoday.org. Read articles about sports and extracurricular activities, as well as enjoy photos and video posts.



If you would like to be added to the email list to receive the SHS Daily Bulletin, please email Stephanie Withrow at swithrow@kpbsd.org

Seward High School Blog

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

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

Counselor's Corner



Seniors—The Last Semester is Here!

Are you ready for what's to come? It's time to get serious about making preparations for graduation. Scholarship opportunities will be plentiful in the months to come. Be sure to check in the library for applications. While creating your initial scholarship packet does take some time, the payoff can be rewarding. The more applications you fill out, the better your chances are of being awarded a scholarship. Look at it this way—when will be the next time you get paid hundreds or even thousands of dollars for a few hours work?!

For more information contact Martha Fleming.

GRADUATION— Tuesday, May 23, 2017

December 5th:

College Application Day

December 13th:

Senior/Parent Meeting

Attendance Answers

Q: What qualifies as an excused absence?

A: Prearranged absences—A student must have permission through a phone call or note from their parent or guardian. Students are then responsible to complete a Prearranged Absence Form (available in the office) **BEFORE THEY ARE ABSENT FROM CLASSES**. This form must be signed by the principal.

Other **excused absences** approved by the KPBSD include: **school sponsored activities/athletic trips, death in the family, medical or dental appointments, religious reasons, or illness**. Extended absences resulting from illness that exceed five (5) days may require a note from a health care provider (which could include the school nurse) before being excused.

Unexcused absences occur when students miss class for any other reason than what is listed above (i.e. sleeping in, missing the bus, the roads were icy, extended lunches). Unexcused absences also occur when students are more than ten (10) minutes tardy for any reason other than what is listed above. Less than ten (10) minutes counts as an unexcused tardy.

A student that has any unexcused absences in a day is not eligible to participate in after school activities for that day (sports practices, games-away or home, student government, choir, band, dances). Friday absences also count for weekend activities. After school detention may be assigned for unexcused absences.

Student Council: Elections

Student Council elections are scheduled for **December 14th**. Anyone interested in applying for President, VP, Secretary, Treasurer, Parliamentarian or Activities Director can contact Mr. Hinders or a current student council member.

Spirit Week

December 19-21

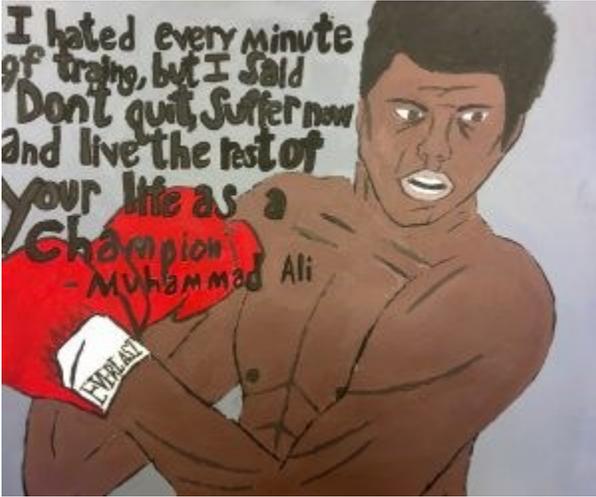
Pep Rally

December 21st

Season's Greetings

The Art Room

Seward High Art Students made a painting of someone they admired and included a related quote, thinking about font and composition. They drew these by hand and mixed their own colors! Great job!



Rebekah Christenson



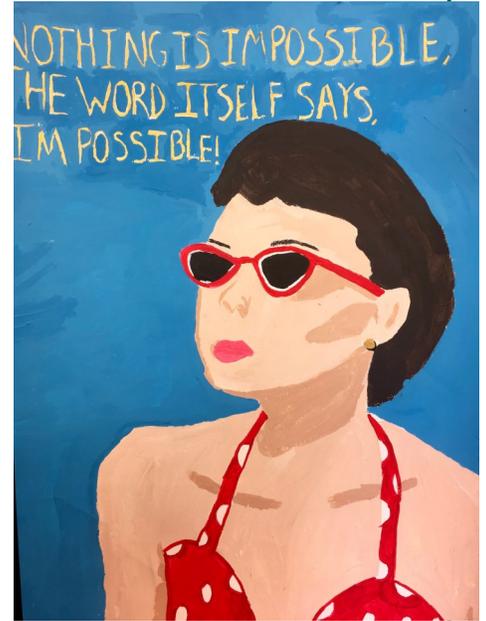
Seth Zimmerman



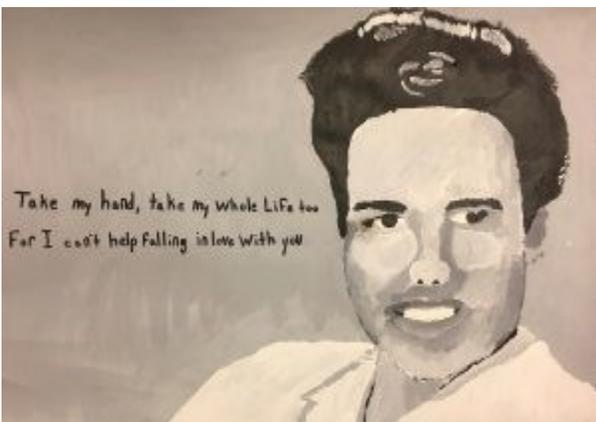
Meghan Mullaly



Raven Stevenson



Sophia Dow



Chad Quinn



Alex Ursel



KPC-Resurrection Bay Extension Site News

The JumpStart Program

Discounted Tuition Program

High School Seniors & Juniors JumpStart

The Basics: Classes begin the week of January 17th.

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.

Students must apply for a UA student account by submitting a Non-Degree-Seeking Admission form. This is usually a one-time process.

Students must complete and sign the Secondary Student and Parent/Guardian Agreement form, have it signed by a parent/guardian, and submit it to Student Services/Jackie Marshall.

Students must complete the Jumpstart Discounted Tuition Application, have it reviewed and signed by a KPC Counselor or advisor, and submit it by the Add/Drop deadline each semester to receive the JumpStart discount. This form is required each semester to receive the discount.

Last day to schedule an Accuplacer is Friday, December 16th. Students must have current ACCUPLACER or SAT/ACT placement test scores, or college level Math and English courses, in order to meet prerequisites for registration.

Students must complete the Online High School New Student Orientation for their campus.

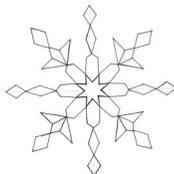
Online Spring 2017 registration opened Monday, November 28. (registration will be available online only) Classes begin the week of January 17th.

Kenai Peninsula College-Resurrection Bay Extension Site Spring 2017 Schedule

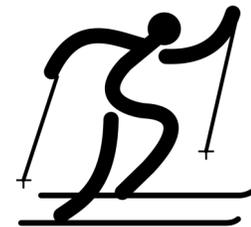
*Introduction to Literature	ENGL A121	Tuesday	start date 1/17/17	6pm-8:45pm
Instructor: Dan Marshall			3credits	
Introduction to College Writing	PRPE A108	M, W	start date 1/18/17	11am-12:30
Instructor: Sean Ulman			3 credits	
*Introduction to American Government	PS A101		start date: 1/17/17	Web Based
Instructor: Robert Thomas			3 credits	
*Introduction to Philosophy	PHIL A201		start date: 1/17/17	Web-Based
Instructor: Buddy North			3 credits	
*General Psychology	PSY A111	Thursday	start date: 1/17/17	11am-12:30pm
Instructor: Lara Loomis			3 credits	

*Course titles that have an asterisk satisfy a General Education Requirement at UAA-KPC.

Online registration is open now. To register for classes, high school students must complete the **all required forms**. Copies of the forms are available at the KPC office located in Seward High School. For more information contact Jackie Marshall at 224-2285 or email jjpepimarshall@alaska.edu



December 2 & 3	TBA XC Ski Meet @ Colony HS Wrestling Meet @ Kodiak
December 9 & 10	TBA Regions Wrestling @ ACS TBA XC Ski Meet @ Dimond HS
December 15	6:30PM Girls Varsity Basketball vs. Nome 8:00 Boys Varsity Basketball vs. Nome
December 16	6:30PM Girls Varsity Basketball vs. Nome 8:00 Boys Varsity Basketball vs. Nome
December 16, 17	TBA Candy Cane Tsalteshi Ski Meet @ SoHi
December 22	1:00PM Boys C Team vs. Homer HS 1:00PM Girls JV Basketball vs. Homer HS 2:30PM Boys JV Basketball vs. Homer HS 4:00PM Girls Varsity Basketball vs. Homer HS 5:30PM Boys Varsity Basketball vs. Homer HS
January 7	12:30PM Boys C Team Basketball vs. Lumen Christi 2:00PM Girls JV Basketball vs. Lumen Christi 3:30PM Boys JV Basketball vs. Lumen Christi
January 10	3:00PM Ski Meet @ Cook Inlet Academy 3:00PM Girls JV Basketball vs. SoHi 4:30PM Boys JV Basketball vs. SoHi 6:00PM Girls Varsity Basketball vs. SoHi 7:30PM Boys Varsity Basketball vs. SoHi
January 12	3:00PM Girls JV Basketball vs. Joe Redington 4:30PM Boys JV Basketball vs. Joe Redington 6:00PM Girls Varsity Basketball vs. Joe Redington 7:30PM Boys Varsity Basketball vs. Joe Redington
January 13	10:30AM Girls JV Basketball vs. Houston High 12:00PM Boys JV Basketball vs. Houston High 1:30PM Girls Varsity Basketball vs. Houston High 3:00PM Boys Varsity Basketball vs. Houston High
January 13,14	TBA XC Ski Meet @ Government Peak
January 19, 20, 21	TBA Girls Varsity Basketball @ Delta Junction High TBA Boys Varsity Basketball @ Delta Junction High
January 24	5:30PM Girls JV Basketball vs. Sand Point 7:00PM Boys JV Basketball vs. Sand Point
January 27	3:00PM Girls JV Basketball @ Nikiski High 4:30PM Boys JV Basketball @ Nikiski High 6:00PM Girls Varsity Basketball @ Nikiski High 7:30PM Boys Varsity Basketball @ Nikiski High
January 28	TBA XC Ski Seward Invite 12:00PM Girls JV Basketball @ Homer High 1:30PM Boys JV Basketball @ Homer High 3:00PM Girls Varsity Basketball @ Homer High 4:30PM Boys Varsity Basketball @ Homer High



Calendar of Events

Home sporting events are in bold print.

Seward HS Pool Schedule



Aug 22 - Dec 23 2016

Closed Sept 5, Nov 24 - 27

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.

Closed Evenings: Sept 9, Oct 28, Dec 16. No Open Swim Sept 30, Oct 31. *When school is in session, enter through main entrance. 224-3900 for current schedule. 224-9050 to leave message. Schedule is subject to change.

AQUATIC PROGRAMS

Seward HS Pool Fall 2016

Swim Lessons

Private Swim Lessons offered Sept 19 - 30 , M, W, F 9:30 - 11:00 am. \$20. for 30 min. \$30. for 45 min. Two students get discount price. Please arrange with swim instructor 224-9050. Other times are also available.

Group lessons according to age and skill level.

Oct 4 - 20, T & Th . Preschool (3-5 yrs old) 5:15 - 6:00

Levels 3- 5 (6 yrs & up) 5:15 - 6:00

Nov 3 - 22, T & Th Preschool 5:15 - 6:00

Levels 1-3 5:15 - 6:00

Nov 29 - Dec 15 Preschool 5:15 - 6:00

Please register at least one week prior to first class. They fill up fast.

Sign up at pool office or call 224-9050. \$18.00 for session.

Water Aerobics T & Th 6:00 - 7:00 pm. This class is for YOU! Swimmers, non-swimmers, men, women ,old, young will learn new ways to get a water workout to feel great. \$5/\$4 or buy punch card. Oct 4 - Nov 22. Please call 224-9050 to sign up.

Pool Schedule for December 25-January 6:

Open Swim:

W, F 6:30PM-7:50PM

T, TH 1:30PM-2:50PM

Lap Swim:

W, F 6:30AM-8:00AM, 5:30PM-6:30PM

T, TH 11:00AM-12:30PM, 5:00PM-6:30PM

Parent/Tot Swim:

T, TH 11:00AM-12:30PM

Closed December 25-26, January 1-2



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!



Seward High School
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