



MARCH 2017

Seahawk News

Notes from the Principal

Update! School will be in session Friday, March 10

As you may be aware, Thursday, February 16th was a Snow Day. As per Board Policy, we are required to make up that day of missed instruction. The staff and administrators of all four impacted schools met and discussed the best option for make-up and overwhelmingly agreed to make up this day on Friday, March 10th, which had initially been scheduled as an in-service day prior to the beginning of Spring Break. The Kenai Peninsula Borough School District has approved our plan.

Please send your child(ren) to school on Friday, March 10th.

We recognize that many of you may already have made plans with your families for Friday, March 10th. The administrators are aware and sympathetic to your family needs. If you are planning to take your child(ren) out of school on Friday, March 10th, then please contact the office directly and we will excuse their absence.

I'd like to take some of this space to celebrate Ms. Ashley Guernsey's service to her country in the United States Senate Page program. Ashley left us in the first week in September and served until January 27th. Her days were strictly regimented and included work on the Senate Floor in addition to her continuing education. Her work with the Senate included running errands and setting up the podium for Senators who were getting ready to speak. She was also required to deliver all new legislation that was introduced on the floor. Finally, she was required to always remain on the steps of the Senate to answer whatever call a Senator might have for her. Her continuing education included courses in Physics, English Composition, Pre-Calculus, and Political Science. Ashley said of her days, "We started at 6:15 a.m. and worked until the Senate went out of session. The days were long and hard, but the experience was well worth it!" We couldn't be more proud of Ashley's service and her representation of Seward at the United States Senate!

Please help me in congratulating Egor Sturdy, Sadie and Ruby Lindquist, Emma Moore, and Emma Armand for their state qualifying efforts at this year's tumultuous Region III Nordic Ski Championships. If you hadn't heard, their bus had a mishap on the snow covered roads, but our athletes rallied and made it to the races on time. This is Ruby and Sadie's second state qualification in a row.

I'd also like to congratulate Joel Williams, Heleana Backus, Creeanna Whitcome, Karl Pfeiffenberger, Megan Koster, Hope Quinn, Elena Hamner, Lindy and Ashley Guernsey, and Josh Park for their state qualifying efforts on Seward High's Drama, Debate, and Forensics Team.

A reminder; these last weeks before Spring Break are critical to build momentum into the April test season and May's graduation. Please engage your child(ren) in a discussion regarding the importance of maintaining their efforts for success all the way into Spring Break—academically, behaviorally, and with attendance. The quarter will end on Friday, March 10th. Spring Break will occur in the week following.

As always, my door is open to our stakeholders. 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.

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SCHOOL IN SESSION ON MARCH 10TH

Daylight Savings
Spring Ahead
1 Hour
March 12th

Spring Break
March 13th-17th
NO SCHOOL

Eligibility Grade Check



March 20th



The Welding Academy at AVTEC for the Seward High Students is a go!

The dates and times for the academy are Tuesdays and Thursdays 5:30-8:30. The course will start on March 21st and continue for 8 weeks until May 11th. Please sign up with Martha - Space is limited!

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Counselor's Corner



In March, students will be working on their class schedule for next year. You will be able to view your student's choices on PowerSchool. Contact Martha at 224-9070 if you have any questions.

Graduation Dates To Know

Awards Night	May 22
Graduation	May 23

**Last Day of School is May 24
for all other students**

**State Testing PEAKS for 9th and 10th Graders
will be in mid-April**

Nurse's News

Protection against Cancer

Hard to believe that there is such a thing. But, there is and it involves one less shot. The HPV vaccine protects our children from many cancers such as cervical, other reproductive systems, and throat cancers to name a few. Human Papillomavirus, HPV, is the most commonly sexually-transmitted infection. According to CDC, "HPV is so common that nearly all sexually active men and women get it at some point in their lives". HPV can be defeated by our immune system and does not cause any health problems. Unfortunately, for some individuals, HPV can cause cancer. The CDC has now recently changed recommendations decreasing the HPV vaccine to a two dose regime from three for 11-12 year olds. Clinical trials have shown that two doses of HPV vaccine aged 9-14 produced immune response similar or higher than the response in young adults 16-26 year olds who received the 3 doses. The 3 dose regime will continue for 15-26 year olds if they did not receive the vaccine before the age of 15.

Nurse Yoly



Student Nutrition would like your help in deciding what you would like served for school breakfasts and lunches! There are surveys in the office. Please stop by and fill one out!

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

To Pay Sports Fees, Class Fees, School Lunches and more, visit our website:

<http://www.kpbsd.k12.ak.us/>

→ Go to Students/Parents tab

→ Online Payments

→ High Schools

→ Seward

The Principles of Engineering Class are pictured here at a local business that harnesses wind and solar power. The energy is stored in a battery-series circuit. The batteries require proper monthly maintenance in order to operate at full capacity. The students were able to test the voltage and determine the specific gravity levels. We will analyze the data back in the classroom to determine whether the batteries are charged appropriately. Thank you Mike Insalaco for volunteering your time and helping these students with this real-world, hands-on opportunity!



KPBSD Film Festival

Students from across the district in grades K-12 will descend on Seward High on March 8th for the annual KPBSD Film Festival. This showcase event will include student-created films that fall into several different categories: Make Us Laugh, Tell Us A Story, Teach Us Something, or Try Something Novel. Students are expected to create high quality films under four minutes that fall into one of the listed categories and are entertaining to a wide audience base. Although this event has been held at various locations over the years, this is the first time it has been held in Seward. We look forward to an amazing display of student creativity and ingenuity!

Contact Terri Carter for more information: tcarter3@kpbsd.org



KPC-Resurrection Bay Extension Site News

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

High School Senior Tuition Scholarship: Kenai Peninsula College is offering a tuition scholarship to a graduating senior from Seward High School. This scholarship may be used for attendance during the upcoming academic year at Kenai Peninsula College's, Kenai River Campus (Soldotna) or at our Resurrection Bay Extension Site (Seward.) Qualified recipients may be awarded up to twelve (12) credits of tuition waived for the fall and the spring semesters of the upcoming academic year; the student is responsible for books and fees.

DEADLINE: Thursday, March 23, 2017! See Jackie Marshall for more information.

Grades: Fall semester 2016 grades are available at UAOnline. Spring semester 2017 grades will be available at UAOnline on May 11, 2017.

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) Please visit <http://www.kpcreslife.com>

Contact Resurrection Bay Extension Site Coordinator Jackie Marshall for more information 224- 2285 or

jjpepimarshall@alaska.edu

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!

The Art Room



Josh Park



Clara LaRock



Chad Quinn



Alex Ursel



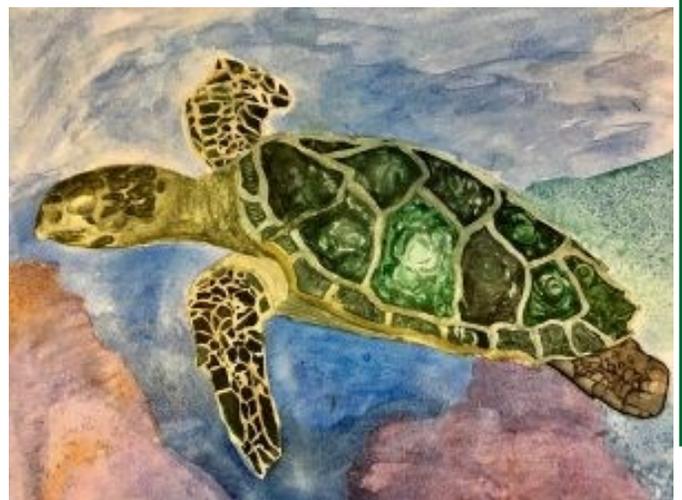
Naomi Ifflander



Bjorn Nilsson



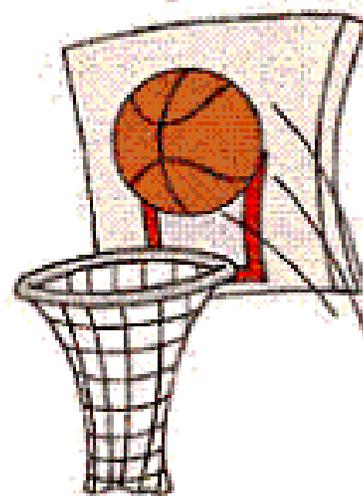
Krisnan Weston



Coral Petrosius

March Sports Calendar (home events in bold)

- 2 **3:00 pm GIRLS Junior Varsity Basketball vs Nikiski**
4:30 pm BOYS Junior Varsity Basketball vs Nikiski
6:00 pm GIRLS Varsity Basketball vs Nikiski
7:30 pm BOYS Varsity Basketball vs Nikiski
- 3 4:30 pm BOYS Junior Varsity Basketball @ Joe Redington Jr./Sr.
6:00 pm GIRLS Varsity Basketball @ Joe Redington Jr./Sr.
7:30 pm BOYS Varsity Basketball @ Joe Redington Jr./Sr.
- 4 12:00 pm GIRLS Junior Varsity Basketball @ Grace Christian School
1:30 pm BOYS Junior Varsity Basketball @ Grace Christian School
3:00 pm GIRLS Varsity Basketball @ Grace Christian School
4:30 pm BOYS Varsity Basketball @ Grace Christian School
- 9 TBA BOYS Varsity Basketball - Meet (Regions @ Nikiski)
TBA GIRLS Varsity Basketball - Meet (Region @ Nikiski)
- 10 TBA BOYS Varsity Basketball - Meet (Regions @ Nikiski)
TBA GIRLS Varsity Basketball - Meet (Region @ Nikiski)
- 11 TBA BOYS Varsity Basketball - Meet (Regions @ Nikiski)
TBA GIRLS Varsity Basketball - Meet (Region @ Nikiski)



Calendar of Events

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**

Closed Evenings: Feb 2,3. Mar 2.*When school is in session, enter through main entrance.224-3900 for current schedule. 224-9050 to leave message. Schedule is subject to change. Spring Break schedule Mar 12 -19.



Seward High School
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