



NOVEMBER 2017

Seahawk News

Notes from the Principal:

Seward High teachers participated in the Personalized Learning Design in-service on Friday, October 20th. We set the goal of increasing Student Reflection and Ownership in their own learning. We had rich discussions on our perceptions about the difference between “Intrinsic” and “Extrinsic” student motivation—do students work because they genuinely want to learn (intrinsic), or do they work for reward (extrinsic)? We collectively agreed that too many of our students are extrinsically motivated (grades, eligibility, etc.) and are very interested in actively increasing students’ intrinsic motivation (internal desire to learn concepts or skills). The result is that teachers will be creating PL Plans specifically designed to increase ownership of their own learning. This could take many forms in its application depending on the subject, structure of the class, and even physical space. Ideas shared with the group include: adopting strategies to provide more 1 on 1 time with students, reviewing student data and setting goals with them, finding ways to give students more choice on how they demonstrate proficiency on standards, finding ways to increase relevancy between what they’re learning and how it’ll be applied beyond high school, and many more.

I mentioned in the opening newsletter of this school year my excitement at using the EdElements Process for Personalized Learning. I recognized how this process will build on the work we’ve done to create unique and individualized pathways for a diploma within our “Hybrid” High School Model. With Personalized Learning at the classroom level, we’ll be able to create “Pathways within Pathways.” My excitement has only increased. This staff is amazing as they have leaned-in and embraced this process for continual improvement.

Huge congratulations to the Volleyball team as they beat Grace Christian in five exciting games to grab the 2nd place ranking going in to the Region III Championship Tournament on November 3rd and 4th. As you know, Region III is the largest and often the most competitive in the state. Good luck, ladies, as you continue to represent your team, your school, and your community at Regions and beyond.

The King of the Mountain Seward duel drew 18 schools from as far away as Barrow, Unalaska, and Valdez. Seward High hosted north of 300 athletes, coaches and fans—literally from across the state. Congratulations to Coach Hemstock (the Tournament Director) and a HUGE thank you to our parent volunteers and Booster Club for their support.

Speaking of support, congratulations for Joan Moriarty as the winner of the Holland America/Princess Cruise Raffle. She is the sister of our own Dr. Moriarty and is a judge in St. Louis. Thanks to the Booster Club, our fall coaches, and students for selling those raffle tickets—especially Sarah Spanos, Peg Hamner, Ariel Sieverts, Andrea Rodrigues, Michele Quinn, Julie DeBoard, the Wendts, Coach Cinereski, and Coach Kurtz. The Booster Club sold every ticket and raised \$20,000 that will directly support Seward High athletic programs.

If you have any other questions, comments, or concerns. My direct line is 224-9077 and my email is twalker@kpbsd.org

Thanks for your contribution to our students’ success.

Trevan Walker, Principal

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Eligibility Grade Check
November 20

Early Release Day
12:50 PM
November 22

Happy Thanksgiving
NO SCHOOL
November 23 & 24



Nurse's News

Why We Sleep

I got a chance to hear Dr. Matthew Walker's podcast on sleep. He is a researcher and professor of neuroscience and psychology at the University of California, Berkeley. He recently wrote a book entitled *Why We Sleep*. He asks, what is the advantage of sleep? Sleep would appear to be the most foolish of biological phenomena. When we are asleep, we can't gather food, can't socialize, can't find a mate, or take care of your offspring. Sleep leaves you vulnerable. So why would we do it?

As care providers, we talk frequently about diet and exercise influencing our health. He claims that sleep should be part of the holy trinity. He feels doctors should be "prescribing" sleep to patients. He clarifies though that does not mean prescribing more sleeping pills. He said that we are the only species that purposefully goes without sleep. He said routinely sleeping less than six or seven hours a night demolishes your immune system and more than doubling your risk of cancer. Insufficient sleep is a key lifestyle factor determining whether or not you will develop Alzheimer's disease. "Short sleeping" also may lead you to cardiovascular disease and all major psychiatric conditions including depression, anxiety and suicidality. He discusses many more health-related issues that arise due to lack of sleep. He also mentioned that one person dies in a traffic accident every hour in the United States due to fatigue-related error. Vehicular accidents caused by drowsy driving exceed those caused by alcohol and drugs combined.

Sleep then is a major player. Every 24 hours we can choose to get adequate sleep. He feels that with all the new research out about sleep, we are not asking what sleep is good for. He said instead, we are now forced to wonder whether there are any biological functions that do not directly benefit from a good night's sleep. So far, the results of thousands of studies insist that no, there aren't.

Sleep well....



Nurse Yoly



Seward High School Blog

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

For all the latest news! Includes the daily bulletin.

SHS 1st Quarter Honor Roll 2017-2018

12th Grade

Heleana Backus*
Case Estes
Ashley Guernsey
Elena Hamner
Jessi Hood
Ruby Lindquist*
Forest Matheson
EmmaLee Moore*
Maille Moriarty*
Kendyl Morris
Zen Petrosius
Rose Terry
Randi Tolson*
Joel Williams
Billy Wolfe

* *Denotes 4.0*

11th Grade

Maggie Adkins
Trapper Allen
Bijou Burnard
Sohan Dissanayake
Beau Freiberg
Ashley Jackson
Christopher Kingsland
Sadie Lindquist
Lucia Lombardia
Walker McKnight
Brendan McMurray*
Meghan Mullaly
Karl Pfeiffenberger*
Dania Shulze
Riley von Borstel*
Emilia Whitcome*

10th Grade

Madison Athey
Sophia Dow
Dylan Dunning
Lincoln Farris
Lindy Guernsey
Jack Gunter
Naomi Ifflander
Kyrsten Johnson-Gray
Jonah Lindquist
Justin McMurray*
Madilyn Moore*
Bjorn Nilsson
Joshua Park*
Connor Spanos*
Daisy Terry
Jaden Vandyke

9th Grade

Anevay Ambrosiani*
Reanna Brew
Cody Bryden
Devon Campbell
Selma Casagrande*
Levi Deboard
Emmalee DeLand
Malia Hewitt
Trey Ingalls
Linda Jack
Samuel Koster*
Alysa Kurtz
Neil Lindquist
Calysta Lohman
Kylie Mullaly
Thomas Ooka
Maxwell Pfeiffenberger
Marisa Phasomsap*
Tegan Retzer*
Katelyn Sawyer-Lemme*
Makaira Williams

Counselor's Corner



Important Dates:

- ⇒ **ACT Early Registration Deadline: November 3rd**
- ⇒ **ACT Late Registration: November 4th-17th**
- ⇒ **ACT Test Date: December 9th**
- ⇒ **UAF Visit: November 10th**



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!



KPC-Resurrection Bay Extension Site News

Spring 2018 schedule *Introduction to Literature, Introduction to College Writing, *Introduction to American Government (Web Based) *General Psychology. Numerous **online classes** available *Course titles that have an asterisk satisfy a General Education Requirement at UAA-KPC.

Registration done online at <https://www.alaska.edu/uaonline/>

Spring online registration opens Monday, November, 27th. To receive JumpStart tuition rate, high school students must complete the **all required forms**. Copies of the forms are available at the KPC office located in Seward High School.

Grades Fall semester 2017 grades will be available at UAOnline on December 22nd.

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



Seward Seahawks Athletic Booster Club News!

I am **SOOOOOO PROUD** of our Fall athletes and Booster Club members for getting out there and selling \$19,960 in HAL raffle tickets and donations. Since the ticket drawing is tomorrow I'm sure that by next month I'll be happy to report the winning ticket and that we exceeded our goal of \$20,000!! This took a lot of hard work, persistence, and prodding.

Some of you might be asking yourself, why do they keep asking me to sell stuff?! If you're familiar with the fiscal cliff then you know that funding for education keeps going down. Athletic programs are not essential but research shows how great physical activity is for health – both mental and physical. We are asking you to help us supplement the athletic program because *we have to*. The program can't afford the uniforms, travel, lodging, equipment and other related expenses without Booster's help. The program can't survive without your help and commitment. Be the change that helps Seward High School have an awesome athletic program.

Future fundraisers include a Spirit Wear booth at the Holiday Arts & Crafts Fair on December 1st and 2nd. If you haven't ordered a custom shirt from Spirit Shop you can always buy your student something at our booth in December. <https://www.spiritshop.com/school/alaska/seward/seward-high-school>

Each month I try to find a quote on volunteerism that might trigger something in you, the reader. Our membership is great but our active participants are small. I know you care or you wouldn't read this through to the end. We're only a few months in to this year and I can see burn out peering its ugly head around the corner. Boosters needs your help. If you see a post asking for volunteers, please consider an hour or two of your time. Volunteers are needed at the gate, at concessions, at events. You don't have to have a child in that particular sport to help out. You don't have to be a Booster member. You don't even have to have a high school student. So please, get out and vote.....

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer,

you vote every day about the kind of community you want to live in.”

– Author Unknown

Maya Moriarty, President
Ariel Sieverts, Vice President
Andrea Rodriguez, Secretary
Denny Murphy, Treasurer
Michelle Quinn, Member At Large



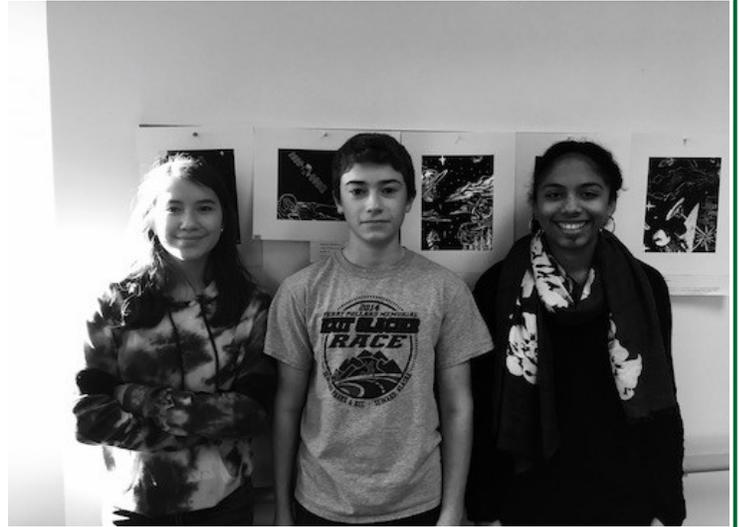
Contact us at sewardboosters@gmail.com

Facebook: Seward High School Athletic Booster Club

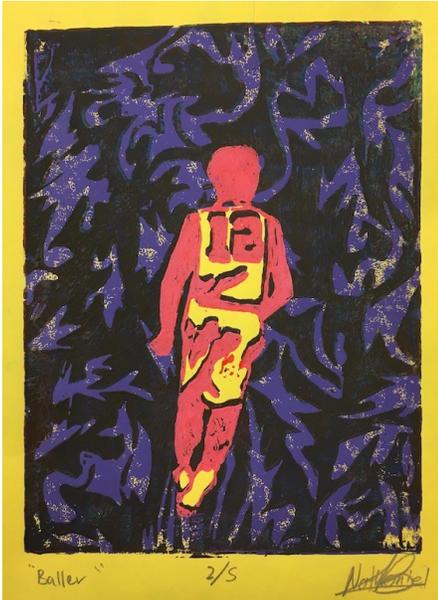
The Art Room



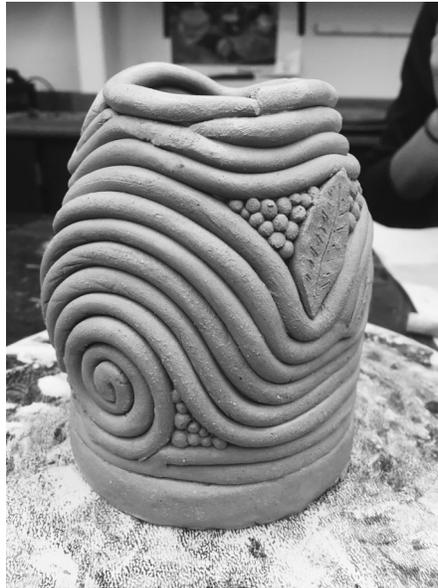
Musical Instrument Container by Connor Spanos



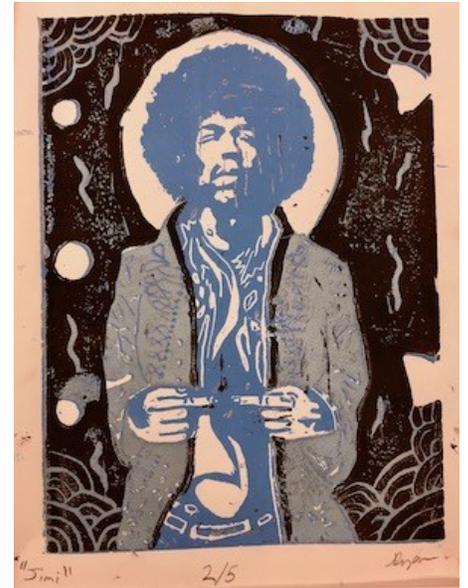
Jonah Lindquist, Linda Jack and Paola Baez all took home top awards from the Publicly Juried Alternative Energy Art Show! Here they are standing in front of their Sci Fi Scratchboard Art Pieces which include forms of alternative energy.



Block Print Self Portrait by Nathaniel Basalo



Coil Pot by Maddy Moore



Block Print Jimi Hendrix Portrait by Ryan Miller



Mountain Watercolor by Ruby Lindquist



Panda Collage by Lindy Guernsey

The annual Seward Energy Forum & Fair was held on October 13th-14th. Students from across KPBSD were invited to address the following question posed by the Energy Fair committee: How can schools on the Kenai Peninsula decrease their operational expenses facing today's (and future) energy costs by becoming more energy efficient and utilizing renewable energy resources?

The students were required to provide solutions that were related to energy efficiency, conservation, renewable energy resources, or other topics related to sustainable energy. The students worked in teams and presented their project at the energy fair in front of a team of five judges (engineers and business professionals). The judging was based on the project's potential contribution to sustainable energy, the calculated return on investment, creativity and innovation, and their presentation and display.

Four teams from Seward High School and three teams from Seward Middle participated in the competition. The first, second, and third place teams for both high school level and middle school level, received a total of \$4,000 in scholarships for their project ideas.

At the high school level, the third place team included Jaden Vandyke, Max Pfeiffenberger, and Chris Kingsland. Their project involved pumped hydro-electric storage. The second place team included Lindy Guernsey, Akilena Veach, and Emilia Whitcome. Their project was titled the Run of River Hydro Facility.

And receiving first place was Brendan McMurray, Joel Williams, Simon Estes, Beau Freiberg, Charlie Mack, and Peter Hettick. Their project plan is to install a geothermal system to heat the school swimming pool.

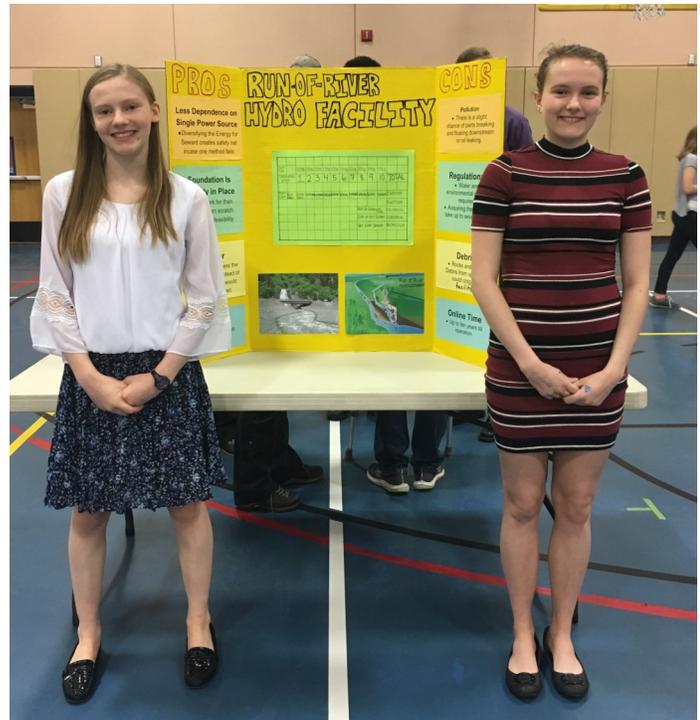
Two of these teams will present their project idea to the Seward Site Based Council on November 9th.



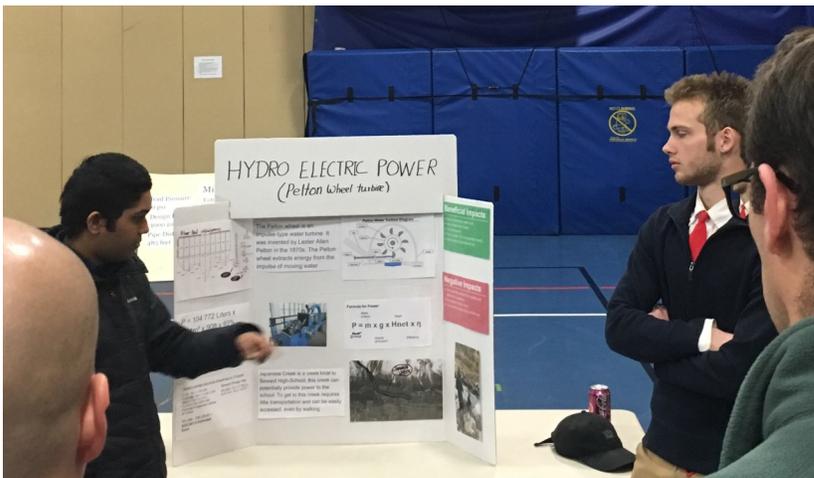
Chris Kingsland, Max Pfeiffenberger, and Jaden Vandyke



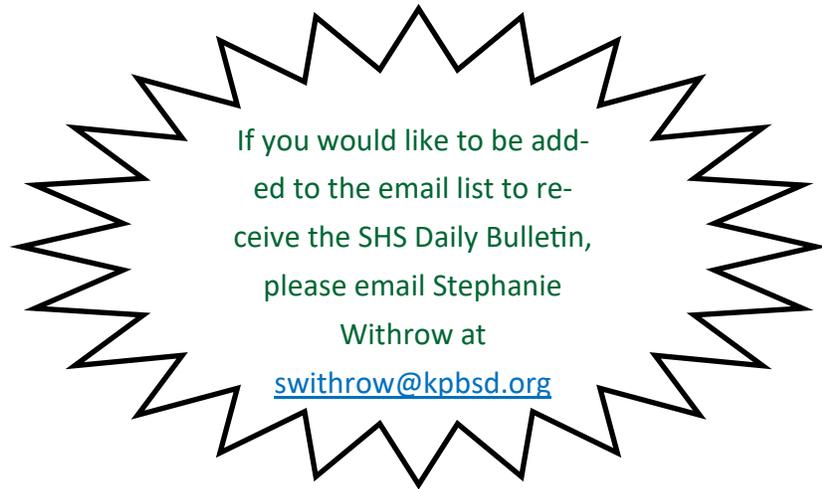
Joel Williams, Simon Estes, and Brendan McMurray



Lindy Guernsey and Emilia Whitcome



Sohan Dissanayake and Trapper Allen



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

November 2017

- 3 Regions Volleyball @ Homer
Wrestling @ Anchorage Christian School
- 4 Regions Volleyball @ Homer
Wrestling @ Anchorage Christian School
- 10 Wrestling @ Nikiski Duals
DDF @ Nikiski
UAF Visit
- 11 Wrestling @ Nikiski Duals
- 17 DDF @ Bartlett
- 18 Wrestling @ Kenai
- 21 Tsalteshi Turkey Ski @ Soldotna
- 22 EARLY RELEASE
- 23 **Thanksgiving-NO SCHOOL**
- 24 **NO SCHOOL**
- 29 **First day of Basketball practice**

Winter Break: December 22nd - January 7th

TO ACCESS SHS SPORTS SCHEDULES, VISIT:
<http://schedules.schedulestar.com/Seward-HS-Seward-AK>

Calendar of Events

Home sporting events are in bold print.

Seward High School Pool Schedule

Aug 21-Dec 22 2017

Closed Sept 2-4, Nov 23-26

Open Swim

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

Lap Swim

M, W, F 6:30 - 8:00 am
M - F 5:00 - 6:30 pm
T & Th 11:00 - 12:30
Sun 5:30 - 7:00 pm

Parent & Tot Swim

T & Th 11:00 - 12:30 pm

Admission Fees

Adults \$5, 10 plunges \$45.
Youth/Senior \$4, 10 plunges \$35
Under 3 Free.

Schedule subject to change. 224 - 3900 for update.

224 - 9050 to leave message.





Seward High School
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