

Seahawk News



APRIL 2015

Notes from the Principal

It's hard to believe that the fourth quarter is upon us and that we are already making plans for another graduation. Please help me maintain your child(ren)'s focus through the end of the year by monitoring grades and continuing to encourage their best efforts.

Remember, also, that test season is upon us. There will be some significant changes as we implement the Alaska Measure of Performance (AMP) and move away from the Student Benchmark Exams. The most significant change is that the test will be on-line. Freshman and sophomores will take over the computer lab in the library on the week of April 13th to do the English/Language Arts (ELA) and Math exams in the morning. School will remain on our regular schedule throughout. The other change is that the AMP will measure the new Alaska State Standards for ELA and Math that were adopted in the summer of 2013. The test will be new for both students and staff and I'm anxious to see how our students measure up.

As has been my practice for this space, I'd like to showcase a student who is fully taking advantage of Seward High's Hybrid Model. Ayla Bunch has been working in the office at Jaffa Construction for two years. Her responsibilities include helping with payroll, filing, making copies, bookkeeping, and office organization.

Ayla does not have a 6th period class so she is able to work from 2:00-5:00 PM Monday through Thursday. She receives On-The-Job Training credit on her high school transcript which will meet her Industrial Arts graduation requirement. This is in addition to her five other core classes.

Ayla plans to go to UAA after she graduates in 2016. She's not sure where she would like to major.

Track and Field and Soccer are in full swing. I'm pleased to announce that Andrew Scrivo has taken the helm as the Track and Field Head Coach. He will be assisted by Teresa Bickling and Dan Marshall. Seward High teacher, James Wayne, has taken over as the Girls' Soccer Coach. Dustin Phillips returns as the Boys' Soccer Coach.

I have seen an increase in cyberbullying cases and wanted to take a few minutes to articulate both the school's response and the barriers we face.

First, all students are required to take ISafe training as part of KPBSD's health curriculum. In addition to cyberbullying, the ISafe program instructs on the legacy of one's digital footprint, the dangers of cyber stalkers, and many other subjects. This ISafe training begins in Elementary School and continues through high school.

Second, I encourage you to review KPBSD Board Policy 5131.43 regarding cyberbullying. It can be found at: <http://www.kpbsd.k12.ak.us/board.aspx?id=3328&terms=harassment>. To date, no cyberbullying case that I've investigated originated from school and/or on the school's network. Material has been generated and spread from home computers and personal electronic devices. I have immediately involved Officer Ken Brockman, our School Resource Officer, and we investigate the report together to determine if there has been a violation of Board Policy or Alaska State Law. While I am fortunate that students trust me enough to know that I will act immediately to provide a safe learning environment, it is important to remember that parents always have the right to contact the Seward Police Department and/or the Alaska State Troopers directly for incidences that occur off school grounds and outside of the school day.

Finally, I would be remiss if I didn't take this opportunity to implore parents to monitor their child(ren)'s on-line activities and engage them in regular discussions about the long-term consequences of their digital footprint legally and socially. They should know the potential consequences for participating in cyberbullying activities and they should know how to seek help if they are victims. Also, it is common practice for college admission boards and/or employers to search social media for information regarding a hopeful applicant.

These are the circumstances in which we are living and your child(ren) are participating. Please be an active partner in our efforts to keep them safe and focused on their education. Further questions can be directed to me at 224-9077 or to Officer Brockman at 224-9066.

You can also contact me directly for any questions, concerns, or comments. My direct line is (907) 224-9077 and my email is twalker@kpbsd.k12.ak.us.

Sincerely,

Treva Walker, Principal

INSIDE THIS ISSUE:

ALICE Training	2
AMP Testing	3
Art Room	6
Calendar	7
Every 15 Minutes	5
Honor Roll	5
School Board	5

April 3
Vacation Day
NO SCHOOL

April 15-17
SHS Drama Production
HS Theater 7pm

April 18th
Prom Dance

April 20
Eligibility Grade Check

May 1
Early Release Day 12:50pm

Nurse's News

2015 New Dietary Guidelines

Every 5 years, we get new dietary guidelines. There is a specific group called the Dietary Guidelines Advisory Committee that consists of physicians and nutritionists that have the task of detailing out the dietary recommendations. According to DGAC, there is moderate to strong evidence showing that healthy dietary patterns rich in plant-based foods such as vegetables, fruits, whole grains, legumes, nuts, seeds and lower-calorie animal-based foods are associated with more favorable land, water, and energy use. So, a healthier diet is associated with a healthier, sustainable environment which promotes food security now and for future generations.

Some surprising changes include no longer putting a limit on the amount of dietary cholesterol individuals should eat, 3-5 cups of coffee per day can be part of a healthy diet which is approximately 400mg. caffeine per day. Consuming added sugar, fatty milk, or rich creams with the coffee is not advised.

Daily salt intake is 2300mg. per day and it is no longer recommended for individuals with hypertension, diabetes, or chronic kidney disease to limit themselves to 1500mg. per day.

Last but not least is sugar. They recommend 12 teaspoons of sugar per day. The average person consumes 22 to 30 teaspoons daily often in the form of juices and sugar-laden drinks such as pop and energy drinks. Added sugar is also in many food products that we would not normally think sugar would be in. Personally, I have been concentrating on reducing sugar in my diet. A lot of processed foods have a lot of sugar in it. Unfortunately, it is very difficult to know how much sugar you are getting because the % daily values for sugar is not listed on food labels.

It is a challenge at times to eat healthy on a daily basis but definitely worth the effort.

Nurse Yoly

*****ALICE Training*****

You may recall a fall news release from the Kenai Peninsula Borough School District regarding ALICE, a new way that all the KPBSD schools will respond in a lockdown situation. ALICE stands for Alert, Lockdown, Inform, Counter, and Evacuate. ALICE trainings are taking place at all KPBSD schools this year.

Since that time, the staff at Seward High School has participated in two trainings. The first, facilitated by Sargent John Brown of the Alaska State Troopers, Sargent Alan Nickell of the Seward Police Department, and Officer Ken Brockman also of the Seward Police Department and the Seward Schools' Resource Officer provided a complete overview of the ALICE protocol and individuals' responsibilities within each category. The second was a table-top exercise facilitated by Principal Trevan Walker and Officer Brockman where staff simulated their response to an armed intruder based on the location of their classrooms or work spaces in relation to factors presented in a variety of scenarios.

We will conduct a school-wide ALICE Training with students and staff on Tuesday, April 14 at 12:35 PM. This training will be facilitated by Principal Trevan Walker and supported by Officer Ken Brockman. It is important that parents are fully aware of this impending drill as students have the capacity for instant communication with their personal electronic devices. It is also important to emphasize that our training is age-appropriate.

The news release explained that, "ALICE offers a list of options that can be used to stay safe in the highly unlikely event of a violent intruder." "The ALICE Training Institute is changing how schools respond to armed intruders. ALICE is a set of proactive strategies that increase chances of survival during an armed intruder event," reports the ALICE Training Institute website. "While no one can guarantee no casualties or injuries, we can guarantee that passing on knowledge will empower people with options of survival." The ALICE training program is designed to supplement current Lock-Down or Secure-in-Place procedures used frequently in public schools."

If you have any questions or concerns, the staff and administration at Seward High School encourage you to review the ALICE Training Institute website at <http://www.alicetraining.com/what-we-do/>. You can also contact Principal Trevan Walker directly at (907) 224-9077 or by email at twalker@kpbsd.k12.ak.us. You can also contact Officer Brockman at (907) 224-9066 or by email at kbrockman@kpbsd.k12.ak.us.

"I have always maintained that student safety is a top priority for the staff at Seward High School," said Walker. "The ALICE training is an excellent way for us to prepare for the extremely unlikely event that we have an armed intruder on campus."

Thank you for your understanding and support of this important training exercise.

Counselor's Corner



Scholarships- We are urging seniors to apply for any and all scholarships for which they are eligible. Students are urged to check the scholarship board in the Library and submit their applications on time. Due dates are specific to the scholarship with several in April and May 1st as the most common date. Use this scholarship board, the financial aid handbook and other scholarship sources in the counseling office any time.

AMP Testing April 13th - April 23th

By state mandate all 8th and 9th and 10th graders must take the AMP (Alaska Measures of Progress) between the dates of April 13th - April 24th. Test results give a "snapshot" picture of what is happening right now of each student's progress. This will give the teachers and parents a checkpoint in what skills and knowledge the student now has. The test will be online – practice for the test can be found on the state website at: <http://education.alaska.gov/akassessments/techpractest.html>.

We would greatly appreciate your interest in preparing and encouraging your child for this test. Please emphasize its importance and benefits of doing his/her best. There are many good tips and information in this guide. Obviously, eating right and proper rest will be vital before the days of the test.

Job Fair- Tuesday, April 7th

AVTEC Job Fair is scheduled for Tuesday, April 7th from 12:30 PM - 3:00 PM. This is a wonderful opportunity for students to learn more about specific careers, armed services representatives, and summer employment.

Senior Breakfast - Friday, May 15th, 8am-9am @ the Senior Center

Baccalaureate - Sunday, May 17th

Awards Night - Monday, May 18th - 6:30 PM

Senior Picnic and Parade - Tuesday, May 19th

Graduation - Wednesday, May 20th - 7:00PM

Seward High Summer School June 1-19

Seward High School

8:00am - 12:00pm

Every student that has an "F" for a semester grade in a core class (Math, English, History or Science) is signed up for summer school.

If you do not want your child to attend, please call Martha Fleming at 224-9070 by May 15th to discuss this. If your child passes the class that he/she is failing then they will not have to attend.

Questions??? Give Martha a call at 224-9070.



KPC-Resurrection Bay Extension Site News

Class of 2016: View summer online classes at <http://www.kpc.alaska.edu/schedule/>

Fall 2015 schedule: Available now...Early bird registration April 28, 10am-2pm. Watch for information in Seward High LA classes and Math classes or stop by KPC office.

Attention Class of 2016 and Class of 2017: A scholarship for KPC JumpStart classes is available. This scholarship is sponsored by the PTSA and funded by The Seward Community Foundation. See Jackie Marshall for further information and application. Application deadline is May 15.

KPC 2015/2016 High School Senior Tuition Scholarship: Local high school seniors may apply for this scholarship for the opportunity to receive full-time tuition (up to 15 credits) waived for the fall and spring semesters of KPC's 2015/2016 academic year. Applications are due to the KPC Financial Aid Office by 5 p.m. on April 2.

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.

Fall semester 2014 grades are available at UAOnline- Spring semester 2015 grades will available May 7th.

Accuplacer Testing: 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 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) is open. Please visit <http://www.kpcreslife.com>.

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



Job Shadow Opportunity

Two Seward High School students, Marcus Shramek and Kris Hettick, spent Friday March 20, 2015 with Troy Hager and his heavy equipment class. This job shadow day for the guys was arranged through the Kenai Peninsula School District and John Clare. It allowed Kris and Marcus to see what AVTEC is like and to get a taste of the type of work a Heavy Equipment mechanic does. The guys had fun and it was "cool to see how the excavator came apart" said Kris. They enjoyed the new trucks and being in the shop and getting hands on experience with the other students. It was fun to be involved taking the tracks off of the John Deere 135 Excavator and seeing how it actually works. Both Marcus and Kris feel this type of work is something they are interested in pursuing. They learned a little about shop operations, shop safety and how to work with a team on a big heavy project. It was good for the AVTEC students also. They became the mentors and found out they learn more when they have to explain what is going on. We hope that we can extend this type of opportunity to other high school students around the Peninsula or state.





APRIL 20 & 21
SEWARD HIGH STUDENTS WILL PARTICIPATE IN THE EVERY 15 MINUTES PROGRAM

"Dear Mom and Dad, every fifteen minutes someone in the United States dies from an alcohol related traffic collision, and today I died. I never had the chance to tell you....."

KPBSD School Board Meets in Seward Monday, May 4th

The Kenai Peninsula Borough School District’s Board will meet at Seward High School on Monday, May 4th. They will hold a work session starting at 3pm in the library and the board meeting begins at 6pm in the theater. The public is invited to attend the meeting.

Seward High School Blog

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

For all the latest news!

SHS HONOR ROLL 3RD QUARTER 2014-15

9th Grade

Gabriel Bignell
 Kaylee Brockman
 Case Estes
 Simon Estes
 Ashley Guernsey*
 Elena Hamner
 Austin Hinton
 Jessi Hood*
 Madelynn Katsma
 Ayla Lapinskas*
 Ruby Lindquist
 Emmalee Moore
 Maille Moriarty*
 Zen Petrosius*
 Randi Tolson
 Creeanna Whitcome*
 Joel Williams*
 Billy Wolfe
 Joshua Wood

10th Grade

Jeremiah Anderson
 Jonah Deboard
 Cassidy Deland
 Basil Dougherty
 Roman Hamner
 Mckinze Hauze
 Sullivan Hause
 Kristopher Hettick
 Katie Kallio-Withrow
 Tia Miranda
 Kjell Nilsson
 Victoria Piro
 Hope Quinn
 Dana Van Slyke

11th Grade

Moriah Doepken
 Susannah Doepken
 Jessica Fry
 Catelynn Hettick*
 Jessica Honebein
 Alexandra Katsma
 Gabrielle Katsma
 Jonathan Kingsland
 Kimberly Leavitt
 Alyssa Leisure
 Hannalyn Ohlsen
 Madeleine Rea
 Justin Schutter
 Joesvahnta Usugan-Weddington
 Thomas Zweifel

12th Grade

Malia Acovak
 Carrie Anderson*
 Josephine Braun*
 Seth Brewi
 Emily Brockman*
 Sherelle Holmes
 Howie Hubbard
 Maria Jackson*
 Johan Jacobson
 Ryan Johnson
 Misha Johnson-Gray
 Laura Kromrey*
 Erin Lane
 Michael Marshall
 Robin McKnight*
 Brandon Moore
 Alexander Pahno*
 Griffin Plush
 Alex Porter
 Jesus Sanchez Azzad
 Michael Wolfe

*Denotes 4.0 GPA



The Art Room

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

Seward High School POP Art Prints

SHS Art students learned about Andy Warhol's Pop Art and then created their own! These are reductive linocuts, where the artist carves more and more of the block as they go and prints in layers. Little blood was shed, and they did an amazing job!

Mary Ramirez



Clara LaRock



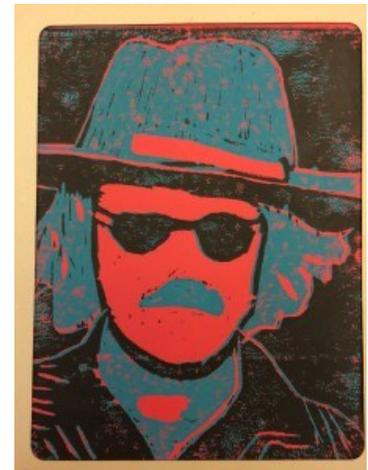
Rose Terry



Kiana Clemens

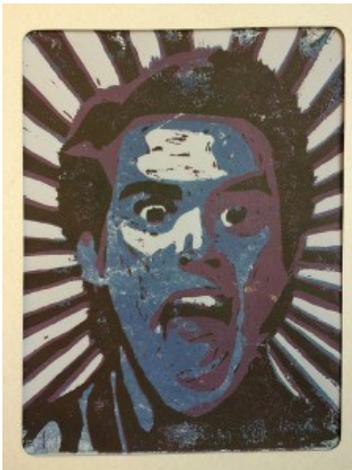


Emmalee Moore

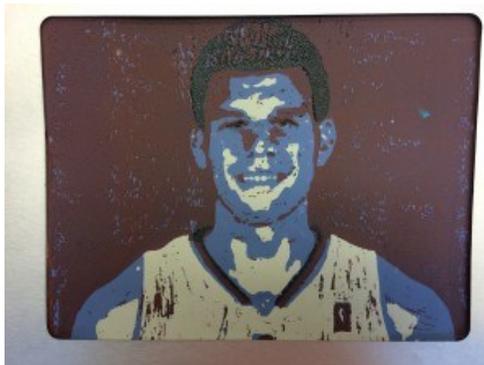


Dusty Brown

Joshua Wood



Michael Wolfe



Erin Lane



SEWARD HIGH PROM

Saturday, April 18th
8pm - 11:00pm
SHS Commons



April Calendar

- 3 Vacation Day—**NO SCHOOL**
- 7 Job Fair @ AVTEC
- 10, 11 Track @ Big C Meet, Anch. Dome
- 13-17 Freshmen AMP Testing
- 14 ALICE Training
- 15-17 SHS Drama Production - 7pm
- 17 Soccer Scrimmages -
Boys @ SOHI, Girls @ Kenai
- 18 Prom 8-11pm at the High School
- 20 Eligibility Grade Check
- 20-24 Sophomore AMP Testing
- 21 Track—Seward Invite**
- 24, 25 Track @ Kenai
- 25 Soccer B&G @ Houston

May

- 1 Early Release Day 12:50pm
- 1 Soccer B&G @ Grace
- 2 Soccer B&G @ Palmer
- 2 Track @ Palmer

Calendar of Events

Home sporting events are in bold print.

Seward High Drama Productions is proud to present

Donovan's Daughters

Seattle, Washington, 1895. There are 10 men for every woman in the territory -- excellent odds for Shamus Donovan, an Irish fisherman with five daughters to marry off. Several town council members immediately fall for the younger daughters, but unfortunately, a family tradition says the oldest must marry first. But the oldest daughter is Katherine, a wild cat! In a woman-starved town like Seattle there has to be someone desperate enough to take on Katherine.



Wednesday, April 15
Thursday, April 16
Friday, April 17

The doors open at 6:30 and the show begins at 7:00 nightly.

\$7.00 for individuals
\$20.00 per family

**A Comedy
in
Two Acts**

SEWARD HS POOL SCHEDULE

Jan 4 – May 22, 2015

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

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

Water Aerobics T & Th 6—7pm

Parent & Tot Swim T & Th 11:00 - 12:30 pm

T & Th nights: Lessons, water aerobics, lap swim. call for current happenings. For current schedule call 224 - 3900 or 224 9050 to sign up for classes.

Admission Fees

Adults \$3.00, youth/senior \$2.00, under 2yrs free.

Punch Cards

Adult	10 swims \$25.	20 swims \$45.
Youth/senior	\$15.	\$25.

Schedule subject to change.





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