



Seward High School Seahawk News

Kenai Peninsula Borough School District

February 2013

Notes from the Principal:

An email reminder I sent out to the staff regarding the upcoming calendar events was simply called “The New Normal,” as in, crazy-busy is our new normal:

- ◆ The Seward Seahawk Classic is Thursday, Friday, and Saturday, February 7-9.
- ◆ If this weren't crazy enough...the National Ocean Sciences Bowl will use the other half of the school February 8, 9, and 10.
- ◆ This, of course is the same weekend as parent/teacher conferences. With the co-curricular events occurring in the evening, Seward High will host Parent/Teacher Conferences on a more traditional schedule. The morning sessions will run from 8:00am-11:00am and the afternoon sessions will run from 12:00pm-3:00pm on both Thursday, February 7th and Friday, February 8th. Feel free to contact your teacher directly and schedule an appointment (even if it is outside of our Parent/Teacher schedule). You can do this by calling the schools' main number at 224-3351, or by emailing your child's teacher directly. Their email address is their first initial and last name @kpbsd.k12.ak.us. For example, you can write me directly at twalker@kpbsd.k12.ak.us
- ◆ Finally, the Winter Formal is on Saturday, February 9th.
- ◆ Eligibility Check will occur on February 11th. Please be aware that the last classes for this check are on Wednesday, February 6th.

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Skiing Seward Invite
February 2

Parent /Teacher Conferences
February 7 & 8
NO SCHOOL

Seahawk Classic Basketball
Tournament
February 7, 8, 9

Winter Formal
February 9—8pm

College Goal Alaska
February 20

By my count the visiting basketball teams will bring an additional 72 kids into our school. NOSB will bring 150...this doesn't include coaches or fans...

I also wanted to share with you another way by which the staff and administration can engage parents as partners in supporting your expectations. Even though Seward High is an open campus, parents often require their child(ren) to remain on campus during lunch break. This option, of course, is available to all parents. To make these arrangements you simply need to call me directly and I will explain how it works.

I'm also pleased to announce that Seward High is now web streaming. To access Seward High co-curricular events online, simply go to our homepage at <http://sewardhighschool.blogs.kpbsd.k12.ak.us/wpmu/> The Seward High Webcast (live stream) can be found under “Important Links” on the right side of our homepage (near the bottom). We are still looking for broadcasters so that we can add audio. If there are latent sports broadcasters out there, now would be your time to launch your career. Please contact me directly if you're interested.

As always, my door is open to all of 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.k12.ak.us Thank you for your continued contribution to our students' success.

Treva Walker, Principal

Your School is a Resource

I overheard during the Seward Community Town Hall Meeting on Thursday, January 24th that some parents, when faced with the realization that their child might be experimenting with drugs or alcohol, struggle with an appropriate response. Of course, parents want to be supportive; even as they want to modify the behavior and impose appropriate consequences, but they might lack the experience and access to resources to navigate this fine line.

I wanted to take a few minutes to remind parents that your child(ren)'s teachers and administrators are mandated, by state law, to report if we suspect that a child is endangered, either from an external threat or from personal choices. Schools have built in networks of community agencies on whom we can call for assistance to appropriately respond when there is suspicion of harm (including drug and/or alcohol use). I know that the Seward Police Department's primary goal is to identify and prosecute the supplier. I know Juvenile Justice's primary goal is rehabilitation and academic support, while they are still minors, so that these behaviors are turned around BEFORE they become adults and convictions become part of their permanent records. Schools have contacts with SeaView Community Services and the North Star Health Consortium. Above all, schools are interested in working with parents as partners to provide for your child(ren)'s success.

Please consider your child(ren)'s school a resource if you find yourself in the difficult position of responding to your child(ren)'s use of drugs and/or alcohol. Call the school directly and ask for the principal.

Also, our school is participating in the 2013 Alaska Youth Risk Behavior Survey. Please review the enclosed permission form, sign and return to the school.

Thanks, Trevan Walker, Principal



Kenai Peninsula College-Resurrection Bay Extension Site News

KPC makes it easy to get a **Jumpstart on College**. The **Jumpstart Program** allows high school seniors to take up to six (6) 100/ 200 level college credits each semester of their senior year. High school seniors pay just \$52 per credit (a savings of \$113 per credit-\$678 for 6 credits), plus textbooks and fees (\$3 per credit).

Seven Seward High School students took advantage of the JumpStart program and enrolled in the General Psychology class. Instructor Lara Loomis is excited about the opportunity to introduce her fledging college students to the discipline of psychology.

Ten Seward High School students have enrolled in Dan Marshall's Introduction to Literature course. Students in this discussion based class will be introduced to analysis and appreciation of fiction.

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 ID. **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 2012 grades are available at UAOnline.

Spring semester 2013 grades will be available May 9th at UAOnline.

KPC student housing is scheduled for occupancy August 2013. Please visit <http://www.kpcdorms.com/>. Call or email Resurrection Bay Extension Site Coordinator Jackie Marshall for more information at 224-2285 or injjpl@uaa.alaska.edu.

Counselor's Corner

Parent/Teacher Conferences February 7 & 8

Parent/ Teacher Conferences can make a difference!! Please come in and talk to your students teachers during out PT conferences on February 7th and 8th. The teachers will be available for 15 minute conferences. Although Power School is a useful tool, personal contact with a teacher can make a difference in your child's success. Teachers will be available for conferences from 8-11am and from 12-3pm. There will not be any scheduled conferences – just drop in!



Important Senior Meeting on February 13, 2013 at 5:30pm in the High School Library

Wondering how the last four months of high school will go with your 18 year old senior? Come to our Senior Parent Meeting and ask questions! Details of the final semester of your child's high school education will be discussed. We will also be making final decisions on the food served and cost of the Graduation Reception. Graduation will be here before long and to send our students out in style we must work together!!

College Goal FAFSA Will be at Seward High School on February 20 at 12-2pm

Alaska's 9th annual "College Goal" FAFSA (Free Application for Federal Student Aid) completion program kicks off with events all across Alaska – from Barrow to Unalaska and Ketchikan. College Goal Alaska (CGA), part of the national College Goal Sunday program, brings application assistance to help students, particularly low-income and first-generation college goers, complete the FAFSA—an essential annual step to receiving financial aid for postsecondary education.

"The FAFSA is the single avenue for students to access federal and most state financial support, including grants, scholarships, the lowest-cost education loans and work-study opportunities. And, because it is also the Alaska Performance Scholarship application, it is now more important than ever for Alaska's students to complete the FAFSA." said Diane Barrans, Executive Director of the Alaska Commission on Postsecondary Education, which coordinates CGA..

FAFSA submission deadlines vary for the many aid programs that rely on the FAFSA. Students should aim to complete the FAFSA by mid-February, if possible, to be considered for the most available financial aid. Parents and students are encouraged not to wait to until after they complete their 2012 income tax return because they may miss some opportunities by doing so.

Seward High School—1st Semester Honor Roll

9th Grade

Baldwin, Chloey
Berry, Paxson*
Brewi, Seth
Bunch, Ayla
Degnan, Jessica
Estes, Alexander
Fry, Jessica
Headley, Michaela
Hettick, Catelynn
Honebein, Jessica
Ivy, Keith
Jackson, Ronald
Kingsland, Jonathan
Leavitt, Kimberly E
Morris, Brian
Mow, Peter*
Ohlsen, Hannalyn
Rea, Madeleine
Usugan-Weddington,
Joveahnta
Young, Autumn
Zweifel, Thomas

10th Grade

Anderson, Carrie
Beckham, Olivia*
Braun, Josephine*
Brockman, Emily*
Clemens, Kiana
Gillespie, Dylan
Hamner, Sasha
Hinton, Parker
Holmes, Sherelle
Jackson, Maria*
Johnson, Ryan
Kromrey, Laura*
Lane, Erin
McKnight, Robin*
Marshall, Michael
Miranda, Benjamin
Moore, Brandon
Pahno, Alexander
Perea, Jasmine
Pfeiffenberger, Alice
Plush, Griffin
Porter, Alexander
Wolfe, Michael
Zemach Stovall, Hannah

11th Grade

Ashford, Alexander
Barnwell, Isabel
Berry, Tannen
Broughton, Jack
Estes, Brooke
Knotek, Kara
Lynch, Maxine
Moore, Matthew*
Morrell, Sara
Rasmussen, Karen
Robinson, Cambria*
Tougas, Rachel
von Borstel, Ashley*
Zweifel, Nicholas

12th Grade

Adelmann, Tessa
Anderson, Tyrone
Beard, Hayden
Buchanan, Jeffery
Cisar, Nathan
Dyer, Laura
Erchinger, Veroneeka*
Farris, Emma
Haddow, Matthew
Hettick, Joseph
Honebein, Brianna
Knotek, Miles
Kromrey, Lindsey*
Lindquist, Gretchen
Odhner, Jaz
Olesiuk, Chelsey
Olson, Michaela
Orr, Raymond
Stauble, Samuel
Thomassen, Jonathan
Wolfe, Jesse*

* 4.0 GPA

Nurse's News

New Guidelines for the Treatment of Episodic Migraines

The guidelines defined episodic migraines as having episodes less than 15 days in a month and does not deal with acute migraine treatment or prevention of chronic migraine. These guidelines were developed by the American Academy of Neurology and the American Headache Society in April 2012. Major changes include the endorsement of Topamax and the downgrade of gabapentin and verapamil and other calcium channel blockers as showing insufficient evidence for or against usefulness. Also, in a separate document, they took a look at nonsteroidal anti-inflammatory drugs (NSAIDS) and complementary treatments for migraine prevention. They did find enough evidence to allow recommendation of some of those treatments which I find exciting and refreshing. Dr. Silberstein stated that “if people are going to take a natural product, at least take one that works.”

The recommendations are Petasites or butterbur which have been effective and can be offered to patients to reduce the frequency and severity of attacks. Another physician, Dr. Lipton, stated “butterbur or even the vitamin riboflavin have solid scientific foundation for efficacy. However, butterbur is a complex natural extract so buying a pure extract is important because the natural root has a toxic alkaloid in it.” He recommends the product from Weber & Weber. Dr. Lipton stated he has no financial interest but just doesn't want neurologists telling patients to take any butterbur they find.

Migraines are experienced by our students. The guidelines are many and I have only mentioned a few examples of their many recommendations. As always, speak with your health care provider. Dr. Lipton stated “migraines are biologically heterogeneous and clinical trials focus on the average patient response, so the reality is that when it comes to an individual patient, there is still an art to it. Guidelines are always better at summarizing the science than in teaching the art”.

I think this can be said generally in caring for human beings with any medical issue. The uniqueness of individuals is what we value and at the same time as a health care provider, challenges us to know more.

Nurse Yoly



Congratulations to Gretchen Lindquist for creating the winning mural design! Her Jellyfish design will be located on the bathrooms by the skate park. The Mural Society ordered us six 4'x8' aluminum panels (thanks Jennifer Headtke!), which we cut down to 4'x6' (thanks Ronn Hemstock!) to facilitate the 6'x 24' design. We then sanded, washed and primed all of the panels. Gretchen is currently drawing/projecting the design onto the panels. Once she's done, her classmates will help her begin to paint!

Winter Formal

“Under The Sea”

Tickets: \$15 Singles

\$25 Couples

Sadie's Hawkins Style
(Girls ask the Boys)

8pm—11pm

Sat. February 9th

The Art Room

Ceramic Plates and Bowls

One of the fun things about ceramics is the creativity involved. You can drape clay over almost anything to take its form as it dries; wood, plaster, newspaper, glass... Draping a slab of clay into a concave surface is called a slump mold and onto a convex surface is a hump mold. We did both methods, using paper plates as our slump molds and paper bowls as our hump molds. You can also use just about anything to texture clay; your fingers, a fork, a leaf, a toy, stamps, whatever you can imagine...Seward High Ceramics first assignment was to make a textured plate and bowl and they really did a great job.



Gabbie Katsma



Tyler Quiring



Julia Davenport

Teapots by: Hannah Stovall

Sherelle Holmes

Iris Anderson

Kim Leavitt



Advanced Art

Ashley Whiteshield

Michael Marshall

TJ Allen





SHS Battle of the Books

Seward High School's 2013 Battle of the Books team is busily preparing to enter district-wide combat February 4th. This year's team is made up of a solid core of solid veterans and some fine new additions to the Seahawk's lineup. Last year's team managed a solid 3rd place finish in the district tournament. With this year's potent mixture of cagey vets and fresh blood, this team is bound to be in contention for the district title.

BOB Team Members: Miles Knotek, Kara Knotek, Laura Kromrey, Emily Brockman, Dylan Gillespie, Michael Marshall, Robin McKnight, Maranda Clark, and Brandon Moore. Advisor: Chad Hinders.

Seniors Begin Their Alaska Studies Class

The beginning of the second semester ushered in a change of pace for Seward High School's seniors from US Government to Alaska Studies. To kick off the class in true Alaskan style, the first assignment of the year was the 1st Annual SHS Duct Tape and Blue Tarp Challenge. Students worked as teams to create the most unique, creative and Alaskastastic designs using nothing but their wits and a little duct tape. The students proved their Alaskan mettle by creating entries ranging from the utilitarian to the sublime. It was a great start to the new semester, and truly resulted in some fantastic creations by some agile young minds.



Billy Joe Wardlow wears his duct tape parka and William Whiteshield holds a duct tape kayak.

National Ocean Sciences Bowl (NOSB) Competition at SHS

Students from around the state will compete February 8-10, 7am –6pm daily



Seahawk Classic Basketball Tournament

Thursday, Friday, Saturday

February 7, 8, 9



Be sure to come watch the Seahawk girls and boys basketball teams take on teams from Bethel, Homer, Kodiak and Delta Junction. Thursday night - "Green & Gold" silent auction - pick something up to wear at the games. Friday night - Dessert silent auction - take home some delicious goodies. Come on out and support the home teams!

Food items are needed for the hospitality room for coaches and officials- please consider making a food or monetary contribution- contact Jackie Marshall at 224-2285



Seward High School Pool Schedule

Jan 7 – May 24 2013

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, 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
Pool Closed	Feb. 7, 8, Mar 7, 8, 31	
Spring Break Schedule in effect Mar 10 – 17		
Tue & Th Evening Classes and Lap Swim		
Jan 8 – 17	Adult Swimming Improvement and Lap	5:00 – 7:00
Jan 22 – Feb 5	Lifeguard Training and one lap lane	5:00 – 7:00
Feb 12 – Mar 5	Children’s Swim Lessons	5:15 – 6:00
Feb 12 – Mar 5	Water Aerobics and one lap lane	6:00 – 7:00
Mar 19 – May 16	Water Aerobics and one lap lane	6:00 – 7:00
	Lap swim (entire pool)	5:00 – 6:00

Sign up for all classes at pool, at least one week prior to first class.

Admission Fees

Adults \$ 3.00, Youth (2–17)/Seniors \$ 2.00, Infants Free

Punch Cards Adult 10 swims \$25, 20 swims \$45. Youth/Senior 10 for \$15, 20 for \$25

Purchase Punch Card at Pool. Call 224 – 3900 for further information and current schedule.

Calendar of Events - February 2013

Feb. 1	Basketball vs. Cordova	3pm
Feb. 2	Basketball vs. Houston	11am
Feb. 2	Skiing - Seward Invite	TBA
Feb. 4	Battle of the Books	
Feb. 6	Basketball JV Boys vs. Noatak	3pm
Feb. 7, 8	Parent/Teacher Conferences	
Feb. 7, 8, 9	Basketball - Seahawk Classic	3pm, Sat. 10am
Feb. 8-10	NOSB	7am-6pm
Feb. 9	Winter Formal Dance	8pm
Feb. 9	Skiing—Boroughs @ Homer	TBA
Feb. 11	Eligibility Check	
Feb. 13	Senior Students/Parents Meeting	5:30pm
Feb. 14	Basketball @ Homer	
Feb. 15	Basketball @ Skyview	
Feb. 16	Basketball @ Nikiski	
Feb. 15, 16	Skiing - Regions @ Homer	TBA
Feb. 20	College Goal Alaska, SHS Library	12–2pm
Feb. 21, 22, 23	Skiing - State @ Anchorage	
Feb. 22	Basketball @ ACS	3pm
Feb. 23	Basketball @ Grace	10:30am
Feb. 27	Basketball vs. Skyview	2:45pm
March 2	Basketball vs. Eagle River	1 & 2:30pm

“Green & Gold” Silent Auction

Thursday, February 7th
Seahawk Classic

Basketball Tournament

Come buy green and gold Seahawk items to wear at the games!

*Donations welcome.
Contact Kim Reiersen
or Martha Fleming at
the High School.*



Dessert Silent Auction Friday, February 8th

during the

Seahawk Classic

Basketball Tournament

*Dessert donations needed.
If you are willing to make a
dessert for the auction contact
Kim Reiersen at the
High School.*





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