Dear KGH Families,

It is hard to believe that December is upon us. As the holidays approach and the spirit of giving surrounds us, I would like to encourage parents to give their children “tools for success” at school. Research shows that a child’s success is closely linked to parent involvement, outstanding attendance, involvement in activities outside of the school day, and school preparedness. Let’s all work together to give our students what they need to experience success this year.

- **Parent involvement:** When teachers and parents have open lines of communication, students are more likely to be successful in school. Also, help promote the value of education to your children.

- **Outstanding attendance:** The importance of having your child at school each and every day cannot be stressed enough. School routines are very important, and students who are on time and who have excellent attendance have an increased chance of experiencing success.

- **Involvement in activities outside the school day:** Provide students with opportunities to be active outside of their school day. This is especially important with our current Covid circumstances.

- **School preparedness:** Help your child be prepared for school each day by having “school” routines at home. Make sure your child is well-rested with a set bedtime each night. Also, make reading an important part of life at home.

I hope each of you find yourselves surrounded by loved ones during the holidays and that you find time for rest, recreation, and family.

Sincerely,

Casey Demmert
Principal
Lunch account balances can be paid online; 
https://sitka.revtrak.net/School-Lunch-Payments/

Check out Facebook for upcoming events and information
https://www.facebook.com/KeetGooshiHeen/

The Keet Gooshi Heen page on the District Website is also a great place for information

The P.E. Playbook

Welcome to the gym!
Where sportsmanship and safety are the most important aspect of everything we do!

Now that we have moved to on-line learning, I am posting activities twice a week so that kids can do an at-home activity away from their computer. My hope is that all the kids are getting their bodies moving every day. Getting outside, taking a hike, riding their bike, walking the dog, or any other parent/guardian approved activity is just what the kids need for a wellness break. The kids can choose from any of the activities I have posted and are welcome to repeat them as many times as they like, especially if they really like one of them. I am trying to be creative so the kids will have some fun while they workout. Most of the workouts only take about 10 min. so encourage your child to do one during their academic breaks to help them refocus, get away from the computer, and get their wiggles out.

I am looking forward to having your child back at school and playing team games with their friends in a safe, fun environment.

Please call 966-1239 or email rosss@sitkaschools.org with any questions or concerns.
This month, our schoolwide theme is **empathy**. In our announcements and lessons we will be reminding students to have empathy, identify their own and others’ feelings, notice and respect same and different feelings, and show compassion. Compassion involves saying kind words or doing something helpful to show you care how another person feels. When students can identify, understand, and respond in a caring way to how someone else is feeling, it helps create a positive and accepting school climate.

Check out the “Empathy with Moby” video on YouTube.  
[https://youtu.be/cMDrR2cUSGU](https://youtu.be/cMDrR2cUSGU)
Music Continues Through TEAMS!

Every week a new music lesson is posted for each grade level! It can be found in the music channel of their classroom TEAM. Here is the schedule:

- 5th Grade Music-Tuesdays
- 4th Grade Music-Wednesdays
- 3rd Grade Music-Thursdays
- 2nd Grade Music-Thursdays

The music lessons are interactive and include both singing and learning about musical concepts. For each lesson a question or two are posed to the student, which they are asked to answer in the “reply” box of that lesson’s post in the music channel. I will write back individually to every student who posts a reply!

If you have ANY questions, or if the video link requires a login and you are having trouble, please reach out via TEAMS, phone or email! Susan Brandt-Ferguson (966-1237 or brandts@sitkaschools.org)

Assistance during the holidays!
The Sitka Salvation Army offers extra support during the holidays. If your family is in need of a little something extra this holiday season, the Salvation Army can help.

The Salvation Army offers a holiday dinner basket and gifts for children.

Hours of operation: Mondays, Tuesdays, Thursdays, and Fridays
From: 10:30am-12:30pm
Sitka Salvation Army: 405 Sawmill Creek Rd (907) 747-3358

Winter Break

*NO SCHOOL*
December 19th-January 5th
School in session January 6th
5th Grade Band Defies the Pandemic

Due to the unique challenges of the COVID-19 pandemic, 5th Grade Band has taken many different forms this year. We started by meeting in the covered area of the playground, transitioning to the MPR for 2 days when weather got too cold to play outside, and then online when our schools went to remote learning. While there are challenges to each of these environments, band students continue to make progress on their instruments! One of the songs that beginning band students master and love to play is *Hot Cross Buns*. Below are a few winning entries from the “Hot Cross Buns Photo Contest 2020”

Here’s to hoping that the future holds concerts! If you have any questions about the 5th Grade Band or the KGH Music Program, contact Susan Brandt-Ferguson (966-1237 or brandts@sitkaschools.org)

Eir Christianson “Most Creative”
Liv Speck “Fresh Air”
Gracelyn Hayes “Most Festive”
Morgan Hames “Best Family Band”
Wren Flowers “Best Pet Band”
Kailee Brady “Best Homemade Backdrop”
Evelyn Ford and sister Bridget “Best Hand Position & Posture”
Sitka School District Travel Protocols

The Sitka School Board has approved the following travel protocols to be effective for all SSD staff and students related to COVID-19 quarantine and testing for out of state and in-state travel (outside of SE Alaska). The Sitka School Board and district administration are requiring these protocols to prevent spread of the COVID-19 virus in school buildings and the community due to travel.

**Out of State Travel** – Two negative tests required – 7 days apart
As of 11/04/20, all staff and students traveling out of Alaska for more than 24 hours are required to test at the airport upon returning to Sitka. Upon returning, staff and students should follow strict social distancing protocols (including not entering a school building) until receiving a 2nd negative test 7 days after returning from travel. All residents returning from travel can test for free at the Sitka airport and receive a coupon for a 2nd test that should be done 7 days after returning.

**In-State Travel** (outside of SE Alaska) - Two negative tests required – 7 days apart
As of 12/2/20, all staff and students traveling outside of Southeast Alaska (Anchorage, Fairbanks, Kenai Peninsula, etc.) for more than 24 hours are required to test at the airport upon returning to Sitka. Upon returning, staff and students should follow strict social distancing protocols (including not entering a school building) until receiving a 2nd negative test 7 days after returning from travel. All residents returning from travel can test for free at the Sitka airport and receive a coupon for a 2nd test that should be done 7 days after returning.

Staff or students traveling within Southeast Alaska (Juneau, Ketchikan, etc.) are recommended to use the free test at the airport upon arriving back in Sitka. Strict social distancing is not required for travel within SE Alaska.

**Where to send test results:**
Staff should send their 2nd negative test result to Cassee Olin at olinc@sitkaschools.org
Students should have their 2nd negative test result sent to the building principal
Here's what these travelers need to do to practice **strict social distancing** after returning to Sitka:

- You may be in an outdoor public place, but stay six feet away from anyone not in your immediate household and wear a face covering.
- You may arrange curbside shopping or have food delivery.
- Please do not enter restaurants, bars, gyms, community centers, sporting facilities (i.e., ice rinks, gymnasiums, sports domes), office buildings, school or daycare facilities.
- Do not participate in any group activities, including sporting events and practices, weddings, funerals, or other gatherings.

If a staff member or student **have already tested positive and completed their 10 day isolation protocol** and need to travel in the next 90 days, complete the form below from public health to turn into your supervisor or building.

**For release from isolation:**

http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/HumanCoV/COVID%20Notice%20of%20Release%20From%20Isolation%20Letter_fillable.pdf

**Questions about COVID travel protocols?**

Contact the district office at 747-8622 or email Chris Voron at voronc@sitkaschools.org