

Viking Saga

Tri-Valley School, PO Box 400, Healy, AK. 99743

Calendar: <http://dbsd.schoolwires.net/Page/14>

Phone: 683-2267. Fax: 683-2632.

Send Saga submissions to sarahwalker@dbsd.org. Deadline Tuesday at noon.

Upcoming Events Thursday, December 5, 2019

Dec. 6 & 7: HS Hockey @
Big Lake Lions Classic @
Houston (Times TBD)
Dec. 9: MS/HS Fall
Activities Award Banquet @
5pm @ MPR (See Saga
entry for more details)
Dec. 12: HS Hockey @
Hutchison
Dec. 13: HS Hockey @
Delta @ 6 pm
Dec. 14: HS Hockey @
Delta @ 10 am
Dec. 19: DBSD School
Board meeting @ Anderson
@ 7 pm
Dec. 20: Student dismissal
@ 1:30 pm
Dec. 20: HSBB Alumni
Game @ Gym @ 6pm
(Girls) and 7:30 pm (Boys)
Dec. 23- Jan. 6:
**Winter Break: No
School for students**
Jan. 7: School resumes
Jan. 9: First practice for
MSVB in MPR @ 3:30 pm –
5:15 pm
Jan. 9-11: HSBB @ Tok
Tournament
Jan. 10: HS Hockey (Home)
vs. Hutchison @ 7 pm
Jan. 11: HS Hockey (Home)
vs. Monroe @ 11 am
Jan. 14: HS BB (Home) vs.
Nenana (4 pm JV Girl's; 5:30
pm JV Boy's; 7 pm Varsity
Girl's; 8:30 Varsity Boy's)
Jan. 16 – 18: HSBB @
Birchwood Christian
Tournament
Jan. 18: HS Hockey (Home)
vs. Glenallen/Tok @ 10 am

School Events

NEW Annual Christmas Bird Count: On Monday, December 16th, many elementary and middle school students at Tri-Valley school will be participating in the Healy Christmas Bird Count. Students will focus on an area within a mile of the school. This will continue the tradition started by last year's fifth grade class, and will be part of the larger Healy-area Christmas Bird Count. If you have any questions or would like to find out how you can be involved, please email hannahragland@dbsd.org or healycbc@gmail.com. Happy birding!

NEW Surveys: We'd love your feedback! There are 3 links below for parents to provide feedback for our teachers, principal, and school. The deadline to submit these is Dec. 20. Middle and high school students have a separate link to complete these surveys. Thank you in advance for completing these!

Parent Survey on Teacher

<https://www.surveymonkey.com/r/DBSDParentTeacherFall2019>

Parent Survey on Principal

<https://www.surveymonkey.com/r/67JKFGK>

Parent Survey on School

<https://www.surveymonkey.com/r/6CKHX3G>

NEW ANNUAL CANDY CANE SALE: The senior class is having their annual Candy Cane sale from now until December 9th. Send a message of cheer to your special Tri-Valley student to bring in the Holiday Spirit during the last week of school. Order forms were sent home with your elementary and middle school student and there are extra forms in the front office. Orders and payment should be returned by December 9th to your student's elementary teacher, Ms. Newton or Ms. Striker, and candy canes will be delivered December 16th. Contact Mrs. Striker with any questions.

NEW DBSD SCIENCE FAIR: It is time once again to prepare for the Denali Borough Science Fair with the possibility of winning many great prizes and earning a spot to compete at the Interior Alaska Science Fair in Fairbanks Alaska.

A detailed letter went home with your elementary and middle school student explaining the details and requirements for projects.

The Denali Borough Fair will take place on March 4th, 2020.

We hope to see you all there with your award-winning projects! Any questions, please contact Gretchen Striker.

Fall Activities Award Banquet: We will be splitting the Middle School and High School awards banquets in to one in the fall, and one in the spring. The fall activities award banquet will be held on Monday, December 9th, starting at 5 pm in the MPR. Please bring an appetizer to share, and we'll start serving them at 5 pm. Awards will start at 5:30 pm. Activities to be honored include: soccer (HS), cross country (MS), volleyball (HS), basketball (MS), fall music and spelling bee.

Community Library

Library: Find us at www.tvclibrary.org and on Facebook.

Phone: 683-2507.

Winter Hours:

Sunday: 12:30 pm – 3:30 pm

Monday & Tuesday: 3:30 – 6:30 pm

Wednesday: 3:30- 6:30pm

Story Hour: Tuesdays, 10:15 am – 11:15 am

Pre-K Story Time

Plus: Tuesdays, 9 am – 11:30 am

NOTES FROM THE PRINCIPAL

We are now deep into the school year and settled into many procedures and ways of doing things. This is a perfect time for reminders and for us to tweak some things as needed!

One change we've made is for middle school students to have a designated eating time at the beginning of their lunch. The first 10 minutes for students in grades 6-8 is now spent in the cafeteria to help make sure they use the time to eat!

Some reminders:

- It is cold outside! Be sure your children have appropriate winter gear (boots, snow pants, winter gloves/mitts, hat or insulated hood). K-5 go outside for recess every day unless it is -20F, give or take a few degrees depending on other inclement conditions. HS and MS students traveling for school also need the same gear.

-Please help your children remember to bring eating utensils and a cup/water bottle or something to drink out of. We do stock some from donations for those who forget or lose them.

School Events (Continued)

NEW Neighbor to Neighbor

Food Drive: TVS will be participating in the annual Neighbor to Neighbor food drive with boxes in each classroom next week. More details to come!

Community Library

NEW Christmas Storytime in the

Library: On Tuesday, 12/10, the preschool story time activities will be in the MPR with Ms. Jen (9 am – 10 am) and snack time in lunchroom (10-10:15 am). The story time in the library from 10:15 – 11:30 am with Barb, Peg, Tina, and Malia. Stories! Songs! Craft! And a special Christmas play.

Counselor Corner

NEW Tri-Valley ACT Sign Up for

Juniors and Seniors: The February 8 ACT test is available at Tri-Valley School. The regular signup registration date is January 10, and the late registration date (additional fee required) is January 17. Juniors and seniors, be proactive and sign up now at www.act.org! If you need help please contact me. Ms. Stickle

NEW PSAT scores: These will be available for sophomores and juniors this Monday, 12/9. You will be able to check your scores online. Your score reports will be printed and distributed to you the week of 12/9.

NEW Test Anxiety: Finals are the last week of school! Relax and take care of yourself. See this KidsHealth article at <https://kidshealth.org/en/teens/test-anxiety.html> for tips on how to work successfully with the stress of exams. Basic tips include being prepared and avoiding cramming, thinking positive thoughts instead of negative ones, getting enough sleep, practicing relaxation techniques such as deep breathing, progressive muscle relaxation, and positive visualization, and avoid the perfectionist trap. See Ms. Stickle for more info.

Community Events

Little Dribblers: Every Tuesday until 12/17. K-2: 3:30 – 4:15 pm; Grades 3-8: 4:15 – 5:15 pm. A big thanks to Kora for making this happen! Look for more basketball fun after the new year!

DPLC Holiday Family Bazaar and Fun

Night: TODAY! Friday, December 6th from 1 pm – 7 pm at the Tri – Valley Community Center. Over 20 vendors! Tacos, nachos, Navajo tacos, salad, and soup and bread for purchase. Games and crafts for 0-5th grade. Shopping for 0-5th grade by donation. Visits from Santa (2 -3 pm; 5:30 pm – 7 pm). Hourly door prizes (extra tickets given for donating non-perishable food or supporting one of the participating fundraising groups).

Usibelli Coal Mine Annual

Christmas Festivities: There are several fun, festive community events happening on Saturday, December 14th.

The events include:

Fireworks @ the Ice Pit (8:15 pm)

Teen Dance @ the TVS Multi –

Purpose Room (9 pm – 11 pm): All community teens 6th grade to 12th grade invited. Rides home provided.

Adult Dance @ the TV Community Center (9 pm – 2 am): Music provided by DJ ATM. All community members ages 21 and over invited. ENTER THE UGLY CHRISTMAS SWEATER CONTEST!

Healy Hockey Christmas On Ice: Save the date for Healy Hockey's Christmas on Ice! Saturday, Dec. 21st. Festivities kick off at 5 pm with open skating. Santa @ 6 pm. Healy Hockey Sticks Scrimmy for ages 15 and up @ 6:45 pm. Tacos and all the fixings will be provided- you just need to bring your gear and dessert to share.

What's for Lunch?

TUESDAY LUNCH: The 8th grade class will be offering hot lunches on Tuesdays. Menu includes hot dogs, chips, fruit, and a cookie. One hot dog \$4. Two hot dogs \$5. Punch cards available. Please make checks out to Tri-Valley School.

DPLC WEDNESDAY LUNCH: Pancake, bacon, and fruit. \$4 for one cake; \$5 for two cakes.