

Week at a Glance

Hope, Moose Pass, and Cooper Landing Schools

District News

The Kenai Peninsula Borough School District requests input from staff, parents, and community members at the districtwide KPBSD budget development meeting, scheduled at the following locations:

- Tuesday, February 19, 2019 @ 6:00 pm in the Homer High School Library
- Wednesday, February 20, 2019 @ 6:00 pm in the Soldotna High School Library
- Thursday, February 21, 2019 @ 6:00 pm in the Kenai Central High School Library
- Tuesday, February 26, 2019 @ 6:00 pm in the Seward High School Library

As new budget information becomes available, it will be posted here:

<http://www.kpbsd.k12.ak.us/departments.aspx?id=38>. If you have questions, please call Natalie Bates at 714-8888.

A Note from the School Nurse

Addiction

"Addiction is a chronic brain disease that causes a person to compulsively seek out drugs, despite the harm they cause. The first time a person uses drugs, it's usually a free choice they've made. However, repeated drug use causes the brain to change which drives a person to seek out and use drugs over and over, despite negative effects such as stealing, losing friends, family problems, or other physical or mental problems brought on by drug use—this is addiction." *NIDA* Retrieved from

<https://www.drugabuse.gov>

Most drugs of abuse such as nicotine, cocaine, marijuana and others affect the brain's "reward" circuit. Normally, the reward circuit responds to feelings of pleasure by releasing the neurotransmitter dopamine. Dopamine creates feelings of pleasure. Drugs take control of this system and causes large amounts of dopamine to flood the system. This flood of dopamine is what causes the "high" or intense excitement and euphoria linked with drug use.

The younger the child starts abusing drugs and alcohol will also influence he/she into an addictive behavior. In addition, method of use such as smoking/vaping a drug or injecting it into a vein increases its addictive potential. Both smoked and injected drugs enter the brain within seconds, producing a powerful rush of pleasure. However, this intense "high" can fade within a few minutes, taking the person down to lower levels. Scientists believe that this low feeling drives individuals to repeat drug use in an attempt to recapture the high pleasurable state.

How do we know if someone is starting to have a problem? These are some warning signs to look out for possible substance abuse:

Behavioral Changes:

-Change in friends, withdrawn from family members -Frequently breaks curfew -Avoids eye contact - Disappears for long periods of time -Laughs at nothing

Mood and Personality Shift:

-Sullen, withdrawn, depressed -Silent, uncommunicative -Deceitful or secretive -Hyperactive, anxious, paranoid

Hygiene and appearance problems:

-Poor hygiene -Messy appearance -Smell of smoke or other unusual smells on breath, body or clothes - Burns or soot on fingers or lips

Health Issues:

-Nosebleeds -Sores and spots on skin -Sudden or dramatic weight loss or gain -Frequent illness

School Concerns:

-Absenteeism -Loss of interest in extracurricular activities, hobbies, sports -Failure to do school work responsibilities -Failing classes

Home:

-Disappearance of prescription or OTC pills -Missing alcohol -Disappearance of money or valuables - Drug paraphernalia including pipes, rolling papers, butane lighters, JUUL and other vaping devices
As a parent, it is a very hard question to ask. "Have you been drinking or using drugs?" We don't want to hear "yes" but how we respond to our kids can be a starting point for a more positive conversation. In addition, don't be afraid to ask for help from a medical provider, therapist or a drug counselor if needed.

Nurse Yoly

Cooper Landing School February 4-8

Monday-Friday - Lap Walk/Independent Workout in Gym 7:30-8:45am

Monday 2/4 - Tot Time 11-noon & Chess Club 3:15-4:00pm

Tuesday 2/5 - High School Battle of the Books & Volleyball for adults 6pm

Wednesday 2/6 - Tot Time 11-noon & Early Release 1:45pm

Thursday 2/7 - NO SCHOOL Parent/Teacher Conferences

Thursday 2/7 - Preschool 10am-noon & Volleyball for adults 6pm

Friday 2/8 - NO SCHOOL Parent/Teacher Conference and In-Service

Cooper Landing School Upcoming Events

Monday-Wednesday - Lap Walk/Independent Workout in Gym 7:30-8:45am

Monday 2/11 - Tot Time 11-noon & Chess Club 3:15-4:00pm

Tuesday 2/12 - Ski Day Alyeska & Volleyball for adults 6pm

Wednesday 2/13 - Tot Time 11-noon

Thursday 2/14 - Preschool 10-noon & Volleyball 6pm

Hope School February 4-8

Monday 2/4 – ASL club meeting @3:45 pm **AND** Lego Robotics @4:45 pm

Tuesday 2/5 – Hope School lap walking @ 7:30-8:30 am

Tuesday 2/5 – **NEW:** Fluid Power Hydraulic Engineering Activity @ 3:30 to 6:30 pm (see flyer)

Wednesday 2/6 – Early Release @2:00 pm

Wednesday 2/6 – Hope School Community Meeting with Principal Hayman 2:00-3:00 pm

Thursday 2/7 - Open Gym 6-7:30 pm

Thursday 2/7 – No School / Parent Teacher Conferences

Friday 2/8 – No School / Parent Teacher Conferences

Hope School Upcoming Events

Monday 2/11 – ASL club meeting @3:45 pm AND Lego Robotics @4:45

Tuesday 2/12 – Alyeska Skiing

Wednesday 2/13 – PTO Meeting @3:45 pm

Thursday 2/14 - Open Gym 6-7:30 pm

Fluid Power



Hydraulic Engineering Activity

Lynda MacPherson will be leading us on an adventure to discover how hydraulics can be used to help us with everyday tasks. We will be investigating the compressibility of fluids, Bernoulli's Principle, Pascal's Law and the relationship between force, pressure and cross-sectional area of a piston.

Weather dependent Lt. Lynda will be flying in so that we have an opportunity to look around a plane and meet the pilot. This portion will be for all ages.

The building part of the program is designed for 4th grade and up. We will be offering a snack during this event.

Tuesday February 5, 2019 3:30 to 6:00

Hope K-12 School, Gym

For more information please call Kristy @ 971-241-5222

Moose Pass School February 4-8

Tuesday 2/5 - NO SKIING Lego Robotics 1st-3rd Grades 3:15-4:30

Wednesday 2/6 - Early Release 1:45pm & SBMC Meeting 5pm

Thursday 2/7 - No School/Parent Teacher Conferences 9am-3pm

Friday 2/8 - No School/Inservice

Moose Pass School Upcoming Events

Tuesday 2/12 - Alyeska Skiing

Wednesday 2/13 - Girl Scouts/Snack- Gabby

