



Saturday, Oct.. 18th Annual Walk For a Cure
 This year's Walk for a Cure will be held on Saturday, October 18th. \ Here is the schedule:
1:30-leave city building for the walk to the spit and back.
4:00-Pizza/Cookie party and prize drawings, city gym.
 The \$5 raffle includes prizes from: Wastac, Mary Mobeck, KSDP, Seattle Marine, Scentsy, Pampered Chef, AC, Peter Pan, Shumagin Corp., City of Sang Point, Anne Morris, Melanie Rotter, and many other local artists!
 Split the pot tickets will be \$5.00. These raffles will be held at the walk/pizza feast! There will be other local events as well. Watch for signs at the AC store and Trident!
 Big prize tickets are \$20. The \$20 raffle will be drawn at the Christmas Bazaar on Saturday, December 13th. Prizes include:
 Harbor Haul out, \$500 free freight from Coastal Transportation, Pen Air round trip ticket SDP/ANC, Go Pro Camera - Silver Edition
 Watch the store boards for more details.
 Thank you to all for your generous support!

Class of 2019 Raffle
 Ends December 13, 2014
 at the Christmas Bazaar

Prizes:
 \$500 cash
 25 lbs. king Crab
 IPHONE 5s
 Aleut Head Dress
 Soda stream with Variety of flavors
 Salmon Sister Hoodie
 Eagle Shirt
 Bag
 Scentsy Items
 \$25 ITUNES CARD
 Water Dragon

\$10 a ticket

You can buy tickets from Brittany, Karl, Anthony, Summer and Amy



Bake Sale
Class of 2019
At the AC Store
October 11, Saturday
Starts at Noon

Helping you keep an Eye on what's happening at Sand Point School

THE EAGLE EYE

Friday, October 10, 2014

Volume I, Edition 7



I used to worry. A lot. The more I fretted, the more proficient I became at it. Anxiety begets anxiety. I even worried that I worried too much! Ulcers might develop. My health could fail. My finances could deplete to pay the hospital bills.

A comedian once said, "I tried to drown my worries with gin, but my worries are equipped with flotation devices." While not a drinker, I certainly could identify! My worries could swim, jump and pole vault!

To get some perspective, I visited a well known, Dallas businessman, Fred Smith. Fred mentored such luminaries as motivational whiz Zig Ziglar, business guru Ken Blanchard and leadership expert John Maxwell. Fred listened as I poured out my concerns and then said, "**Vicki, you need to learn to wait to worry.**"

As the words sank in, I asked Fred if he ever spent time fretting. (I was quite certain he wouldn't admit it if he did. He was pretty full of testosterone—even at age 90.) To my surprise, he confessed that in years gone by he had been a top-notch worrier!

"I decided that I would wait to worry!" he explained. "**I decided that I'd wait until I actually had a reason to worry—something that was happening, not just something that might happen—before I worried.**"

"When I'm tempted to get alarmed," he confided, "I tell myself, 'Fred, you've got to wait to worry! Until you know differently, don't worry.' And I don't. Waiting to worry helps me develop the habit of not worrying and that helps me not be tempted to worry."

Fred possessed a quick mind and a gift for gab. As such, he became a captivating public speaker. "I frequently ask audiences what they were worried about this time last year. I get a lot of laughs," he said, "because most people can't remember. Then I ask if they have a current worry—you see nods from everybody. Then I remind them that the average worrier is 92% inefficient—only 8% of what we worry about ever comes true."

Charles Spurgeon said it best. "*Anxiety does not empty tomorrow of its sorrow, but only empties today of its strength.*"



Dream Big
Read!

The United States Department of Education states that children who are read to at home are given a substantial learning advantage over children who are not read to. The more your child is exposed to reading different types of materials, the higher their abilities will be overall in school. A reading incentive program will be put in place starting in November. Your child will receive a reading log each week. The more they read the more they will gain! Prizes will also be given to those students who read four or more days a week.



HAUNTED HOUSE
FRIDAY AND
SATURDAY NIGHT
 AT THE SCHOOL
OCTOBER
24TH AND 25TH
FROM 6 PM TO 9 PM.

Cold Weather Coming

Parents!!! Please look at your calendars -- it is time to think about getting some of the winter attire out to ensure our kids stay warm. Long pants, coats, hats, and gloves are going to be a necessity to have in the up coming weeks. We are enjoying having recess outside on the ball field, trying to move around, and have a breath of fresh air. Thank you for your support and love. In the case of unusually cold or windy weather we will stay inside.

Extreme Sport News



Practice, every day
after school
Study Hall (library) 3:30
Practice 3:35—5:30
14 Enthusiastic Participants
We Are Eagle Strong!!!



Wrestling Practice
Every day 3:30 pm
 "I never knew that I could work so hard, feel so sore, and still feel so good!! Thanks Mr. Poage"
 Join us on the stage for the time of your life!!!

Academic Eligibility

Checked every week --
 Monday @ 3:00 pm
 Must have no "F's"
 G.P.A. 2.0, or better
 No Major discipline reports
 Duration: One week
 Our kids are "Student Athletes"



SHOP TALK



Lots of new and exciting things are happening in the Sand Point School's shop class, thanks to Mr. Robb and his students. The shop has been outfitted with new tools and equipment, which will make a big difference in the amount of projects the shop classes will be able to complete. The shop now has a new wood lathe that can be used to make bowls, duck calls, pens, pepper mills, and other wood projects. They now have a new sheet metal brake which will help form metal for welding shop projects. Mr. Robb and his students have cleaned up the wood shop space and welding shop space, so everything is sparkling and ready to be used for hands-on learning. Come by and check out the wonderful things happening in shop class this year! One thing you will notice is an increase in students. There 37 students currently taking shop classes -- that's a lot!!!



Health Class "Logs" Their Sleep

This is no joke! Our high school health class conducted a survey to determine how much sleep we get on an average night. The results were, um, not what we might like to see! Instead of "sawing logs" most teens are distracted by a million things that result in less sleep. Most students are averaging 6 hours a night. Lack of sleep can cause major effects such as anxiety, depression, or even poor health. In order to perform well in academics, athletics and teenage life in general, we need MORE SLEEP! Here are some things to avoid if you or your teen is trying to get a full night of sleep:
 Try to set a time for bed.
 Quit what you are doing and GO TO BED! AVOID: caffeine, exercise, playing video games, eating or drinking too close to bed.
 AVOID napping too long.
 SWEET DREAMS!





Sunday — Pool Closed
Monday Thru Friday
 9:00 -10:00 AM Water Aerobics
Monday Thru Saturday
 6:30-7:30 PM Open Swim
Monday, Wednesday, Friday
 5:30-6:30 PM Water Aerobics
Tues, Thurs, Saturday
 5:30 PM-6:30 PM Family Swim

>>>>>This a new Schedule<<<<<<



Sunday — Library Closed
 Monday - Saturday 6:00 - 8:30



Hello Eagle Eye Readers! This week we were again -- a President and Vice President short, congratulations to them for their excellent running. We have approved many activity slips this week. Reminder, if you would like to do an activity at the Halloween carnival, please turn those into Mrs. Cumberlandidge. We're excited for Red Ribbon Week, which starts Oct. 23, Marieana has very big ideas for that week. Thank you Tiffany Jackson and Marcy DeCosta for coming to this weeks meeting, we always welcome community members to come. -SPSC



Sunday—Gym Closed
Monday —Thursday
 6:30-8:00 K-6th Grade Open Gym
 8:00-9:30 7th Grade-Adult Open Gym
Friday— Gym Closed
Saturday
 6:30 PM-8:00 PM K-6th Grade Open
 8:00 PM-9:30 PM 7th Grade-Adult Open Gym



100% — Mia, Peter Jr., Iris, Xavier, Jordan, Donovan, Leah, Landon, Keira, Jermaine, Faith, Summer, Hawk, Kailey, Payton, Dantezza, Jillian, Michael H, Acey, Chancellor, Jordan, Vivian, Eppenei, Avi, Tyler, Charlotte, Eugene, Keeley, Emily, Acey, Brittany, Michael H., Wolf, Madison
75%- Kaatje, Joshua, Steven, Julian, Isaac, Josh, Alexia, Jeremy Mc., Desiree
50% -- Morgan, Ava, Jeremy C., Dick, Brooke, William, Saylor, Parker, Paige, Darius, Alyssa, Marieanna, Devin
25% -- Carson, Deven, Nathaniel, Boston, Zayra, Julianne, Rowdy, Lexus, Savannah, Vann



Fall Brunch

Hosted By
The Volleyball Team
 Saturday, October 11, 2014
 11:00 – 2:00 p.m.

Individual Tickets \$15,
 Family \$40, age 5 & under \$5.
 Come, eat some good food
 and help support our Volleyball
 team . The girls have been
 working very hard. All you
 have to do is eat Brunch!!!

The results are in! The students that entered the essay contest did a great job and made for a difficult decision for the judges. Three students have been selected to attend the Youth Leadership Institute in Anchorage, Nov. 6-9, in no particular order:
 Michael Herndon, 9th Grade,
 Sand Point School
 Wolf Jackson, 9th Grade,
 Sand Point School
 Marieana Larsen, 12th Grade,
 Sand Point School

Yearbooks Across the Years Sale!
Yearbooks \$5 each
T-Shirts \$2 Each
 By Close Up
2013/2014 Yearbooks - 40% Sale!
\$25 Each — Proceeds to Yearbook



All about Math! The math department would like to recognize the following two students for earning a 100% on their math test.
Madison Thompson - Algebra 2 - 100%
Jillian Bjornstad - Algebra 2 - 100%
Congratulations!!!!

Kudos to Ms. Berna! Our class loved the homemade goodies you brought us. Thanks for being such a helpful and caring person.

Mr. Poage for filling in for Mr. Lindquist. What, was Mr. Lindquist gone?

Kudos to the Student Council for the scrumptious cookies! From Raynelle, Amber, Kim, Christine, Berna & Jeannie.



The teacher spotlight is on Nate Julian. He is currently the high school science teacher at Sand Point School. The little things that make his job worth while are knowing that students in Sand Point share a love for learning science and the vast universe. Mr. Julian was once a student teacher, or apprentice, to a teacher in Montana. "I learned many things at that school because more experienced teachers helped me out," said Mr. Julian reminiscing.

He made the choice to teach here because there was hard market for jobs and this job seemed to suit him the best. If Mr. Julian wasn't a science teacher he would be a hobo hopping on trains and traveling the railroad.

Mr. Julian's first choice for a job was a social studies teacher but, he made the choice to become a science teacher instead because he found it more interesting. He also tries to become "the best person he can be everyday."

He gained more responsibility over the years like being the tech director for our school. Mr. Julian also loves the school because of the size and the students here.

"I like Sand Point School because it is a small school that isn't crowded and has students that have the will to succeed," said Mr. Julian full heartily.

Mr. Julian has advice for all the students that go to school here. "Do what makes you happy because if you don't you will never be happy."

Breakfast & Lunches are **FREE** for all students. **The fee for adults & staff is \$5.00.**
 JH/HS Breakfast Served 7:50 AM-8:05 AM
 ELEM. Breakfast Served 8:15-8:30 AM
 JH/HS Lunch Served 11:50 AM-12:20 PM
 ELEM. Lunch Served 11:00-11:30 AM
 Friday JH/HS Lunch Served 12:00-12:30 PM



October Birthdays:
 Hailey Gundersen (P3) 18th
 Ian Merrifield (P4) 10th
 Laureen Anne Rosete (4) 19th
 Charlotte Marcus (Grade 1) 17th
 Kaatje Herndon (Grade 3) 13th
 Josh Masa (Grade 4) 31st
 Lila Gundersen (Grade 7) 29th
 Faith Karlsen (Grade 7) 16th
 Ryder Gundersen (Grade 9) 26th
 Joshua Bravo (Grade 10) 29th
 Jonathan Rotter (Grade 10) 2nd
 Evan Wilson (grade 11) 18th

And...
 Brad Herndon October 9
 Jerri Nyberg October 24
 (Both Teachers are 39 years old and counting...)



End of the first Quarter
October 16th
No School, Teacher Workday
October 17
Parent Teacher/Conferences
October 22, 23



Sponsored by Close Up, School and Community

THE COMMUNITY IS INVITED TO HELP CLASSES AND STAFF WITH BOOTHS

November 1, 2014 -- Time: 2:00 - 5:00, Sand Point School



Tuesday 7pm - 9pm



Thank you! For those who attended the informational meeting about our Title I program and the benefits it will provide our students.

The 2014 [Great Alaska Shake Out](#) day of action on October 16 is next Thursday! With more than [73,000](#) Alaskans registered (out of [24.3 million](#) overall worldwide), we may surpass last year's record total! Now is the time to ask: what can I do to prepare for Hawaii's next earthquake? People and organizations in your community may be inspired to participate because of your example.

