

Spring Recycling Contest

K-12th are invited to join Pauloff Harbor Tribe's Spring Recycling Contest. The contest will start on April 11th and go thru April 30th, 2025.

Recyclable bins will be located at the school for drop off. One in each wing. It will be K-6th vs 7-12th and the winners will be rewarded with a pizza party!

For more information regarding the recycling contest contact Arlene or Bobbi at PHT (907)383-6075.

STUDENT GOVERNMENT ELECTIONS

2025-2026 School Year
WE WANT YOU!

Qualifications for Board

President and Vice President: highschool student, **MUST** have been in student government one year prior, and give a speech
Social Chair and Secretary/Treasurer: highschool student and give a speech

Speeches will be held on April 18th and voting will follow

Class Representatives:

7th-2 students
8th-1 student
9th-2 students
10th-1 student
11th-1 student
12th-1 student



Voting for Reps will be done on April 18th

Please direct any questions to Mrs. Phillips

Too Much Screen Time

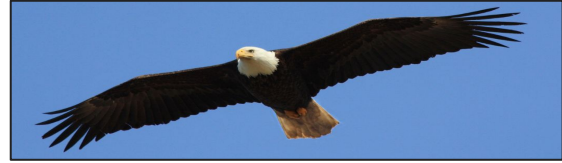
People need to start reducing their screen time because they are slowly getting pulled away from the real world. Being on gadgets makes people get depressed and destroys the relationships between friends and your loved ones. If it's scrolling on reels or watching youtube videos, it can be fun at first, but time really gets wasted and makes you feel tired. The average screen time is 6 to 7 hours a day. Imagine wasting 30-35 hours a week on gadgets! That's just wild. People may not even realize the hours go by, while real life goes by.

There are many different ways people can avoid spending time on the screen. Some people like to go for nature walks while others just like to read. It can be hard to enjoy nature when people live on small, isolated islands with bad weather most of the time, but there are other ways to have fun in a healthy way. For example, doing arts and crafts, writing stories, or playing board games can be a great way to avoid the screen. People can also try baking a new recipe with their family members.

There are many kids that are gifted a phone way too early, around the ages of 7 to 12. The earlier kids get phones, the worse it is. They start to miss their childhood. Don't *you* miss it?

FRIDAY FLYER

YOUR GO TO
FOR QUICK
SCHOOL
NEWS
4/11/25



CALENDAR

April

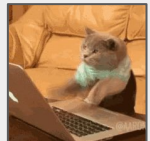
4/11-4/30 Spring Recycling Contest
4/13 Easter Town 2PM @ City Gym
4/14 Close Up Returns
4/16-4/18 AK Tribal Gardening Workshop Pauloff Harbor Tribe
4/14-17 State Testing
4/18 Elder's Lunch
4/19 Janice Shuravloff Memorial Annual Easter Egg Hunt
4/20 Happy Easter!
4/21-4/28 AASG Spring Conf.
4/24-26 NYO
4/25 Teacher Inservice No School!
4/26-5/5 Senior Trip



<https://rb.gy/ym5ze1>

Scan the code to see the games that the Sand Point student coding classes made with Mr.

Goben!




LUNCH MENU

Mon: Chicken Burger
Tue: Spaghetti
Wed: Soup and Sandwiches
Thu: Mac n Cheese
Fri: Salmon

ANSEP Career Explorations - Apply Now!

The application for **ANSEP Career Explorations** is open! Gain hands-on STEM experience, explore career paths, and connect with mentors.

- ♦ **Who?** Motivated students interested in STEM careers.
- ♦ **Why?** Hands-on projects, career exploration, and mentorship.
- ♦ **How?** [Email the Sand Point School for More Details](#)

 **Apply today and take the next step in your career!**

April Birthdays

- Radien Gundersen
- Amelie Roof
- Holli Bendixen
- Miss Dannielle
- Cyrus Johansen
- Isla Roof
- Melissa Victory
- Uriah Carlson



 **Summertime Countdown** 

Only 7 weeks left!!
Only 35 school days left until summer!

Guess Who??? 😞

Last week was Violet!!

Wherever this student goes, they'll have a sloth by their side. They love pickles so much that they dressed up as one before. Not only do they like dill pickles, but they are a big fan of sweet pickles. Who are they?





🎵 **Song Recommendation of the Week:**
Thoughts of You
By: Ole 60

 **Nerd of the Week** 

Librocubicularist: A person who reads in bed

Ex: Azia is a librocubicularist because she likes to read at night in her bed.

 **Joke of the Week** 

Why can't Monday lift Saturday?

Because it is a weak day!

Eddie and the Benst
By: Judah Roof



CITY REC SCHEDULE

GYM

Monday, Tuesday, Thursday, Friday & Saturday

6:00-7:30 PM K-6th Grade
7:30-9:30 PM 7th-Adults

Wednesday

6:00-7:00 PM Tiny Tots
(accompanied by Parent/Guardian)
7:00-8:00 PM K-6th Grade
8:00-9:30 PM 7th-Adults

Sunday

6:00-7:30 PM 7th-Adult Volleyball
7:30-9:30 PM 7th-Adult Basketball

LIBRARY

MONDAY-FRIDAY
6:00-8:00 PM

REMINDERS

- To keep our gym NICE and CLEAN, there will be no outside shoes, toys will wheels, or outside food or drink.
- Please pick up your children on time. We cannot monitor the gym and MPR at the same time. Any child found hanging out in the MPR will be asked to either be in the gym, library, or go home.
- Children are not allowed in the elementary or high school wings.
- Students under 8th grade are not allowed in the weight room.
- If the gym is closed, please use side door of library.
- Please pick up after yourself.
- See Sand Point Community Events page for any schedule changes.



Monday-Friday
6-8pm
OPEN LIBRARY



FAMILY PROM
 DATE: SUNDAY 05/18/2025
 TIME: 1:00PM - 3:30 PM
 PRICE: \$5 PER PERSON
 WHERE: QTT BUILDING
 GRADES: K-6TH



GET READY
 FOR THESE SUPER SWEET DANCE MOVES



CASINO PROM NIGHT
 8 PM - 11PM | 05/17/2025
 PRICE: \$20 PER PERSON \$30 PER COUPLE
 WHERE: QTT BUILDING
 GRADES: 7TH - 12TH



Sand Point School
3rd Quarter Honor Roll
 3/28/25

HIGH HONOR ROLL 3.76-4.0

Hailey Gundersen Judah Roof Whitney Smith
 Azia Walls Mia Cromer Misty Marine
 Keith Gatlin Morgan Gundersen Julian Karlson
 Nevaeh Marcus Summer Walls

HONOR ROLL 3.0-3.75

Jaydin Krone Leah Rosete Harmony Holmberg Sheadon Porcincula
 Karli Sargent Ryu Vizcocho Kaylee Gundersen Marcus
 Alexandra Holmberg Hunter Knudsen Michael Kvasnikoff
 Lauren Rosete Peter Calugan Iris Gundersen Precious Kaminanga
 Jordan Karlson Jeremy McGlashan Charlotte Marcus



Sand Point School
3rd Quarter Perfect Attendance
 3/28/25

Kane Walls
 Tatiana Porcincula
 Isaiah Wilson
 Ryu Vizcocho
 Azia Walls
 Lauren Rosete
 Keith Gatlin
 Morgan Gundersen
 Summer Walls

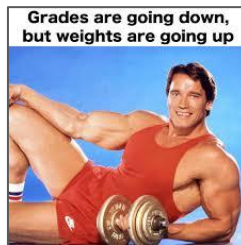


That Sweet, Sweet Pump

Weightlifting is an incredible activity that offers a wide range of physical and mental benefits. At its core, weightlifting builds strength, improves muscle tone, and supports long-term health by increasing bone density and joint stability. It doesn't just sculpt a stronger body—it creates a more resilient one. For people of all ages, lifting weights can reduce the risk of injury, improve posture, and even boost metabolism, making it easier to maintain a healthy weight.

Beyond the physical benefits, weightlifting has a powerful impact on mental well-being. It builds discipline, resilience, and confidence through consistent effort and visible progress. Hitting a new personal best in the gym might sound simple, but it's a reflection of growth—both in strength and in mindset. Whether someone is lifting to relieve stress, challenge themselves, or just feel better in their own skin, the mental clarity and pride that come from weight training are unmatched.

Let's be real—there's something undeniably satisfying about picking up heavy things and putting them down like a beast. Lifting can make you feel like a literal tank, walking around with muscles that scream "I could carry three groceries bags in one hand if I wanted to." And yes, while the gains are serious, the vibes are too. Whether you're grinding in the gym solo or hyping up your friend for that final rep, weightlifting is more than just exercise—it's a lifestyle powered by strength, sweat, and that sweet, sweet pump.



Mystery Reader Wanted in K/1st Classroom



Who is this
masked
reader?

Who:

All parents, older siblings, grandparents, relatives, or other special people in the community! Surprise your child or our class by being a "Mystery Reader" in our classroom.

Why?

Students LOVE having their family, friends, and relatives visit our classroom to share in our learning by reading a favorite story aloud to our class.

What?

Mystery readers can bring a book from home or read a teacher chosen book from our class library.

When?

The mystery reader is encouraged to read to our class at the end of recess during story time (12:30 PM), from April to May.

QTT/KSDP
PRESENTS

At City
Gym!!!!

EASTER Town

13 APRIL 2025 | START AT
2:00PM

Please join us
Cupcake decorating, crafts, ,
planting, and a Special Guest!



Alaska Tribes
Extension Program



Spring Extension Workshops

April 16-18, Sand Point

Preregistration requested: Use sign-up sheet or <https://bit.ly/SandPointWorkshops>



April 16
Wednesday,
5:30 - 7:30
p.m.

Gardening 101

This class will get you ready to start your own garden this summer with the 5 steps to a healthy Alaskan garden! Location: Pauloff Harbor Tribal Office.

Starting A Community Garden Workshop

Join for Gardening 101 and then stay to discuss some questions to ask if you are interested in a community garden. Location: Pauloff Harbor Tribal Office.



April 17
Thursday,
12 - 1 p.m.

Food Preservation 101

This presentation-based class will explain food preservation and review the main methods for preserving food at home, including canning, dehydrating, freezing and more. Location: Pauloff Harbor Tribal Office.



April 17
Thursday,
5:30 - 7:30
p.m.

Pickling Vegetables

Learn how to make and preserve your own pickles and water bath can in this hands-on class. **Limited to 10 participants!** Location: Sand Point School Home Ec Room.



April 18
Friday,
5:30 - 6:30
p.m.

Soil Fertility & Composting

Come and learn about how to improve your soil and the basics of composting. Location: Pauloff Harbor Tribal Office.

For information: contact **Marisa McKasson**
at mmmckasson@alaska.edu or 619-972-9483



Preregister
here!

Accommodation requests related to a disability should be made five business days in advance to Marisa McKasson at mmmckasson@alaska.edu or 907-222-4203. Language access services, such as interpretation or translation of vital information, will be provided free of charge to individuals with limited English proficiency upon request to amorris2@alaska.edu. The University of Alaska (<http://www.alaska.edu/alaska/>) is an equal opportunity/ equal access employer and educational institution. The university is committed to a policy of nondiscrimination (<http://www.alaska.edu/nondiscrimination/>) against individuals on the basis of any legally protected status. This work is supported by the U.S. Department of Agriculture's National Institute of Food and Agriculture's Office of Partnerships and Public Engagement. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.