

# School Newsletter

McKinley Elementary 5 12th St SW, Watertown, SD 57201 (605)882-6350



## Student Absences

Please call the office by 8:30am if your child is ill or will not be attending school that day. It is appreciated when you notify us of an absence you are aware of in advance. Thank you for your cooperation.



## September Calendar

Aug. 30th - Picture Day (Retakes 10-16-23)

4th - Labor Day; NO SCHOOL

15th - WHS Homecoming; 1:20 Dismissal; Parade at 2:00

27th - Teacher Inservice; 12:20 Dismissal, NO PRESCHOOL



Dear Children and Families,

What are mornings like in your home before school starts? Is someone yelling, "Where is my backpack?" or "I am so tired!" or "I don't have time for this!" or "I need to use the bathroom now!" If so, it's difficult to get your day off to a good start and how things go in the morning can set the tone for the day ahead. The most useful way to reduce morning chaos is to set up a routine.

A predictable and positive morning routine can help children arrive at school feeling calm and ready to have a great day. Here are some ideas to take the pressure out of school mornings.

### **The Night Before:**

Think about what you need to do and work out a plan for doing it. Putting your child to bed every night at the same time can help your child get enough sleep. Mornings are easier when children get enough good-quality rest.

1. Get school bag ready
2. Check for and/or sign school notes
3. Prepare clothes
4. Get your child to have a bath or shower the night before
5. Think about setting up a weekly schedule with reminders of what your child needs to take each day (library, show and tell, etc.)

### **The Morning Routine:**

Have a routine because rushing can really increase everyone's stress levels. It helps to give yourself a bit more time in the morning. One of the best ways to do this is to get up 15 minutes earlier.

1. Tackle the morning with a positive attitude. Good moods can be infectious!
2. Think about an alarm clock for children who find it hard to wake up.
3. Give calm, clear directions. You could even make a simple "to do" checklist such as: getting dressed, breakfast, brush teeth, etc.
4. Cut down on distractions like electronic devices or television. Screen time can interfere with being ready on time.
5. Try not to give children extra attention for arguing, whining or stalling. Even negative attention is incentive for them to continue the behavior.

A healthy start is a great way for everyone to begin their school day. Clear expectations and promoting learning will allow our children to be the best students that they can be!



# HOMECOMING

Dear Parents of Watertown:

This note is to inform you on what the Watertown High School Student Council is doing for homecoming this year. The Legend of the Arrows will be on Monday, September 11th. Thursday, September 14th, will be the Powder Puff football game and Pep Rally at the stadium. **In order to maintain a safe and friendly atmosphere at the stadium Thursday night, the Student Council asks that parents accompany their children who want to attend this event.** Friday, September 15th will be the Arrow Homecoming parade at 2:00pm (school dismisses at 1:30) and football game at 7:00pm.

On behalf of the WHS Student Council, I would like to thank you, in advance, for your support!

Sincerely,

Carter Schmidt  
Student Council President  
Watertown High School

Mackenzie Beulow  
Student Council Advisor  
Watertown High School



Your invited to the  
**ARROW EDUCATION FOUNDATION'S  
26TH ANNUAL**

**ARROW TAILGATE SUPPER**

**FRIDAY, SEPTEMBER 15TH**

**5:00 - 7:00PM  
\$5/INDIVIDUAL OR \$20/FAMILY  
HOTDOG, CHIPS & A DRINK!**



**THANK YOU TO OUR SPONSORS:  
RELIABANK, ROBY REALTORS, HYVEE, COKE**



# 2023 USED BOOK Sale

Codington County  
Extension Complex  
South Entrance

1910 W Kemp Ave • Watertown, SD

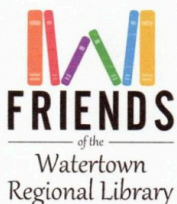
**8** Friday, September 8th  
10AM - 7PM

**9** Saturday, September 9th  
10AM - 5PM

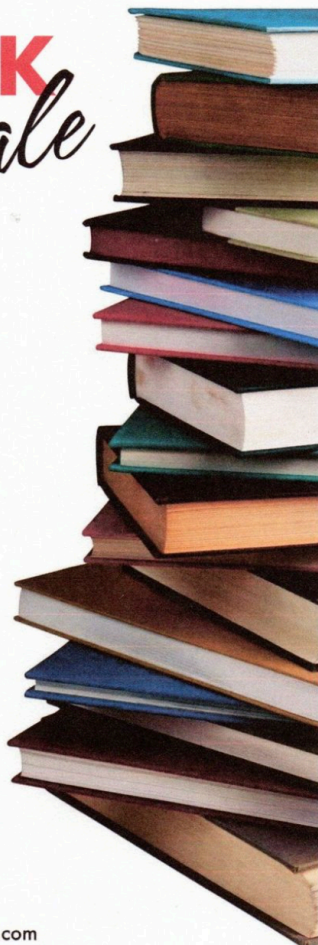
**10** Sunday, September 10th  
12PM - 4PM

DONATIONS of gently used Books, DVDs, CDs,  
and Albums accepted at Extension Complex  
between September 5-7, 2023 from 9AM to 6PM.

DONATIONS can also be made at specially  
marked shopping carts at County Fair Foods  
and HyVee from September 1-7, 2023.



Questions:  
Call 605-881-1694  
or Email  
FriendsofLibrary.Wat@gmail.com



## Diabetes Support Group

This Diabetes Support Group in Watertown is for people of all ages with diabetes. Family members and caretakers are welcome. The group meets monthly September-May. Please visit <https://www.prairielakes.com/event/2393/diabetes-support-group.html> to sign up and get more information.

## Diabetes SUPPORT GROUP

A group gathering for people with diabetes and those who support them.



## Dental Care For Your Kids!

The Delta Dental Mobile Program Is Coming To

Location: **Lake Area Technical College**  
1201 Arrow Ave, Watertown, SD  
west doors-Prairie Healthcare Center for Learning

Dates: **September 19-23, 2022**



Care is provided to children from their 1st tooth through age 21 who haven't seen an area dentist in two years.

There is no cost to the child or family. No insurance is needed.

For more information and registration

Contact: **Kathy Dargatz, 605-886-7674**  
Inter-Lakes Community Action Partnership  
7 - 8th Ave SE, Watertown, SD

The Mobile Program is brought to our community by





## WATERTOWN SCHOOL DISTRICT 14-4

### CITIZEN CONCERNS ABOUT FEDERAL PROGRAM

A parent, student, employee, or District stakeholder who has a complaint regarding the use of federal funds or alleges a violation of a federal rule, law or regulation or state regulation that applies to a federal program may address the complaint in writing to the District's Superintendent.

Disputes addressing the enrollment, transportation (including inter-district disputes), and other barriers to the education of children and youth experiencing homelessness are also addressed under this procedure. Parents, guardians, and unaccompanied youth may initiate the dispute resolution process directly at the school they choose, as well as at the District or District's homeless liaison's office. The parent or guardian or unaccompanied youth shall be provided with a written explanation of the school's decision including the rights of the parent, guardian, or youth to appeal the decision.

Students should be provided with all services for which they are eligible while disputes resolved.

- The Superintendent will investigate, within one week, the circumstances of the complaint and render a decision within two weeks, after receipt of the complaint.
- The Superintendent will notify the complainant of the decision in writing.
- The complainant will either accept or disagree with the decision and will provide such acknowledgement in writing, addressed to the District's Superintendent.
- If the issue is not resolved with the Superintendent, the complaint will be forwarded to the District's School Board for further review. The parent or guardian or unaccompanied youth shall be provided with a written explanation of the District's decision including the rights of the parent, guardian, or youth to appeal the decision.
- Unresolved complaints may be forward by the stakeholder to the South Dakota Department of Education for review. (Consult SD Department of Education Complaint Procedure).

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*Policy*

Adopted: 5/12/08  
Revised 7/12/21

# MEET the

## COUNSELOR: Mrs. Stone

### Welcome to McKinley Elementary!

I am excited to be working with your students this year. I am on my 8th year as a School Counselor and in my 2nd year in the Watertown District I'm ready to start the new school year!! :).



### education

Undergrad at USF in  
Psychology/Biology  
Masters Degree in  
School Counseling  
From SDSU



### Contact Me

Marissa Stone: 882-6350  
[Marissa.stone@k12.sd.us](mailto:Marissa.stone@k12.sd.us)

### Counseling Services:

- Individual- short term
- Small Groups
- Large Group  
Class bi-weekly
- School Based  
Consultation
- Community Resource  
Referrals
- Attendance

# Meet Your Watertown K-4 School Counselors!

## **Marissa Stone**

McKinley

## **Pam Luecke**

Lincoln/Jefferson

## **Kelsey Popham**

Roosevelt

## **Kristi Koll**

Mellette/Jefferson

## **K-4 Elementary School Counselors assist ALL students with the following services:**

### **Classroom Lessons**

- Consist of counselor led classroom lessons.
- Implements Second Step curriculum that focuses on skills for learning, empathy, emotion management, problem solving, and personal safety.
- Occurs throughout the school year.

### **Collaboration with Staff and Parents**

- Attend team meetings to discuss student progress and concerns.
- Communicate with parents about their children's successes and/or concerns.
- Connect parents to community resources.

### **One-to-One Visits**

- Address a student's area of concern and develop social skills.
- Will occur on a short-term, as-needed basis.
- No long-term, intensive counseling is provided by the school counselor.
- Parents, teachers, or students can also request one-to-one visits.

### **Small Group Sessions**

- Coordinated to focus on a specific skills or to provide students with emotional support.
- Usually involves 3-8 students.

It is important to note that information a student shares is confidential unless the student's well-being is in danger or the student requests we share information. Students, parents and/or guardians, retain the right to discontinue one-to-one visits or small group involvement at any time by contacting the school Principal. If concerns emerge in regards to your child(ren), please feel free to contact us at our respective school buildings.

Thank you,

Marissa Stone

McKinley Counselor

882-6350

[marissa.stone@k12.sd.us](mailto:marissa.stone@k12.sd.us)

Pam Luecke

Lincoln/Jefferson Counselor

882-6340 (Li), 882-6390 (Je)

[pam.luecke@k12.sd.us](mailto:pam.luecke@k12.sd.us)

Kelsey Popham

Roosevelt Counselor

882-6360

[kelsey.popham@k12.sd.us](mailto:kelsey.popham@k12.sd.us)

Kristi Koll

Mellette/Jefferson Counselor

882-6385 (Me), 882-6390 (Je)

[kristi.koll@k12.sd.us](mailto:kristi.koll@k12.sd.us)





Dear Families,

Success in school is not just about reading and math. It is also about knowing how to learn and how to get along with others. The Watertown School District has always taught these critical skills through Social-Emotional classroom lessons. Over the summer, the K-4 counselors have updated their classroom lessons to the Second Step Elementary Digital Program.

The Second Step digital program teaches in the following areas:

- **Growth Mindset & Goal Setting:** Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives. Students set and achieve collective and personal goals and learn from challenges and mistakes.
- **Empathy & Kindness:** Students learn how to recognize and act kindly toward others and how to develop empathy by learning strategies to take others' perspectives and to understand others' point of view.
- **Emotion Management:** Students learn how to build their emotion vocabularies, practice identifying their own and other's emotions and recognize the importance of labeling and processing their emotions. Students understand and explore how past experiences as well as unique perspectives influence how they feel and respond to situations.
- **Problem Solving:** Students learn how to process strong emotions, describe a problem, identify the wants and needs of others, think of and explore the outcomes of potential solutions and pick the best solution. Students ask, listen and empathize with all parties involved during problem-solving.

We expanded out Second Step program for our K-4 students in 2017 by adding Child Protection Units. These units expand the social-emotional learning of our K-4 students using these three skills.

- **Personal Safety.** Children will learn safety rules and ways to decide if something is safe or not.
- **Touching Safety.** Children will learn about safe, unsafe and unwanted touches, and about rules to apply regarding these touches. They'll also learn to say no to unsafe or unwanted touches, and to tell a grown-up if someone breaks the touching rules.
- **Assertiveness:** These lessons will also give children a chance to practice asking grown-ups for help, telling a grown-up about an unsafe situation, and being assertive to get out of an unsafe situation.

If you have any questions regarding the Second Step digital program or the Child Protection Units, please call your child's counselor listed below. Thank you for supporting your child in learning the skills that lead to success in school and in life.

Menu is subject to change according availability of product – check online menu for updates!

**\*Fruit and Milk(15g) is offered at ALL Breakfast Meals,**

**\*Veggie Bar, Fruit Selection and Milk Selection(15g) are offered on ALL Lunch meals!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	2
					Breakfast: Muffin - 29g Go-gurt - 8g Lunch: French Toast Sticks – 38g, 50g Sausage Sidekick – 22g		
3	4	5	6	7	8	9	
		Breakfast: Mini Donut - 20g, 26g Egg Lunch: Popcorn Chicken – 14g Mashed Potatoes w/ gravy– 25g Dinner Roll – 17g	Breakfast: Mini Bagels - 42g Yogurt - 19g Lunch: Pulled Pork Sandwich – 29g Tator Tots – 14g	Breakfast: Waffle - 35g Sausage Lunch: Chicken Alfredo - Breadstick – 14g	Breakfast: Bread - 45g String Cheese Lunch: Pizza – 35g Green Beans – 4g		
10	11	12	13	14	15	16	
	Breakfast: Poptart – 76g String Cheese Lunch: Chicken Patty Sandwich – 45g Baked Beans – 30g	Breakfast: Mini John - 12g, 27g Yogurt – 15g Lunch: Walking Taco – 22g Assorted Toppings	Breakfast: Pancake Stick – 17g Egg Lunch: Cheeseburger – 29g Fries – 20g	Breakfast: Cinni Mini – 40g Go-gurt – 8g Lunch: Chicken Cubes w/ gravy - Mashed Potatoes – 25g Dinner Roll – 17g	<b>*Homecoming</b> Breakfast: Breakfast Sandwich – 31g Lunch: Corn Dog – 30g Mac & Cheese – 14g Fruit Sidekick – 22g		
17	18	19	20	21	22	23	
	Breakfast: Muffin – 29g String Cheese Lunch: Pizza – 35g Green Beans	Breakfast: Funnel Cake – 43g Go-Gurt – 8g Lunch: Spaghetti w/ Meat Sauce - Garlic Toast	Breakfast: Breakfast Pizza - 25g Lunch: Chicken Nuggets – 13g, 16g Mashed Potatoes – 25g Gravy	Breakfast: Pancake – 13g, 26g Sausage Lunch: Rib Sandwich – 29g Baked Beans – 30g	Breakfast: Brekkie – 51g Yogurt – 19g Lunch: Italian Dunkers – 34g, 51g Marinara Sauce – 10g Corn – 17g		
24	25	26	27	28	29	30	
	Breakfast: Cereal – 24g String Cheese Lunch: Chicken Strips – 12g, 18g Carrots – 5g Chex/Chips – 20g	Breakfast: French Toast – 37g Sausage Lunch: Super Nachos - Assorted Toppings Refried Beans – 18g	<b>*Early Out</b> Breakfast: Benefit Bar – 48g Yogurt – 15g Lunch: Deli Sandwich – 29g Chips – 24g	Breakfast: Cinnamon Roll – 17g, 33g Egg Lunch: Hamburger – 29g Fries – 15g	Breakfast: Muffin – 29g Go-gurt – 8g Lunch: Pancake – 38g, 50g Hashbrown - Egg Patty		

GO ARROWS!



\*If your child needs medications given at school the medications must be brought to school in the original bottle.

\*A medication form must be completed and signed by a parent/guardian.

\*If your child has a food allergy or other life threatening allergy, contact the school nurse to ensure that all the paperwork is complete and needed medications are brought to the school.

\*Food allergy can be very serious. Check with your child's teacher before bringing treats.

\*Sleep/rest is of utmost importance for children.

\*According to the National Sleep Foundation, recommended hours of sleep per night:

Toddlers (1-2 years)  
Recommended: 11-14 hours

Preschoolers (3-5 years)  
Recommended: 10-13 hours

School-aged Children (6-13 years)  
Recommended: 9-11 hours

Young Adults (18-25 years)  
Recommended: 7-9 hours

**Have a Safe and Healthy Year!**

Nurse Dana  
WIS & McKinley

