

COLT COUNTRY

October, 2023

McKinley Elementary School
5 12th St SW
Watertown, SD 57201
www.watertown.k12.sd.us

TELEPHONE
(605)882-6350

FACSIMILE
(605)882-6351

NOTES FROM THE PRINCIPAL

McKinley staff work hard to keep your students safe. The following procedures are in place to make our school a safe place to learn and grow.

Please drop students off at the main entrance of McKinley before 8:15 if they are eating breakfast. Students may play on the playground after 8:00 am.

When dropping off late or picking up early, please ring the doorbell. Let the office know the reason for the tardy or early release, then send the student in.

Communication between home and school is key in the success of your child. Please contact your teacher or the office if you have concerns or questions. Sign up for push notifications on the school website. This will keep you informed about school events. To receive this newsletter and important information about McKinley check out our website watertown.k12.sd.us and download the Watertown School app.

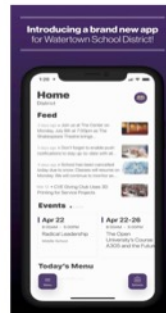
Thank you,

Mrs. Knopf

October Calendar

- 9 - Native American Day- NO SCHOOL
- 16 - Picture re-takes
- 25 - Early Out (12:20) / No preschool
- 27 - End of 1st Quarter (Report cards will be reviewed at conferences November 9th)

App and Website!



Don't miss any updates from WSD!

- *Follow these steps when downloading the new mobile app:**
1. Search 'Watertown School District 14-4, SD' in your phone's app store and download the app
 2. Select 'ALLOW' when prompted on initial download to ensure you receive notifications
 3. Open the Watertown app, and navigate to the menu for 'SETTINGS'
 4. Ensure your settings are turned on and your school is selected

*If your app automatically updated (your presets did NOT roll into the new version):

1. Open the app and navigate to the menu for 'SETTINGS'
2. Select your Language Preference, Default Organization & School(s)
3. Remember to 'ALLOW' notifications

The link to a video on how to download the school app is: <https://www.watertown.k12.sd.us/article/125856?org=mckinley-elementary>



Vision and Hearing Screening

Students from Lake Area Technical Institute will come to McKinley for vision/hearing screenings with:



Kindergarten, 1st and 3rd grade students.

October 24th 2023





Nurse & Parade

Nurse's Nugget

Food Allergies In School

We would like all parents to be aware that there are children in our school with severe, life-threatening food allergies, particularly to peanuts and tree nuts. This is called anaphylaxis. This is a medical condition that causes a severe reaction and can result in death within minutes.

Prevention is the best approach. Although this may or may not affect your child's class directly, we want to inform you so that you may remind your child to bring foods to school that are free from peanuts or nut products. In a school setting, cross-contamination is a great risk for this type of allergy. Trace amounts (1/1000th of a peanut/tree nut) can be left on gym equipment, computer keyboards, pencils, door handles, etc., which can cause an anaphylactic reaction in some students.

We want to make the school a safe environment for all students. Anyone wishing further information about anaphylaxis may contact the school nurse or principal.

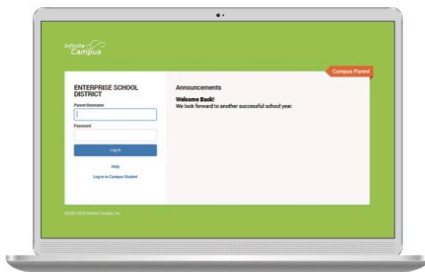
Nurse Dana



We showed our McKinley Colts spirit at the homecoming parade with our Hungry Hungry Hippo game theme "Arrows are Hungry for a Win!" Thank you Mr. Neale for playing hippo!



Parents & Students, information is at your fingertips.

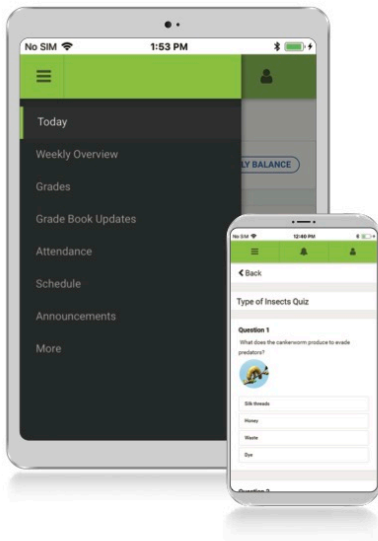


Access on the Web Campus Student and Campus Parent

Campus Student and Campus Parent are designed to provide real-time access to student information. The easy-to-use design displays what is currently happening in the classroom so you can understand, monitor, and participate in the educational process.

- » Announcements
- » Assignments
- » Attendance
- » Grades
- » Schedules

AND



Download the Mobile App Campus Student and Campus Parent

Announcements

Quickly see district announcements as they are posted.

Assignments

Browse assignments by specific class or due date.

Attendance

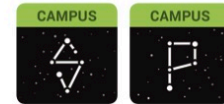
Review attendance events in summary and detail form.

Grades

Immediate access to grades as they are posted.

Schedule

Review schedule from anywhere, at any time.



Infinite Campus Mobile Apps can be downloaded through the Apple App Store or Google Play Store



Please contact your child's school, to obtain your Activation Key.

Another school year begins. Some dread it, some look forward to it but most would agree that back-to-school is synonymous with back-to-routine. In fact, routine is one of the reasons I look forward to this time of year. Just as I am not immune to long summer days and the effects they have on my sleep patterns, neither are children.

As adults we often get by on 5-6 hours of sleep a night or less. Mistakenly, we surmise that children can also cope with this little sleep or missing a few hours here and there. Several studies by the American Academy of Pediatricians and The National Sleep Foundation have determined the optimal range of sleep hours for children (*See the table below*).

	Recommended Sleep Hours per 24 hour period
Toddlers 1-2 years	11-14 hours
Preschoolers 3-5 years	10-13 hours
School-aged Children 6-13 years	9-12 hours
Teenagers 14-17 years	8-10 hours
Young Adults 18-25 years	7-9 hours

Is your child getting enough sleep to make their school year successful?

By Pam Luecke
Lincoln/Jefferson Counselor

Are you surprised by these numbers? Due to their rapid physical and mental development, babies, children and teens need significantly more sleep than adults. Most adults know that growing kids need good sleep, but many don't know how many hours kids require and how they are negatively impacted by missing as little as 30 to 60 minutes of sleep time in a 24-hour period.

Signs of insufficient sleep can be different in children. As adults, our eyes become heavy, we yawn and our bodies and minds become fatigued. While children may wind up rather than slow down at bedtime. Sleepiness can even look like symptoms of hyperactivity in children who act like they are not tired, resist bedtime and seemingly become more energetic as the evening goes on. All this can happen because the child is overtired. Just like adults, children who are sleep deprived exhibit more difficult behaviors and health problems including; irritability, reduced concentration, hypertension, headaches, anxiety or depression.

If your child is experiencing sleep difficulties and you sense that they are not sleeping enough, it may be time to talk to your pediatrician. Common sleep problems in children include difficulty falling asleep, nighttime awakenings, snoring, stalling, resisting going to bed, sleep apnea, and loud or heavy breathing while sleeping. Sometimes children can have underlying sleep disorders or other medical conditions that can be disrupting their sleep. Regardless, sleep deprivation in children can be helped by changes to their environment and habits surrounding bedtime. Following are a few tips that may make your child sleep more peacefully.

- **BE A GOOD ROLE MODEL.** Staying up late to complete household tasks or pulling an all-nighter for work yourself isn't sending the right message.
- **SET A CONSISTENT BEDTIME.** 7-8 PM works best for elementary-aged children. Whatever time you choose, stick to it! Keeping the same schedule helps children feel secure and comfortable.
- **DEVELOP A REGULAR BEDTIME ROUTINE.** Whether you are conscious of it or not, most adults have bedtime routines. Children also benefit from a routine to help them wind down. Routines may include; showering/bathing, brushing teeth, pajamas, reading a book and prayers. Be sure that whatever you choose for your routine can be accomplished anywhere.
- **MONITOR SCREEN TIME.** The American Academy of Pediatrics recommends keeping all screens - TVs, computers, laptops, tablets, game systems and phones out of children's bedrooms, especially at night. Screen time can inadvertently stimulate your child's mind instead of preparing it for rest. If your child is accustomed to falling asleep to videos or tv, be sure to set the timer or manually turn off the tv after they have fallen asleep. Research has shown that our brains continue to process the sounds that surround us while we sleep, hence, not allowing it to rest. White noise; i.e. a fan, is more conducive to recharging our brains.
- **CREATE A SOOTHING ENVIRONMENT.** Dim the lights, adjust temperature to child's preference, reduce visual and auditory distractions and limit items in bed to 1 or 2 (blanket, doll etc.). Keep your child's bed a place to sleep, rather than play.

Children who get enough sleep have a healthier immune system and better school performance, behavior, memory and mental health. What better way to set your child up for success this school year?

Three easy ways to give to McKinley:



1. We're excited to share that our school is part of the Coca-Cola Give program. This opens up McKinley to new funding opportunities to help improve learning environments for students. The best part? Donations don't come out of your own pocket. When you make Coca-Cola purchases, you simply enter the product codes here: coke.com/give/schools and our school receives a donation!

Casey's
2. **CASH for CLASSROOMS**

Being Here For Good is in our DNA. That's why our Casey's Rewards guest loyalty program includes an easy, ongoing option to earn points from everyday purchases in our stores that can be directed toward a local school donation of choice. With over 36,000 schools across all our communities included, our guests can turn their points into funds to help the school they choose with purchasing supplies, buying new books for the library or other needs.



HOW IT WORKS



JOIN CASEY'S REWARDS

Download the Casey's app and join for free. It's easy to get started in a couple of taps.



EARN POINTS FOR PURCHASES

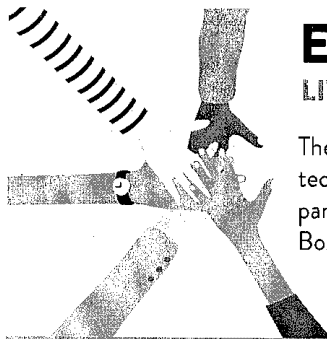
Earn 10 points per \$1 spent in store or online, and earn 5 points for every gallon at the pump.



FIND YOUR SCHOOL & DONATE

Find and save your school right inside the app. Starting with as few as 250 points, you can turn those points into a school donation.

3.



EARN CASH FOR YOUR SCHOOL

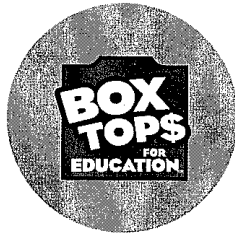
LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

LOOK FOR THE LABEL:



HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



EARN CASH FOR YOUR SCHOOL

Box Tops earnings are identified and automatically updated online.

SHOPPING FOR GROCERIES ONLINE?

You can still earn Box Tops for your school with your e-receipt!
See how at BTFE.com/emailgroceryreceipts



BOX TOPS CLIPS

You may occasionally find an old Box Tops clip on packages in stores. **You can still clip them and send them to school**, as long as each clip has a valid expiration date.

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT BTFE.COM

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DON'T HAVE THE BOX TOPS APP YET? DOWNLOAD IT NOW:



DEVELOPMENTAL SCREENINGS

Watertown School District 14-4

Early Childhood



SCREENING INFORMATION ★

- Developmental Screenings are for children ages 3-5 years old
- They must reside in the Watertown School District
- Screenings are conducted for potential delays in speech/language, motor, cognitive, and social/emotional development
- Must schedule an appointment
- Screenings will be held at Mellette Elementary School



SCREENING DATES:

September 22, 2023
November 17, 2023
January 26, 2024
March 8, 2024



CONTACT INFORMATION

To schedule an appointment please call Kara at (605) 882-6350

Consistent with Federal and State regulations, the Watertown School District engages in ongoing "Child Find" services to locate, identify, and evaluate all students with disabilities residing within its jurisdiction, age birth through 21 inclusive.