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D E C E M B E R 2 0 2 3

COLT FAMILY

McKINLEY ELEMENTARY 5 12TH ST SW, WATERTOWN, SD 57201
882-6350

Happy Holidays
**Warm wishes this
Holiday Season
from our home to
yours!**

**HAVE A VERY
MERRY MCKINLEY
CHRISTMAS!**

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WHEN is Christmas Vacation?
Dec. 22 at 12:20
through Jan. 1st
January 2, 2024 = School Resumes

✕ Principal's Corner ✕

Happy Holidays McKinley Families!

We continue to be Responsible, Respectful, Safe and Kind at McKinley. Here are a few ways you can help us at school.

Responsible:

Be in school, on time, every day. When students are late, they miss out on learning.

Respectful:

Missing school causes many problems for learners now and in their future. However, we do not want students that have a contagious illness in school. Thank you for your help promoting good attendance.

Safe:

Please remember to send snow pants, boots, mittens and hats to school every day. Students are not allowed to play on the playground or in any snow without these items. We want to keep everyone warm and safe at recess. Wet shoes and pants make for an uncomfortable day. We go outside every day unless it is below zero.

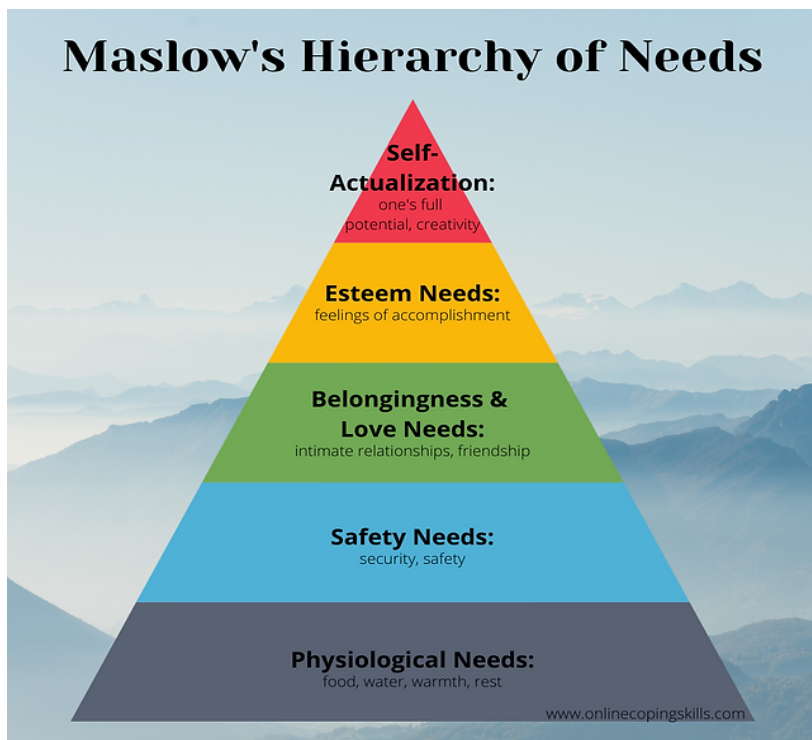
Kind:

Greeting others is a great way to be kind. Look at the person, use a friendly voice and say "hello".

With the holidays upon us, we become more aware of the positive and negative emotions in all of us. Holidays can be joyous for some and miserable for others.

Maslow's hierarchy of needs can present a different perspective of how we can care for ourselves and others during life's challenging times.

When physiological, safety, belongingness, esteem, and self-actualization needs are not met, the impacts can be negative and unique.



Sometimes a behavior outburst results when a basic need is not met. Think of the old Snickers slogan, "you're not you when you're hungry." Someone who is hungry, tired, or has other unmet basic needs may display behaviors that could be resolved quickly through exploration and meeting those needs.

Safety and security are the next level of needs once our basic needs are met. Behaviors, shutting down, avoidance, inability to focus, and hyperactivity can be signs that someone doesn't feel safe or secure. There are situations when a little time, empathy, and engagement can allow someone to feel safe enough to discuss their concerns. We all process thoughts differently, and sometimes a

little space and time can go a long way as well.

Belonging and love builds connection, which is such an essential part of being human. The absence of connection can distort our perceptions of humankind, meaning those without connections and supportive people in their lives may find negative ways to protect themselves. This can mimic negative behaviors that will likely isolate and worsen connections with others.

Building self-esteem begins with our very first interactions with others and continues throughout our existence. People who have low self-esteem may show it in ways such as ridiculing others or searching for negatives/flaws in others instead of looking at positive traits and building others up. This may happen as a way of deflection for our own insecurities. When self-actualization/self-awareness is used, we can take a deeper look into what creates conflict within ourselves and how it impacts our communication and relationships with others.

By honing in on awareness of our own biases, and biases of others, we can increase our ability to communicate more effectively and understand the needs of others. When our physiological, safety, belongingness, esteem, and self-actualization needs are met, we can meet our full potential and seek the full potential of others through guidance and support; and this can be a great place to be!

Local support and resources can be helpful, especially during the holidays. Codington Connects provides this and more, check out their website.

<https://codingtonconnects.com>

December

2023

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

*Fruit and Milk(11g,19g) is offered at ALL Breakfast Meals, **HS/MS will get a variety breakfast menu daily!**

*Veggie Bar, Fruit Selection and Milk Selection(11g,19g) are offered on ALL Lunch meals!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Breakfast: K-6 Banana Bread (45g), String Cheese Lunch: Chili – 25g Cinnamon Roll – 33g	2
3	4 Breakfast: K-6 Poptart (76g), String Cheese Lunch: Chicken Patty Sandwich – 45g Baked Beans – 30g	5 Breakfast: K-6 Mini John (12g, 28g), Yogurt (19g) Lunch: Walking Taco – 20g, 28g Assorted Toppings Strawberry Cup	6 Breakfast: K-6 Pancake Bites (15g, 20g) Lunch: Cheeseburger – 29g Fries – 20g	7 Breakfast: K-6 Cinni Mini (40g), Go-gurt (8g) Lunch: Chicken Cubes w/ gravy - Mashed Potatoes – 25g Dinner Roll – 17g	8 Breakfast: K-6 Breakfast Sandwich (27g) Lunch: Corn Dog – 30g Mac & Cheese – 19g Sidekick – 22g	9 
10	11 Breakfast: K-6 Muffin (32g), String Cheese Lunch: Pizza – 29g Green Beans – 4g	12 Breakfast: K-6 Funnel Cake, Go-gurt Lunch: Spaghetti w/ Meat Sauce – 25g Garlic Toast – 12g	13 Breakfast: K-6 Breakfast Pizza (22g) Lunch: Chicken Nuggets – 16g Baked Beans – 30g Dinner Roll – 17g	14 Breakfast: K-6 Pancake (13g), Sausage Lunch: Rib Patty Sandwich – 30g Tator Tots – 14g	15 Breakfast: K-6 Brekkie (51g), Yogurt (19g) Lunch: Italian Dunkers – 34g, 51g Marinara Sauce – 10g	16
17 	18 Breakfast: K-6 Cereal (24g), String Cheese Lunch: Chicken Strips – 12g, 18g Carrots – 5g Chex – 20g	19 Breakfast: K-6 French Toast (37g), Sausage Lunch: Super Nachos – 21g, 31g Refried Beans – 18g	20 Breakfast: K-6 Benefit Bar (47g), Yogurt (19g) Lunch: Pancake – 13g/26g Cheese Omelet - Sidekick – 22g	21 Breakfast: K-6 Cinnamon Roll (17g, 33g), Egg Holiday Dinner Lunch: Sliced Beef w/ gravy – 4g Mashed Potatoes – 25g Dinner Roll – 17g	22 *Early Out Breakfast: K-6 Muffin (32g), Go- gurt (8g) Lunch: Wow Sandwich(K-4) – 28g Deli Sandwich (5-12) – 29g Chips – 24g Apple Slices – 19g	23
24	25	26	27	28	29	30
<h1>Happy Holidays!</h1>						30 
31						