

MCKINLEY ELEMENTARY

5 12TH ST SW, WATERTOWN, SD 57201 PHONE: 882-6350 FAX: 882-6351



From the Principal's Desk



Please make sure you send your children to school with snow pants, boots, mittens and hats everyday. We try to have outdoor recess whenever possible. Some mornings it is below zero but by the afternoon the temperature rises and we go outside. Fresh air and movement are good for our learners, but we need them to be safe and warm. If you need assistance with any of these winter items please let the school know.

When the weatherman warns of blizzard conditions, please let your child and their teacher know of your plans. Please be prepared for late starts and early dismissals. Keep the office updated on phone numbers and emergency contacts.

Thank you for sharing your children with us every day. Have a wonderful NEW YEAR!

Sincerely,
Mrs. Knopf



NWS Windchill Chart



		Temperature (°F)																	
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97	
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite Times: 30 minutes (light blue), 10 minutes (medium blue), 5 minutes (dark blue)

Wind Chill (°F) = $35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$
 Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01

JANUARY CALENDAR

2nd - School Resumes

12th - End of 2nd Quarter

15th - Martin Luther King Jr. Day -
NO SCHOOL

19th - Early Dismissal (12:20) -
Teacher Inservice



Love is in the air: teaching kids through love languages



Love is a small word that can mean many things to different people. What love looks like for one family may be completely different from another family. How a parent shows love to one child can be very different from how they show it to their other children. To understand what love means to your family, you can think about what each person's love language is. A love language is simply how we prefer to receive love.

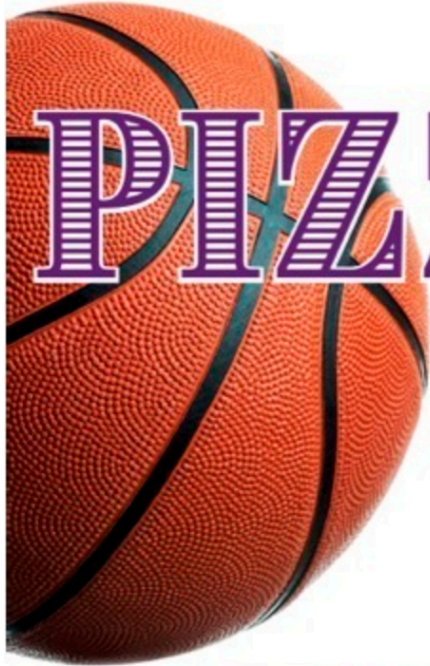
There are five love languages: **words of affirmation, acts of service, receiving gifts, quality time, and physical touch**. First, words of affirmation are simply saying supportive things. For instance, encouraging your child that fell off his bike: "I know that learning to ride a bike is hard, but you can do it." If your child's love language is acts of service, which refers to doing something helpful, you can actively teach your child how to ride a bike and running next to them as they peddle down the street can be a sign of love. Many children and people see love as receiving gifts. Giving your child a gift for learning how to ride his bike, like a new nametag for the bike. The love language that builds children's brains is quality time, which refers to spending time together and is usually in combination with other love languages such as words of affirmation. Doing an activity that you both enjoy or just relaxing together are quality times. Finally, physical touch has been shown to activate calming chemicals in the brain, which can reduce stress and improve mood. Giving your child a hug or a high five can show love in a way that can be felt physically.

In showing love to children and other family members, we must understand and respect the other person's love language and remember that sometimes people have more than one love language. Some children prefer physical touch and quality time, while others may prefer words of affirmation. Pay attention to what your child's love language is in order to show love daily that is meaningful for them. Wishing you and your family a life of love.

Monet Somerville, MS **Parent Educator**

Monet received her Bachelor's of Arts in Psychology from North Carolina Wesleyan College. She then went on to receive her Master's in Science in Psychology with a Concentration in Child and Adolescent Development from Capella University. She is currently pursuing her PhD in Developmental Psychology with a Concentration in Child and Adolescent Development. Monet is also a licensed Trust Based Relational Intervention Practitioner.

Prior to working to The Parenting Center, Monet worked as a Case Manager in a residential facility for adolescent girls who were in foster care but were unable to be placed in a foster home. She also taught foster parents about child development and the impacts that positive parenting can make on a child.



PIZZA BASH



PRESENTED BY



FRIDAY

19

JANUARY

PIZZA ► CHIPS ► POP ► COOKIE
 \$5/PERSON OR \$20/FAMILY
 WATERTOWN HIGH SCHOOL
 BOYS & GIRLS DOUBLE HEADER



KNIGHTS OF COLUMBUS

FREE THROW CHAMPIONSHIP

ENTRY FORM AND SCORE SHEET



The Knights of Columbus organization invites students age 9-14 (age as of January 1, 2024) to participate in the Knights of Columbus Free Throw Championship to be held at 1:30 PM, Sunday, January 7, 2024 in the Watertown Middle School Gym. Warm-ups and registration will begin at 1:00 PM. Registration at the event.

Participants will shoot 15 free throws. The foul line for ages 9-11 is 12'. All others will shoot behind the 15' line. All girls, and all boys ages 9-11 will shoot using the girls 28.5" ball. Boys ages 12-14 will shoot using the men's size basketball.

Contact Nick Kranz @ (605) 886-7799 for further information.



Coming to Watertown on February 2nd, 2024!

Give Kids a Smile 2024

Watertown area dentists are hosting Give Kids a Smile on **February 2nd, 2024** for children ages 0-18 in Codington and Hamlin. This event focuses on families who lack dental insurance, Medicaid, or the finances to receive dental care. If you are interested in signing up for this event or have questions, please contact Kay at Lake Area Pediatric Dentistry (605)753-5437.

Deadline for sign-up is

January 25th, 2024



January

2024

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,**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	1 NO SCHOOL	2 Breakfast: Mini Donuts (20g, 26g), Egg Lunch: BBQ Sandwich – 29g Waffle Fries – 18g	3 Breakfast: Waffle (36g), Sausage Lunch: Popcorn Chicken – 14g Mashed Potatoes – 25g Dinner Roll – 17g	4 Breakfast: Mini Bagels (42g), Yogurt (19g) Lunch: Chicken Alfredo – 19g Breadstick – 17g Strawberry Cup – 21g	5 Breakfast: Lemon Bread (45g), String Cheese Lunch: Pizza – 24g Green Beans – 4g	6
3	7 Breakfast: Poptart (76g), String Cheese Lunch: Chicken Patty Sandwich – 45g Baked Beans – 30g	8 Breakfast: Mini John (12g, 28g), Yogurt (19g) Lunch: Walking Taco – 20g, 28g Assorted Toppings Peach Cup – 21g	9 Breakfast: Pancake Stick – 17g Lunch: Cheeseburger – 29g Fries – 20g	10 Breakfast: Cinni Mini (40g), Go-gurt (8g) Lunch: Orange Chicken Fried Rice	11 Breakfast: Breakfast Sandwich (27g) Lunch: Mini Corn Dogs -20g, 30g Mac & Cheese – 19g Sidekick – 22g	12
4	14 NO SCHOOL	15 Breakfast: Funnel Cake, Go-gurt Lunch: Spaghetti w/ Meat Sauce – 25g Garlic Toast – 12g Strawberry Cup – 21g	16 Breakfast: Breakfast Pizza (22g) Lunch: Chicken Nuggets – 16g Baked Beans – 30g Rice Krispy Treat – 30g	17 Breakfast: Pancake (13g), Sausage Lunch: Meatball Sub – 30g Tator Tots – 14g	18 *Early Out 19 Breakfast: Brekkie (51g), Yogurt (19g) Lunch: Lunch: Wow Butter Sandwich – 29g Chips – 24g Apple Slices – 19g	20
1	21 Breakfast: Cereal (24g), String Cheese Lunch: Chicken Strips – 12g, 18g Carrots – 5g Chex – 20g	22 Breakfast: French Toast (37g), Sausage Lunch: Super Nachos – 21g, 31g Refried Beans – 18g	23 Breakfast: Benefit Bar (47g), Yogurt (19g) Lunch: Italian Dunkers – 34g, 51g Marinara Sauce – 10g Corn – 17g	24 Breakfast: Cinnamon Roll (17g, 33g), Egg Lunch: Hamburger – 29g Fries – 13g	25 Breakfast: Muffin (32g), Go-gurt (8g) Lunch: French Toast Sticks – 38g, 50g Sausage Hashbrown Patty – 22g	26
2	28 Breakfast: Cereal Bar (28g), String Cheese Lunch: Pulled Pork Sandwich – 29g Waffle Fries – 18g	29 Breakfast: Mini Donuts (20g, 26g), Egg Lunch: Popcorn Chicken – 14g Mashed Potatoes – 25g Dinner Roll – 17g	30 Breakfast: Waffle (36g), Sausage Lunch: Pizza – 24g Green Beans – 4g	31		