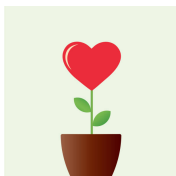


FEBRUARY, 2024

# MCKINLEY ELEMENTARY

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



## From the Principal's Desk

### FEBRUARY CALENDAR

15th - Parent/Teacher conferences 1-8pm (no preschool)

16th - NO SCHOOL

19th - NO SCHOOL - President's Day (preschool will make up on 23rd)

28th - Early Dismissal-12:20 pm (no preschool)

### Outdoor Recess

Please send snow gear to school every day! We go outside unless it is below zero. If a student does not have snow-pants and boots they are not allowed to play on the playground.

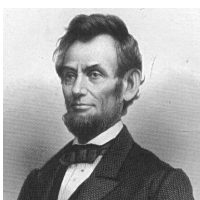
### Attendance Matters

Students with chronic absences from school fall behind their classmates. School becomes harder for students that miss. If you have concerns about your child's attendance or need assistance, please call the school. Be in school, on time, everyday!

Mrs. Knopf



No School Friday the 16th.  
No School Monday the 19th  
for President's Day.



### Looking Ahead

#### MARCH

8th Early Childhood & Preschool Screening  
22nd-End of 3rd Quarter & Preschool Screening  
13th through 15th - NO SCHOOL-Spring Break



Conferences will be held on Thursday,  
February 15<sup>th</sup> between 1:00-8:00pm  
(8:00am-8:00pm for preschool).

Note: 2-15-24 is also an early dismissal for JK-4 students (12:20pm), please make arrangements for both things this day. No preschool this day.



Scan HERE to sign up!

## Five Ways to Talk with Your Kids so They Feel Loved

Ever look at your child and wonder, "Where did you come from?" ? Maybe they don't look like you or act like you or they've seemed to change in some way. We often have to let go of our expectations for our children and students to see who they actually are becoming.

Beginning when children are as young as newborns, the way we interact with them helps shape how they respond to us and to other people in their lives. In her book entitled, *Creating Compassionate Kids; Essential Conversations to have With Young Children*, Shauna Tominey writes about how important it is to communicate and converse with kids in ways that help them develop compassion and resilience. By paying attention we let them know they are loved for who they are and help them trust the adults in their lives. It is our responsibility to teach them appropriate skills in managing their emotions, challenges and interactions with others. Tominey gives these 5 examples of those important conversations.

### 1. YOU ARE LOVED FOR WHO YOU ARE AND WHO YOU WILL BECOME

Build the relationship with your child by spending uninterrupted and focused time with them doing something they choose. Pay attention to their likes, interests and how they may grow or change over time. "It's fun to see how your interests are changing as you get older!"

Letting your children know that you SEE them is very important to developing a trusted relationship and secure attachment or the strength of the bond between a child and their primary care-taker. Children who have secure attachment tend to have healthy self-esteem, better self-control, strong critical thinking skills, appropriate social skills and better academic performance.

### 2. YOUR FEELINGS HELP YOUR PARENTS OR GUARDIANS KNOW WHAT YOU NEED

Just like adults, children have uncomfortable feelings that are often expressed in unpleasant ways like yelling, tantrums and other challenging behaviors. Our feelings serve a purpose. In our classroom Second Step lessons we teach children to recognize clues that their bodies give them when they are having strong feelings or are uncomfortable in some way. We can teach them to pay attention to those clues and what to do to calm down and resolve the issue i.e., "Right now you are whining and I can't understand you. Take some deep breaths and talk to me in a big girl/boy voice and I can try to help you solve the problem."

### 3. THERE ARE DIFFERENT WAYS TO EXPRESS YOUR FEELINGS

"It's okay to feel frustrated but it's not okay to scream at anyone or hit them." As children grow older, no one wants them to express themselves in harmful or inappropriate ways but they must be taught. Talk to your children about what is acceptable and expected behaviors and what is not. Then be sure to model and practice what you preach.

### 4. EVERYONE IS A LEARNER AND MAKING MISTAKES IS PART OF LEARNING

Rarely does a person's abilities just come naturally. By teaching children that it is natural to feel frustrated when learning to do something challenging and that they should keep trying and practicing to get better. There are an increasing number of children that are perfectionists. They believe that if they can't do something challenging right away or after a few tries that they are 'stupid' or somehow less than those than able to. By highlighting a child's effort more than the outcome children become more resilient and are able to persevere in tough situations. "You tied your shoes! I noticed that it was hard at first but you didn't give up and kept trying and now you can do it all by yourself!" Again, this is an area that as adults we need to model.

### 5. YOUR PARENTS AND CAREGIVERS ARE TRYING TO BE THE BEST PARENTS THEY CAN BE

What a shock it would be if your teenager came to you saying, "I was thinking about last night when I got mad and yelled. I shouldn't have done that and I'm sorry. I was just upset when I couldn't take the car and I lost it." People do not develop these skills unless they see others modeling them. Children don't learn to take responsibility for their actions if no one has taught them or expected them to.

Everyone has success stories and less than successful stories when dealing with children. It is important to remember that the struggles you have as an adult may be the same kind of struggles that your child has. The way we interact with our children and students does shape how they interact with the world and lets them know if you are a trusted adult in their life.

# 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.



# PRESCHOOL SCREENING

This screening is for children who reside in Watertown  
and turn 4 on or before September 1, 2024.

Screenings will take place at Mellette Elementary on  
Friday, March 8, and Friday, March 22.

**Appointments are required!**

**Scan the QR code to schedule your appointment.**



**PLEASE BRING YOUR CHILD'S BIRTH CERTIFICATE TO YOUR  
APPOINTMENT.**

Please call 605-882-6398 if you  
need assistance or have any  
questions.



# KINDERGARTEN



## ROUND UP

APRIL 4 & 5, 2024

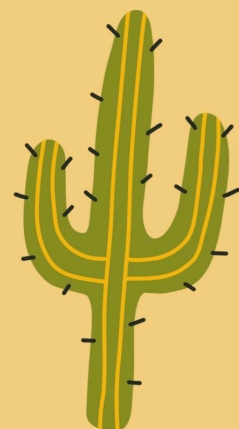


Kindergarten Round-Up is for children in the Watertown School District who will be 5 years of age on or before September 1, 2024. This is the registration process for children going into all-day Kindergarten or Jr. Kindergarten and will include a short screener.

Screenings will take place at Roosevelt Elementary on Thursday, April 4, and Friday, April 5, 2024.

**Appointments are required! Scan the QR code to schedule your appointment.**

**Please bring your child's birth certificate and vaccination records to your appointment.**



**Call 605-882-6398 if you need assistance or have any questions.**



# FREE Tax Return Preparation

Two Options Offered by Lake Area Tech

## Option 1:

### In-Person at LATC VITA Tax Site

- **No income limit**
- **Tax preparation service is free** and is provided for taxpayers whose tax return is within scope for VITA tax preparers as set by the IRS
- **DATES/TIMES for WALK-IN TAX PREP:**
- Jan. 30 - March 9, 2024, on Tuesdays (12–3pm), Thursdays (12–3pm & 5–8pm) & Saturdays (9am–12pm)
- **PLACE:** Lake Area Tech **Room 205** (use door 2 or 2A off of 11th Street NE)
- **WHAT TO BRING:**
  1. Photo ID for primary taxpayer (and spouse)—required by IRS
  2. Social Security cards for **everyone** on your return—required by IRS
  3. Tax forms and other tax information you have received
  4. Copy of last year's tax return
  5. Checking/savings account information for direct deposit of refund
  6. VITA Info: [www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers](http://www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers)

## Option 2:

### Facilitated Self-Assist (FSA)

- **Income limit: \$79,000**
- **Absolutely free** for taxpayers who wish to **self-prepare their return** using the IRS-provided link to the online software.
- This option also includes the opportunity to **ask questions of our IRS-certified tax preparers** during tax site hours. We are able to help with any questions that are within the scope of the IRS VITA program.
- We do not see your tax return or income information and your return is **not** quality reviewed by our volunteers.
- **For more information or to receive the link** to create an account to self-prepare, please send an email to [taxlink@lakeareatech.edu](mailto:taxlink@lakeareatech.edu).

**For more information, join our Facebook page: @LATVITATaxPrep**



LAKE AREA  
TECH COLLEGE

1201 Arrow Ave. Watertown, SD

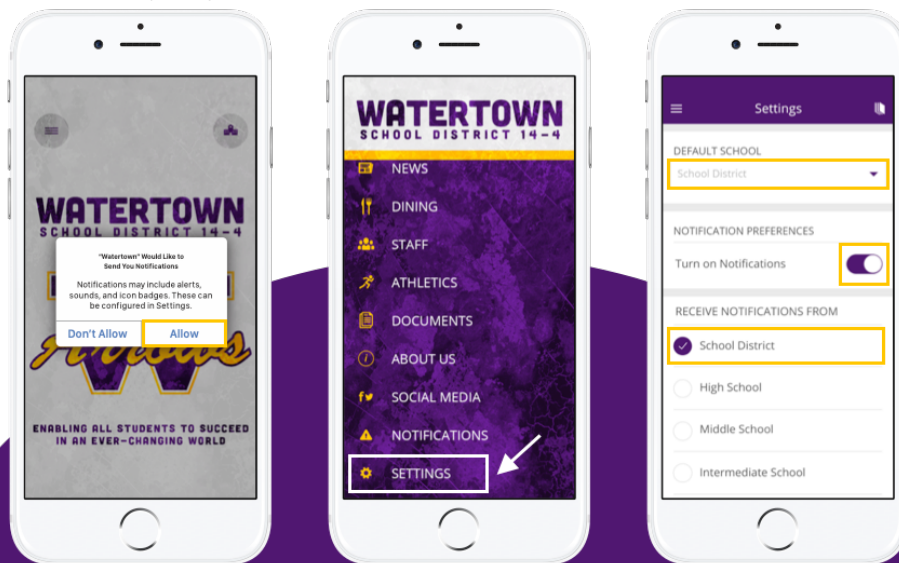
Questions? Email

[Lorna.Hofer@lakeareatech.edu](mailto:Lorna.Hofer@lakeareatech.edu)

## Don't miss any updates from Watertown!

- \* School Calendar
- \* Lunch Menu
- \* School Supply List
- \* So MUCH more!

Make sure to enable/allow push notifications to receive a notice on your phone for weather and other announcements!



Download the "Watertown School District, SD" app today!

## Child Find Notice

The Watertown School District has an ongoing "Child Find" system, which is designated to locate, identify and evaluate any child residing within its geographical boundaries who may have a disability and be in need of Special Education or 504 services. This includes children who are not in school; those who are in public, private, or home school; those who are highly mobile such as children who are migrant or homeless; and those who are advancing from grade to grade, who may need but are not receiving Special Education or 504 services.

The Watertown School District will make sure any child enrolled in its district who qualifies for Special Education or 504 services will be no cost to the parents of the child.

If you know of a child who lives within the boundaries of the Watertown School District, who may have a disability, and may need but is not receiving Special Education or 504 services, please contact Dr. Jennifer Heath, Director of Special Services, at 882-6398.

"Child Find" activities will continue throughout the school year. As part of these efforts the Watertown School District will use screening information, student records, and basic assessment information it collects on all children in the district to help locate those children who have a disability and need Special Education or 504 services. Any information the district collects through "Child Find" is maintained confidentially.

## Notice of Non-discrimination

The Watertown School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following persons have been designated to handle inquiries regarding the non-discrimination policies:

Dr. Jeff Daniels, Superintendent  
P.O. Box 730, Watertown, SD 57201  
605-882-6312

Derek Barrios, Assistant Superintendent  
P.O. Box 730, Watertown, SD 57201  
605-882-6312

For further information on notice of non-discrimination, see list of Office for Civil Rights (OCR) enforcement offices for the address and phone number of the office that serves your area, or call 1-(800)-421-3481.



# February

# 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
				<sup>1</sup> Breakfast: Mini Bagels (42g), Yogurt (19g) Lunch: Chicken Alfredo - Breadstick – 17g Strawberry Cup – 21g	<sup>2</sup> Breakfast: Blueberry Bread (45g), String Cheese Lunch: Chili – 25g Cinnamon Roll – 33g	<sup>3</sup>
<sup>4</sup>	<sup>5</sup> Breakfast: Poptart (76g), String Cheese Lunch: Chicken Patty Sandwich – 45g Baked Beans – 30g	<sup>6</sup> Breakfast: Mini John (12g, 28g), Yogurt (19g) Lunch: Lunch: Walking Taco – 20g, 28g Assorted Toppings Peach Cup – 21g	<sup>7</sup> Breakfast: Pancake Bites (15g, 20g) Lunch: Cheeseburger – 29g Fries – 20g	<sup>8</sup> Breakfast: Cinni Mini (40g), Go-gurt (8g) Lunch: Breaded Chicken – 26g Fried Rice – 27g Orange Sauce (optional) Fortune Cookie	<sup>9</sup> Breakfast: Breakfast Sandwich (27g) Lunch: Hot Dog - Mac & Cheese – 19g Sidekick – 22g	<sup>10</sup>
<sup>11</sup>	<sup>12</sup> Breakfast: Muffin (32g), String Cheese Lunch: Pizza – 29g Green Beans – 4g	<sup>13</sup> Breakfast: Funnel Cake, Go-gurt Lunch: Lasagna Roll Ups - Garlic Toast – 12g Strawberry Cup – 21g	<sup>14</sup> Breakfast: Breakfast Pizza (22g) Lunch: Italian Dunkers – 34g, 51g Marinara Sauce – 10g Corn – 17g	<sup>15</sup> <b>Early Out</b> Breakfast: Pancake (13g), Sausage Lunch: Lunch: Wow Butter Sandwich – Deli Sandwich – 29g Chips – 24g Apple Slices – 19g	<sup>16</sup> NO SCHOOL	<sup>17</sup>
<sup>18</sup>	<sup>19</sup> NO SCHOOL	<sup>20</sup> Breakfast: French Toast (37g), Sausage Lunch: Super Nachos – 21g, 31g Refried Beans – 18g	<sup>21</sup> Breakfast: Benefit Bar (47g), Yogurt (19g) Lunch: Chicken Nuggets – 16g Baked Beans – 30g Dinner Roll – 17g	<sup>22</sup> Breakfast: Cinnamon Roll (17g, 33g), Egg Lunch: Hamburger – 29g Fries – 13g	<sup>23</sup> Breakfast: Muffin (32g), Go-gurt (8g) Lunch: Pancake – 13g/26g Omelet – Sidekick – 22g	<sup>24</sup>
<sup>25</sup>	<sup>26</sup> Breakfast: Cereal Bar (28g), String Cheese Lunch: BBQ Sandwich– 29g Fries – 18g	<sup>27</sup> Breakfast: Mini Donuts (20g, 26g), Egg Lunch: Popcorn Chicken – 14g Carrots – 5g Treat	<sup>28</sup> <b>Early Out</b> Breakfast: Waffle (36g), Sausage Lunch: Hot Ham & Cheese Sandwich – 29g Chips – 24g Apple Slices – 19g	<sup>29</sup> Breakfast: Mini Bagels (42g), Yogurt (19g) Lunch: Chicken Cubes w/ gravy - Mashed Potatoes – 25g Dinner Roll – 17g		