



## From the Principal's Desk

School Safety is our top priority at McKinley and in the Watertown School District. We take several precautions to make sure our students and staff are safe everyday when they are at school. All staff must wear ID badges at all times in the building. Parents may contact the office to make an appointment to visit with staff. We have plans in place and practice these plans for emergencies. We have a relocation and evacuation plan that are confidential. We work with our local law enforcement to develop these plans. Parents and family members, you can help us keep McKinley safe. All doors are locked during the school day. When you enter the front door, there is a doorbell to request information. Staff will ask that you wait in the front entryway until your child comes to you. Do not park in the bus loading zone or block in cars if you are exiting your vehicle. Thank you for helping us keep your students safe at school.

Sincerely,  
Mrs. Knopf

## Important Dates:

**March 1st:**  
Inservice-NO SCHOOL

**March 8th:**  
Early Childhood/  
Preschool Screening @  
Mellette

**March 10th:**  
Daylight Savings Time

**March 13th, 14th,  
15th:**  
Spring Break-NO  
SCHOOL

**March 22nd:**  
End of 3rd Quarter

**March 22nd:**  
Preschool Screening @  
Mellette

**March 29th:**  
Good Friday-NO SCHOOL

**April 1st:**  
Easter Monday-NO  
SCHOOL

Leprechaun traps are underway! Ask your child what Mrs. Catlette, our Librarian, has asked them to bring. It can be as simple as a gift bag or as extravagant as you'd like. Keep in mind, they will be on display and will have to travel to and from school. Do not include any valuable items on/in your trap. Please have your trap to school by Friday, March 8th. The leprechaun traps will go home the week following spring break.





# 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**



**Questions? Email**  
[Lorna.Hofer@lakeareatech.edu](mailto:Lorna.Hofer@lakeareatech.edu)

## 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.**

# 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.



# KINDERGARTEN



## ROUND UP

APRIL 4 & 5, 2024

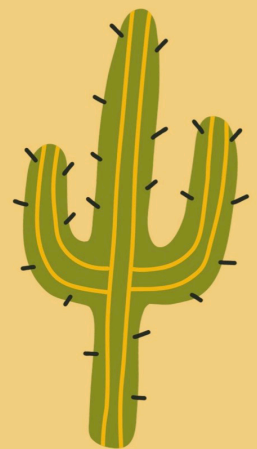


Kindergarten Round-Up is for children in the Watertown School District who will be 5 years of age on or before September 1, 2024. This is the registration process for children going into all-day Kindergarten or Jr. Kindergarten and will include a short screener.

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.**

# COUNSELOR'S CORNER: BUILDING RESILIENCY IN CHILDREN- TIPS TO HELP YOUR CHILD BE STRONG IN THE FACE OF OBSTACLES

## Stress & Resilience

Resilience is the ability to bounce back from stress, difficult situations, failure, or even trauma. All children are capable of working through challenges and coping with stress. It's not something that kids either have or don't have; it's a skill that develops as they grow.

All kids encounter varying degrees of stress as they grow. Despite their best efforts, parents can't protect kids from obstacles. Kids get sick, move to new neighborhoods, have friendship drama, stress over taking tests, and deal with changes within the family, to name a few.

Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they realize they are strong and capable.

Resilient kids are more likely to take healthy risks because they don't fear failure. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves outside of their comfort zones. This helps them reach for their goals and solve problems independently.



Help your child build resilience in the face of obstacles including moving, divorce, and anxiety with these tips:

### Build a Strong Emotional Connection

Kids develop coping skills when they feel safe, so it's important to spend one-on-one time with them. This means you need to put down the smart phone and focus on your child. When kids know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek guidance and make attempts to work through difficult situations. Positive connections allow adults to model coping and problem-solving skills to children.

### Promote Healthy Risk-Taking

It's important to encourage kids to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm- even if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.



## Resist the Urge to Fix It and Teach Problem Solving skills

Parents can help build resilience by teaching kids to solve problems independently. While your gut reaction might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. By bouncing the problem back to the child with questions, the parent helps the child think through the issue, learn how to work through it and develop their own problem-solving skills.

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions with kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.



## Label Emotions

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labeling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

## Demonstrate Coping Skills

Deep breathing exercises help kids relax and calm themselves when they experience stress or frustration. This enables them to remain calm and process the situation clearly.

## Embrace Mistakes-Theirs and Yours

Children who avoid failure lack resilience. In fact, failure avoiders tend to be highly anxious kids. When parents focus only on end results, kids get caught up in the pass/fail cycle. This causes risk avoidance.

Embracing mistakes (your own included) helps promote a growth mindset and demonstrates that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.

## Promote the Bright Side-Every Experience Has One

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, work on teaching your child to reframe his thoughts to find the positive.

## Go Outside

Exercise helps strengthen the brain and make it more resilient to stress and adversity. Encourage your child to engage in physical activity to keep the mind and body healthy.

## Model Resiliency

The best way to teach resilience is to model it. We all encounter stressful situations. Use coping and calming strategies. Label your emotions and talk through your problem-solving process. Be optimistic and focus on a growth mindset when facing challenges.

Resilience helps kids navigate the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.

Article adapted from Katie Hurley, LCSW @ Psycm.Net

# March

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
					1 NO SCHOOL	2
3	4 Breakfast: Poptart (76g), String Cheese Lunch: Chicken Patty Sandwich – 45g Baked Beans – 30g	5 Breakfast: Mini John (12g, 28g), Yogurt (19g) Lunch: Walking Taco – 20g, 28g Assorted Toppings Peach Cup – 21g	6 Breakfast: Pancake Stick Lunch: Cheeseburger – 29g Fries – 20g	7 Breakfast: Cinni Mini (40g), Go- gurt (8g) Lunch: Orange Chicken – 26g Fried Rice – 27g	8 Breakfast: Breakfast Sandwich (27g) Lunch: Italian Dunkers – 34g, 51g Marinara Sauce – 10g Green Beans – 4g	9
10	11 Breakfast: Muffin (32g), String Cheese Lunch: Pizza – 29g Green Beans – 4g	12 Breakfast: Funnel Cake, Go- gurt Lunch: Spaghetti w/ Meat Sauce – 25g Garlic Toast – 12g Strawberry Cup – 21g	13 NO SCHOOL	14 NO SCHOOL	15 NO SCHOOL	16
17	18 Breakfast: Cereal (24g), String Cheese Lunch: Chicken Strips – 12g, 18g Carrots – 5g Chex – 20g	19 Breakfast: French Toast (37g), Sausage Lunch: Super Nachos – 21g, 31g Refried Beans – 18g	20 Breakfast: Benefit Bar (47g), Yogurt (19g) Lunch: Chicken Nuggets – 16g Baked Beans – 30g Dinner Roll – 17g	21 Breakfast: Cinnamon Roll (17g, 33g), Egg Lunch: Hamburger – 29g Fries – 13g	22 Breakfast: Muffin (32g), Go-gurt (8g) Lunch: Pancake – 13g/26g Omelet Sidekick – 22g	23
24	25 Breakfast: Cereal Bar (28g), String Cheese Lunch: Pulled Pork Sandwich – 29g Fries – 18g	26 Breakfast: Mini Donuts (20g, 26g), Egg Lunch: Popcorn Chicken – 14g Mashed Potatoes – 25g Biscuit – 30g	27 Breakfast: Waffle (36g), Sausage Lunch: Pizza – 24g Green Beans – 4g	28 Breakfast: Mini Bagels (42g), Yogurt (19g) Lunch: Scalloped Potatoes & Ham Dinner Roll – 17g Strawberry Cup – 21g	29 NO SCHOOL	30