

School Newsletter

McKinley Early Childhood Center 5 12th St SW, Watertown, SD 57201 (605)882-6350



McKinley Early Childhood Center Parents:

Your child's safety and parent communication are our top priorities. Thank you for your patience with our communication systems. You can send messages to your child's teacher through Remind, email, or leave a phone call. The office will communicate with you via text, Remind, and the website (www.watertown.k12.sd.us). Please also follow McKinley Early Childhood Center on Facebook!

Please call the office before 8:30 a.m. if your child is ill or will not be attending school that day. We appreciate your advance notice of any absences you are aware of. Thank you for your cooperation.

Emily Hatton, Principal emily.hatton@k12.sd.us

Timberly Lunde, Administrative Assistant timberly.lunde@k12.sd.us

Phone: 605-882-6350 Fax: 605-882-6351



September calendar

1st - Labor Day;
NO SCHOOL

24- Early Out; 12:20

Dismissal; No PM

Preschool

26- Homecoming;

Dismissal at 1:20,

Parade starts at

2:00pm

Dear children and families,

What are mornings like in your house before school starts? Does anyone shout, "Where's my 'What's wrong with my backpack?" or "I'm so tired!" or "I don't have time for this!" or "I need to go to the bathroom now!" If so, it's hard to start the day right, and how things unfold in the morning can set the tone for the next day. The most helpful way to reduce morning chaos is to establish a routine. A predictable and positive morning routine can help children arrive at school feeling calm and ready to have a great day.

Here are some ideas to take the pressure off school mornings. The night before: Think about what you need to do and make a plan to do it. Putting your child to bed at the same time every night can help them get enough sleep. Mornings are easier when children get enough quality rest.

1. Pack their backpack.
2. Check for school notes or sign them.
3. Lay out their clothes.
4. Have your child bathe or shower the night before.
5. Consider setting up a weekly schedule with reminders of what your child needs to bring each day (library, exhibition, etc.).

The morning routine: More time in the morning. One of the best ways to achieve this is to get up 15 minutes earlier. Have a routine because rushing can increase everyone's stress levels..

1. Face the morning with a positive attitude. A good mood can be contagious!
2. Consider an alarm clock for children who have trouble waking up.
3. Give clear and calm instructions. You could even make a simple "to-do" list such as: get dressed, eat breakfast, brush teeth, etc.
4. Reduce distractions such as electronic devices or television. Screen time can interfere with being ready on time.
5. Try not to give children extra attention by arguing, complaining, or delaying. Even negative attention is an incentive for them to continue the behavior.

A healthy start is a great way for everyone to begin their school day. Clear expectations and promoting learning will allow our children to be the best students they can be!





The high school student council will visit the McKinley Early Childhood Education Center during lunch on September 18 and 19 to sell welcome buttons. They cost \$2 per button and will allow you to enter the Legend on September 22 and the Powderpuff/Pep Rally on September 25. If you don't want a button, you can pay for admission to these events for \$3 at the gates. Students can give money to their teachers, who will assist them to buy buttons. Thank you!

SEPTEMBER 2025

COUNSELING CORNER

MRS. POPHAM- MCKINLEY EARLY CHILDHOOD CENTER COUNSELOR

HELLO MCKINLEY PARENTS!

HELLO!

I AM KELSEY POPHAM AND I WILL BE SERVING AS THE SCHOOL COUNSELOR AT MCKINLEY THIS SCHOOL YEAR! THIS WILL BE MY EIGHTH YEAR WORKING AS A SCHOOL COUNSELOR IN WATERTOWN AND I AM EXCITED TO BE ABLE TO WORK WITH YOUR CHILD THIS YEAR. IF CHALLENGES OR CONCERNS ARISE, PLEASE KNOW THAT I AM HERE TO HELP IN AN ARRAY OF WAYS. TO BETTER UNDERSTAND HOW I CAN BE OF ASSISTANCE TO YOUR CHILD OR YOUR FAMILY AND TO BETTER UNDERSTAND WHAT MY ROLE IS AS A COUNSELOR, PLEASE TAKE A MOMENT TO READ MORE ABOUT MY VARIOUS ROLES BELOW.

I WILL BE AT MCKINLEY EVERY MONDAY, WEDNESDAY AND FRIDAY. FOR MORE ASSISTANCE, PLEASE FEEL FREE TO CONTACT ME FROM 8:00 AM- 4:00 PM BY CALLING: (605) 882-6350.



SCHOOL COUNSELOR ROLES

SCHOOL COUNSELORS PERFORM THE FOLLOWING DUTIES IN ORDER TO PROMOTE POSITIVE ACADEMIC, CAREER, AND PERSONAL/SOCIAL DEVELOPMENT:

CLASSROOM GUIDANCE

- CONSISTS OF COUNSELOR LED CLASSROOM LESSONS.
- IMPLEMENTATION OF SECOND STEP CURRICULUM THAT FOCUSES ON EMPATHY, EMOTION MANAGEMENT, PROBLEM SOLVING, AND PERSONAL SAFETY.
- OCCURS THROUGHOUT THE SCHOOL YEAR.

SMALL GROUP COUNSELING

- COORDINATED TO FOCUS ON SPECIFIC SKILLS OR TO PROVIDE STUDENTS WITH EMOTIONAL SUPPORT.
- TYPICALLY INVOLVES 3-5 STUDENTS.

INDIVIDUAL COUNSELING

- DONE TO ADDRESS A STUDENT'S AREA OF CONCERN THAT IS AFFECTING THEIR ABILITY TO BE SUCCESSFUL AT SCHOOL.
- WILL OCCUR ON A SHORT-TERM, AS-NEEDED BASIS.
- NO LONG-TERM, INTENSIVE THERAPY IS PROVIDED BY THE SCHOOL COUNSELOR.

COLLABORATION WITH STAFF AND PARENTS

- ATTEND TEAM MEETINGS TO DISCUSS STUDENT PROGRESS AND CONCERNS.
- COMMUNICATE WITH PARENTS ABOUT THEIR CHILD'S SUCCESSES/NEEDS.
- CONNECT PARENTS TO COMMUNITY RESOURCES OR ADDITIONAL OUTSIDE COUNSELING SUPPORT.

secondSTEP

for
Early Learning
through
Grade 8

Skills for Social
and Academic
Success



Dear **McKinley Early Childhood Families**,

We want your child to be successful in school and that means supporting and encouraging their whole development. While excelling in academic classes is important, children also need skills to take on learning challenges, make good decisions, manage strong emotions, and get along with others. The Watertown School District has always taught these critical skills through social-emotional classroom lessons.

Within the upcoming weeks, we'll begin our Second Step lessons, a research based social-emotional digital learning program which is designed to improve children's social-emotional skills. Second Step skills and concepts are designed to help children both in and out of school. The four units of the curriculum will cover the following:

- **Skills for Learning & Growth Mindset:** Students will gain skills to help them be better learners, including how to focus their attention, listen carefully, ask for help, and develop a growth mindset.
- **Emotion Management:** Students will learn how to identify and label emotions and use appropriate emotion-management strategies.
- **Empathy & Kindness:** Students will learn to identify and understand the feelings of others while also learning different ways to show care for others.
- **Problem Solving:** Students will learn how to make and keep friends and to solve problems with friends in a positive way. Students will learn that asking, listening, and empathizing with all parties involved are important factors of problem solving.

Since 2017, we have included Child Protection Unit lessons within our Second Step Program for K-4 students. These units expand the social-emotional learning of our K-4 students by teaching three skills:

- **Personal Safety:** Students will learn safety rules and ways to decide if something is safe or not.
- **Touching Safety:** Students will learn about safe, unsafe and unwanted touches, and about rules to apply regarding these touches. They'll also learn to say no to unsafe or unwanted touches, and to tell a grown-up if someone breaks the touching rule.
- **Assertiveness:** These lessons will also give children a chance to practice asking grown-ups for help, telling a grown-up about an unsafe situation, and being assertive to get out of an unsafe situation.

If you have any questions regarding the Second Step digital program or the Child Protection Units please contact me at the number listed below. Thank you for supporting your child in learning the skills that lead to success in school and in life!

Sincerely,

A handwritten signature in black ink that reads "Kelsey Popham".

Mrs. Kelsey Popham, MS
McKinley Early Childhood Center
kelsey.popham@k12.sd.us
(605) 882-6350

SEPTEMBER 2025

MENU IS SUBJECT TO CHANGE

FRUIT AND MILK IS OFFERED AT ALL BREAKFAST MEALS

VEGGIE BAR, FRUIT SELECTION AND MILK SELECTION ARE OFFERED AT ALL LUNCH MEALS.

MON	TUES	WED	THURS	FRI
<p>NO SCHOOL 1</p> <p>HAPPY LABOR DAY</p>	<p>BREAKFAST: 2</p> <p>MINI DONUTS 20G-41G</p> <p>YOGURT CUP</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>WALKING TACO 22G/30G</p> <p>FR. FR. CUP 21G</p>	<p>BREAKFAST: 3</p> <p>BREAK. BITES 20G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>CHICKEN NUGGETS 13G/16G</p> <p>CURLY FRIES 23G</p> <p>SNACK 15-32G</p>	<p>BREAKFAST: 4</p> <p>WAFFLE STIX 28-37G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>CHILI 10G</p> <p>CIN. ROLL 33G</p> <p>APPLESAUCE CUP 14G</p> <p>STRING CHEESE 1G</p>	<p>BREAKFAST: 5</p> <p>BREAD SLICE 45G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>CH. ALFREDO 16G/26G</p> <p>BROCCOLI 5G</p> <p>BREADSTICK 14G</p>
<p>BREAKFAST: 8</p> <p>CARAMEL/CINI MINI 41G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>CHEESEBURGER 28G</p> <p>FRIES 13G</p>	<p>BREAKFAST: 9</p> <p>MINI JOHN 13G</p> <p>GOGURT 8G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>SUPER NACHOS 19G/30G</p> <p>REFRIED BEANS 36G</p>	<p>BREAKFAST: 10</p> <p>BREAKFAST PIZZA 27G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>POPCORN CHICKEN 14G</p> <p>MASHED POT. 20G</p> <p>GRAVY 4G</p> <p>DINNER ROLL 23G</p>	<p>BREAKFAST: 11</p> <p>GRAPE/CHOC. CRESENT 38G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>TATOR TOT HOTDISH 22G</p> <p>BISCUIT 24G</p>	<p>BREAKFAST: 12</p> <p>STUFFED H.B. 24G</p> <p>YOGURT CUP 15G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>ITALIAN DUNKERS 34G/51G</p> <p>MARINARA CUP 7G</p> <p>CORN 17G</p>
<p>BREAKFAST: 15</p> <p>MUFFINS 21G-31G</p> <p>STRING CHEESE</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>HOT DOG 21G</p> <p>SMILE FRIES 20G</p> <p>TOTS 16G</p>	<p>BREAKFAST: 16</p> <p>APPLE FILLED DONUT 33G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>PANCAKE 13G/26G</p> <p>OMELET</p> <p>FRUIT JUICE 15G</p>	<p>BREAKFAST: 17</p> <p>PANCAKE STICK 17G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>BREADED CHICKEN SANDWICH 44G</p> <p>BAKED BEANS 30G</p>	<p>BREAKFAST: 18</p> <p>FRENCH TOAST 37G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>SLICED BEEF/GRAVY 4G</p> <p>MASHED POTATOES 20G</p> <p>DINNER ROLL 23G</p>	<p>BREAKFAST: 19</p> <p>BISCUIT/GRAVY 24G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>PIZZA CRUNCHERS 21G/42G</p> <p>GREEN BEANS 4G</p>
<p>BREAKFAST: 22</p> <p>POPTARTS 33G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>CORN DOGS 30G</p> <p>BAKED BEANS 30G</p>	<p>BREAKFAST: 23</p> <p>F. TOAST STICKS 38G</p> <p>SAUSAGE PATTY</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>CHICKEN OR CHEESE QUESIDILLA 33G</p> <p>H.B. COINS 21G</p>	<p>BREAKFAST: 24</p> <p>BAGEL 31G OR BURRITO 29G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>ORANGE CHICKEN 26G</p> <p>FRIED RICE 27G</p> <p>FRUIT CUP 21G</p>	<p>BREAKFAST: 25</p> <p>PANCAKE MINI 31G/MAX 36G</p> <p>OMELET 13G/26G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>CHICKEN TENDERS 12G/18G</p> <p>MASHED POT. 20G</p> <p>GRAVY 4G</p> <p>DINNER ROLL 23G</p>	<p>BREAKFAST: 26</p> <p>BREAD LOAF 34G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>SPAGHETTI/MEAT 36G</p> <p>GREEN BEANS 4G</p> <p>GARLIC TOAST 12G</p>
<p>BREAKFAST: 29</p> <p>APPLE OR CHERRY FRUDEL 38G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>HOT HAM & CHEESE 29G</p> <p>BAKED BEANS 30G</p>	<p>BREAKFAST: 30</p> <p>FUNNEL CAKE 38G</p> <p>M.S./H.S.</p> <p>VARIETY ITEMS</p> <p>LUNCH:</p> <p>TACO PIZZA 28G</p> <p>FRUIT CUP 21G</p>			



***If your child needs medication administered at school, the medication must be brought to school in the original bottle by an adult.**

***A parent/guardian must complete and sign a medication form.**

***If your child has a food or other life-threatening allergy, please contact the school nurse to ensure all paperwork is complete and necessary medications are brought to school.**

***Food allergies can be very serious. Check with your child's teacher before bringing treats.**

***Sleep/rest is of utmost importance for children.**

***According to the National Sleep Foundation, the recommended hours of sleep per night are:**

Toddlers (1-2 years)

Recommended: 11-14 hours

Preschoolers (3-5 years)

Recommended: 10-13 hours

School-age children (6-13 years)

Recommended: 9-11 hours

Young adults (18-25 years)

Recommended: 7-9 hours

Have a safe and healthy year!

Nurse Dana
WIS & McKinley