

McKinley Early Childhood Center DECEMBER NEWSLETTER

PRINCIPAL'S CORNER

Happy Holidays McKinley Families! We continue to work on being 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. We realize illness does not always need a doctor's visit. However, if you do take your child to the doctor a note from the doctor excuses the absence. Thank you for your help promoting good attendance.

Safe: Please remember to send your child in snow pants, boots, mittens and hats every day. Students go outside right away every morning. We want to keep everyone warm and safe at recess.

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

WINTER BREAK

- December 23 - Early Dismissal at 12:20 (No PM preschool)
- December 24-January 4th
- School resumes on January 5th, 2026.

HAPPY HOLIDAYS

Warm wishes this
Holiday season
from our home to
yours! Have a very
Merry McKinley
Christmas!





McKinley Early Childhood Center

HOLIDAY EMOTIONS

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.

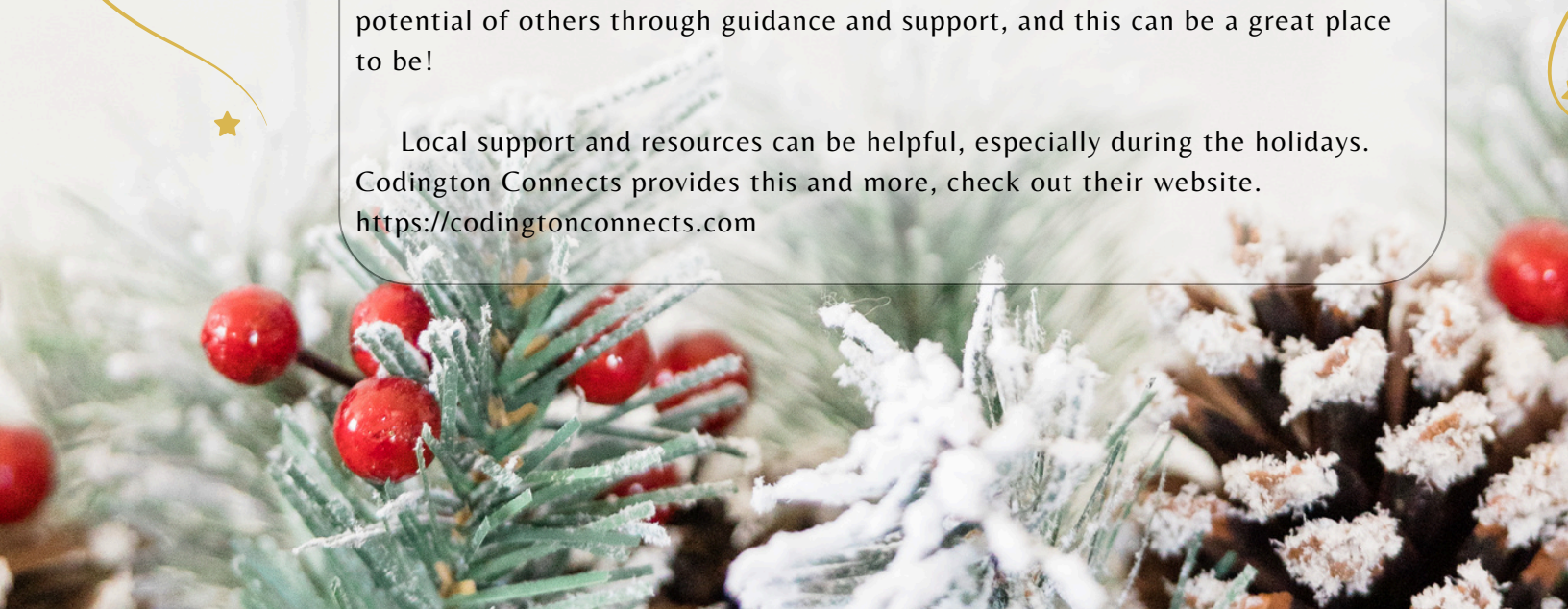
Sometimes a behavior outburst results when a basic need is not met. Think of the old Snickers slogan, "you're not you when you're hungry." Someone who is hungry, tired or has other unmet basic needs may display behaviors that could be resolved quickly through exploration and meeting those needs.

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 encouragement 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.

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>



McKinley Early Childhood Center

DECEMBER 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
BREAKFAST: <small>WEEK 2 1</small> APPLE OR CHERRY FRUDEL 38G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: PULLED PORK SAND. 28G BAKED BEANS 30G	BREAKFAST: <small>2</small> MINI DONUTS 20G-41G YOGURT CUP 15G M.S./H.S. VARIETY ITEMS LUNCH: WALKING TACO 22G/30G FR. FR. CUP 21G	BREAKFAST: <small>3</small> BREAK. BITES 20G M.S./H.S. VARIETY ITEMS LUNCH: CHICKEN NUGGETS 13G/16G CURLY FRIES 23G SNACK 15-32G	BREAKFAST: <small>4</small> WAFFLE STIX 28-37G M.S./H.S. VARIETY ITEMS LUNCH: CHILI 10G CIN. ROLL 33G APPLESAUCE CUP 14G STRING CHEESE 1G	BREAKFAST: <small>5</small> BREAD SLICE 45G M.S./H.S. VARIETY ITEMS LUNCH: CH. ALFREDO 16G/26G BROCCOLI 5G BREADSTICK 14G
BREAKFAST: <small>WEEK 3 8</small> CARAMEL/CINI MINI 41G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: CHEESEBURGER 28G FRIES 13G	BREAKFAST: <small>9</small> MINI JOHN 13G GOGURT 8G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: SUPER NACHOS 19G/30G REFRIED BEANS 36G	BREAKFAST: <small>10</small> BREAKFAST PIZZA 27G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: POPCORN CHICKEN 14G MASHED POT. 20G GRAVY 4G DINNER ROLL 23G	BREAKFAST: <small>11</small> GRAPE/CHOC. CRESENT 38G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: TATOR TOT HOTDISH 22G BISCUIT 24G	BREAKFAST: <small>12</small> STUFFED H.B. 24G YOGURT CUP 15G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: ITALIAN DUNKERS 34G/51G MARINARA CUP 7G CORN 17G H.S. BKFT PIZZA
BREAKFAST: <small>WEEK 4 15</small> MUFFINS 21G-31G STRING CHEESE <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: HOT DOG 21G SMILE FRIES 20G TOTS 16G	BREAKFAST: <small>16</small> APPLE FILLED DONUT 33G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: PANCAKE 13G/26G OMELET FRUIT JUICE 15G	BREAKFAST: <small>17</small> PANCAKE STICK 17G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: BREADED CHICKEN SANDWICH 44G BAKED BEANS 30G	BREAKFAST: <small>18</small> FRENCH TOAST 37G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: TURKEY GRAVY 2G MASHED POTATOES 20G DINNER ROLL 23G	BREAKFAST: <small>19</small> BISCUIT/GRAVY 24G <u>M.S./H.S.</u> VARIETY ITEMS LUNCH: PIZZA CRUNCHERS 21G/42G GREEN BEANS 4G
BREAKFAST: <small>22</small> COOKS CHOICE H.S./M.S. VARIETY BREAKFAST LUNCH: COOKS CHOICE	BREAKFAST: <small>23</small> COOKS CHOICE H.S./M.S. VARIETY BREAKFAST LUNCH: COOKS CHOICE	<small>24</small> NO SCHOOL	<small>25</small> NO SCHOOL	<small>26</small> NO SCHOOL
<small>29</small> NO SCHOOL	<small>30</small> NO SCHOOL	<small>31</small> NO SCHOOL		