



Tonasket Elementary

Focused on Learning and Linking Learning to Life.

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Dear Families,

As we approach the holiday season, I am thankful for our supportive community and the involvement of families in the education process. Once again, we had a great turnout for parent-teacher conferences. We strive to build strong parent-teacher partnerships, and appreciate the encouragement and support you provide at home.

It is hard to believe that we have come to the end of the first trimester already. Over the next couple of weeks, teachers will be compiling data for **report cards**, which will be going home with students during the **week of December 9th**.

Last week we held our annual food drive. Thanks to your generosity, we provide food for the Thanksgiving holiday for families in our community! Thanks so much for your contributions.

As we look towards the month of December, I hope you will be able to join me for **First Friday Coffee on December 6th at 8:45 AM**. It is always nice to connect with parents and get feedback on ways that we can better meet the needs of our families.

Also, make sure to mark your calendars for our **Holiday Music Performances on December 19th**. Students in grades K-2 will perform on **December 19th** at 6:00 PM in our elementary gym. Grades 3-5 will perform on December 19th at 7:15 PM in the gym. The theme this year is *Rockin' Around the Christmas Tree*, and our students are excited to share their talents with you.

As you can see, the next few weeks will be busy indeed. It is my hope that during this busy time, you have the opportunity to spend quality time with family and friends. As always, please do not hesitate to call, email or visit to address any questions or concerns you may have.

**A friendly reminder as the weather continues to grow colder to please make sure your student is dressed for the weather. We also encourage you to put your child's name on their coat and winter gear to help minimize lost items.

★★★★PTO NEWS★★★★

Join us on Dec. 6th for Santa Bingo and pictures with Santa at the elementary school from 5pm to 7pm. Photos with Santa are \$5 for a 4x6. There will also be a hot chocolate bar! Information has been sent home with your students and we will also send a reminder closer to the date. Our December meeting has been rescheduled for Tuesday, Dec. 3rd at 6pm. We hope to see you there!

Migrant News

Dear Families,

We hope that from so many instructive scenes from the movie, some of them still keep you reflecting on what is happening with our new generations. Speaking of generations in this great month of December we will have a theme that goes hand in hand with the end of a year. Just as the year ends in December and we start planning to receive a new year. Likewise, we have to start planning for life after high school. It is never too early to start planning our children's future. Even the best novels were made by first planning the end! Keep your eyes open to know the day, time and place where the Monthly Migrant Meeting will take place.



Book Fair Volunteers



This year's book fair is December 2nd-7th. To make the week be a successful week, we need volunteers to help run the book fair. Times are available in 3-hour time slots every day. If you are interested in volunteering, please call the office at 486-4933.

EXCITED FOR SPELLING!!!

Tonasket elementary students are once again taking part in the Scripps National Spelling Bee! The TES bee is open to all students in grades 1-5. Teachers have already held their classroom spelling competitions which determined the top two spellers in each classroom. We will hold grade level bees in the pods which will determine the top two spellers at each grade level. Please find the schedule for those grade level bees below. The top two spellers from each grade will then move on to the elementary school bee to be held in February. Our top two elementary school spellers will move on to the regional spelling bee held in Wenatchee in March! Please note: the regional bee is only open to spellers in grades 4-8. Both our grade level and school wide bees will be held according to the Scripps Spelling Bee rules. Please visit their website at spellingbee.com for a complete list of these rules.

Grade Level Bee Schedule

1st Grade: Wednesday, December 11th 9:30am
2nd Grade: Thursday, December 12th at 2pm
3rd Grade: Thursday, December 12th at 1pm
4th Grade: Friday, December 13th at 2pm



5th Grade: Friday, December 13th at 1pm

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 PTO Meeting 6pm	4	5	6 First Friday Coffee 8:45am Candy Cane Bingo 5-7pm	7
Scholastic Book Fair 8-4pm Monday through Thursday. Friday 8am-8pm, Saturday 10am-4pm.						
8	9	10	11 Early Release 12:25pm GR1 Spelling Bee 9:30am	12 GR3 Spelling Bee 1pm GR2 Spelling Bee 2pm	13 GR5 Spelling Bee 1pm GR4 Spelling Bee 2pm	14
15	16	17	18 Monthly Migrant Meeting	19 Christmas Music Program 6pm & 7:15pm	20 Last Day of School Before Break Early Release 12:25pm	21
22	23	24	25	26	27	28
Christmas Vacation – No School Dec. 23 rd – January 3 rd , 2020						
29	30	31	1	2	3	4
Christmas Vacation – No School Dec. 23 rd – January 3 rd , 2020						
5	6 First Day Back to School	7	8	9 PTO Mtg.	10 First Friday Coffee	11

Dates to Remember

Dec. 2nd-7th Scholastic Book Fair
 Dec. 3rd PTO Mtg. 6pm
 Dec. 6th First Friday Coffee 8:45am
 Dec. 6th Candy Cane Bingo
 Dec. 12th Early Release 12:25pm
 Dec. 11th GR1 Spelling Bee 9:30am
 Dec. 12th GR2 Spelling Bee 2pm
 Dec. 12th GR3 Spelling Bee 1pm
 Dec. 13th GR4 Spelling Bee 2pm
 Dec. 13th GR 5 Spelling Bee 1pm
 Dec. 18th Monthly Migrant Meeting TBA
 Dec. 19th Music Program K-2 6pm, 3-5 7:15pm

 Dec. 9-13th Report Cards Sent Home
 Dec. 20th Early Release 12:25pm
 Dec. 21st – Jan. 3rd Winter Vacation – No School
 Jan. 6th First day back to school

Anoten en sus Calendarios

2-7 de Diciembre Feria Escolar de Libros
 3 de Diciembre Junta de PTO 6pm
 6 de Diciembre Primer Viernes Café 8:45
 6 de Diciembre Bingo de bastoncitos de dulce 5-7pm
 11 de Diciembre Salida Temprana 12:25pm
 11 de Diciembre Concurso de Ortografía 1er grado
 12 de Diciembre Concurso de Ortografía 2do grado
 12 de Diciembre Concurso de Ortografía 3er grado
 13 de Diciembre Concurso de Ortografía 4to grado
 13 de Diciembre Concurso de Ortografía 5to grado
 18 de Diciembre Reunión Mensual Para Padres
 19 de Diciembre Musical por las Festividades K-2 6pm,
 Grade 3rd-5th 7:15pm
 9-13 de Diciembre Tarjeta de calificaciones
 20 de Diciembre Salida Temprana 12:25pm
 21 de Diciembre – 3 de Enero vacaciones de invierno
 6 de Enero Todos de regreso a la Escuela

Notes from Our School Psychologist

So anyway.....

Just a few more days and we will be officially launching into the Holiday Season with Thanksgiving early release. I hope you find this a restorative time of year. Great opportunity to reacquaint with old friends, relatives or your favorite place on the couch.

There are a few things that I would ask you to consider as we move into the December. First and foremost, routine changes can be difficult for some kids, adults or family units. There really is something to be said for trying to maintain some semblance of "usual" whenever possible. This may be as simple as going to bed on time, evening routines or preferred quiet times.

We are all familiar with difficult times or events being stressful. This can become apparent in a lack of patience, a feeling of being "wound up" or a general sense of anxiousness. This brings us to the super cool word of the month: (wait for it) Eustress. This is a spin off from the work of Hans Selye's study of behavioral escalation and the stress cycle. Anyhow, Eustress is the anxiety or stress that comes from seemingly positive events or activities. In other words just because you are excited about something and looking forward to it, does not mean that it isn't stressful. Example: going on vacation, meeting your new whatever-in-law or planning your daughter's wedding (not to mention paying for it). My point, events such as holiday's can come with their own share of stress and or anxiety, abate hidden. Being aware of your (or your family's) stress allows you to plan, react or monitor emotions. This can be a real positive in helping all to enjoy the season.

I also want to get in a quick plug for positive behavior intervention and support. Really great time of year to think in terms of identifying potentially challenging times for the kids (car rides, changing routines, visiting relatives, so on and so on) and plan how best to support them. Jim's rule of thumb: success takes work and planning. Disasters happen spontaneously.

And most of all, I want to wish you a pleasant turkey day break.

Please give me a scream if I can be of help.

Sincerely,

Jim Huckaby, School Psychologist