



Tonasket Elementary

Focused on Learning and Linking Learning to Life.

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Dear TES Families,

We are in the midst of a very busy time of year here at Tonasket Elementary. With half of the school year behind us now, students have been hard at work completing NWEA MAPS testing in both reading and mathematics during these past few weeks. It is great to see the growth they have made since last fall!

Students have also been doing a great job in applying the skills they've been learning through the Second Step program. In the coming month, our schoolwide theme will be problem solving. In our morning announcements and school assembly we'll be reminding students to use the Second Step Problem-Solving Steps:

- S: Say the problem
- T: Think of solutions
- E: Explore consequences
- P: Pick the best solution

As you can see, the first letter of each step spells the word "step." Remembering "step" helps students solve problems with each other in safe and respectful ways.

This past week, students in grades K-12 auditioned and have been rehearsing for their performance of ***Peter and Wendy***. This is an opportunity that was brought to us by our dedicated group of PTO volunteers and presented by Missoula Children's Theater. Performances will be held on **Saturday, February 1st at 1:00 PM and 4:00 PM** at the Tonasket High School Commons. Tickets will be available at the door for a suggested donation of \$5.00. This is a great entertainment opportunity for families, as well as a way to support our students' interest in the performing arts.

In the coming month we will be gearing up for our annual ***Math is Cool*** competitions. This is a program that provides an opportunity for 4th and 5th graders to work on advanced mathematics and compete with other districts in a regional tournament in Wenatchee this spring. We are fortunate to have these learning opportunities to meet the varied interests of our students.

In closing, I'd like to encourage families to join me for First Friday Coffee at 8:45 AM on Friday, February 7th. It's a great opportunity for me to connect with families and learn about questions, suggestions, or concerns that families may have.

Warmly,
Lilly Martin



Conference Sign Ups Coming Soon! Student Parent Conferences are March 12th-13th. Sign-up sheets will be in the hallway across from the library from February 29th -March 4th.



Notes from Our School Psychologist

So anyway.....

Well, 2020 is off to a roaring start. Kids are back, got some cold, got some snow and now we are moving into the “mush and mud” phase. Hard to believe that the half way point of the school year is upon us. So much to do, better get to it.

I want to begin by dragging out one of my favorite soap boxes; as adults and parents we need to be **INFORMED CRITICAL CONUSMERS** of new information. There is so much inaccurate information out there, especially on the internet, that one would think that all of the world’s problems have been solved. You just need to buy the right thing or read the right book.

If, know, when you see the statement “Scientifically Proven”...beware. Jim’s rules for consuming science: 1) Research rarely **PROVES** anything. There is always another possible explanation. 2) You can **PROVE** anything with statistics or so it is claimed (I once **PROVED** that shoe size determined the number of cavities you had for a class I taught) and 3) Real science is rarely for sale.

This pretend science can be anywhere between just plain dumb and downright dangerous. So please, if in doubt, inquire. It is commonly worth the time to have a discussion with a professional if you are not sure. Many of us work hard to stay current in the literature and are usually quite happy to help. OK, enough said.

I would like to talk briefly (like I’m ever brief) about multitasking. Don’t...it doesn’t work. In spite of the overwhelming empirical evidence that suggests (notice I didn’t say proves) that multitasking negatively impacts our performance, I still find myself in having the same conversation, especially with teens / tweens. The bottom line is that our brains are simply not wired for doing multiple things at the same time.

Let’s revisit my youngest now married daughter back in the wonderful middle school years. I would enter her room (almost used another word there) and she would be pretending to study while listening to music and texting. Even though I tried to share my wisdom on the subject, she swore that it helped her concentrate. Let’s look at the facts: given what we know about how the brain is wired, you have a limited amount of attention. When you are actually concentrating on something, it uses up a large portion of your available working memory. Think of it like a flashlight: only so much light to work with.

When you move your cognitive flashlight to something else, it takes a moment to process what you are looking at and refocus. Let’s move the light again, and again, and again. Each time you switch the focus of your attention, you have to reorient and activate the appropriate memory schema. How does that saying go: three steps forward and two steps back.

Jim’s suggestion; do a high concentration task for a limited amount of time and.....take a break. Again, based on how our brains work, we can really only fully attend to something that has a high cognitive load for a limited amount of time. After that we work harder for less gain.

This is true for adults as well. Trying to have a conversation, watch TV and knit simultaneously will typically lead to disaster. Well, OK, I don’t knit but you get the point. So when doing something worth doing in the first place, give it the attention it deserves. This fits nicely into the idea of mindfulness, which we have visited about previously.

Well, time and space are about gone for this month. Life is good here.

If I can be of help, don’t be afraid to give me a call or stop by.

Jim Huckaby / School Psychologist

★★★★PTO NEWS★★★★

Our next meeting will be **Thursday, February 6th at 6pm** in the Elementary School library. We will be discussing the upcoming carnival & much more!

This year's **carnival** is scheduled for **March 6th** and the theme will be *Dr. Seuss*. We need **PARENT VOLUNTEERS** to make this happen. Without parent volunteers, we cannot have carnival games and activities. Please come show your support and sign up to help make this year's carnival a success!

BOXTOPS for EDUCATION – Box tops has a March payout date. We would love to send in a batch of traditional box tops at the end of this month. If you have any Boxtops sitting at home, please turn them into the office. Continue to collect them and scan your receipts – every little bit helps!!!!

Migrant News

The month of February is the month of appreciation! We appreciate the show of affection for both your children and us through your attendance at the monthly migrant meetings. February 19 at 6:00 pm, we will have the opportunity to come together as the great community that we are. Your acquaintances and friends will be present to listen and learn from the great Mr. Donald Bender.

Donald Bender is the coordinator of Family Literacy and Student Participation of the Migrant Program in Yakima. He is a lover of Hispanic Cultural Rooting. He has great knowledge and love for Latino families. He has gotten to know our roots and traditions, therefore; Mr. Bender understands the importance of education for our children. We encourage you to bring your whole family!

If life happens quickly, the months go by faster! Parent / teacher conferences will be held in March. Only one month away!! During the meeting there will be an opportunity to set up your conference, at a time that suits you best. This will be only for elementary students.

Please remember that conferences are mandatory; come on Wednesday 19th to schedule your appointment; otherwise you will be assigned a time.

Learn, rest from the kitchen and enjoy some delicious beef fajitas!

Elementary School 486-4933

Middle School 486-2147

High School 486-2161

District Office 486-2126

Bus Garage 486-2665



February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 MCT Performance 1pm & 4pm
2	3	4	5	6 100 th Day of School PTO Mtg. 6pm	7 First Friday Coffee	8
9	10	11	12 Early Release 12:25pm	13	14 Valentine's Day	15
16	17 Presidents' Day No School	18	19 Schoolwide Spelling Bee 1:30pm Monthly Migrant Mtg. 6pm	20	21	22
23	24	25	26 Early Release 12:25pm	27	28	29
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Conference Sign Up Sheets on the Wall in the Hallway Feb.26-March 4th </div>						

Dates to Remember

- Feb. 1st MCT Presentation 1 & 4
- Feb. 6th PTO Meeting 6pm
- Feb. 7th First Friday Coffee 8:45-9:15am
- Feb. 6th 100th Day of School
- Feb. 12^h Early Release 12:25pm
- Feb. 17th Presidents' Day- No School
- Feb. 19th Schoolwide Spelling Bee 1:30pm
- Feb. 19th Spanish Parents Meeting @ 6:00pm
- Feb. 26th Early Release 12:25pm

- Feb. 26-March 4 Sign up for Conferences

Anoten en sus Calendarios

- 1 de Febrero La representación de "MCT" 1pm & 4pm
- 6 de Febrero Junta de PTO 6pm
- 7 de Febrero Primer viernes Café 8:45-9:15am
- 6 de Febrero Día 100 de la escuela
- 12 de Febrero Salida Temprana 12:25pm
- 17 de Febrero No Escuela- el día de los presidentes
- 19 de Febrero Concurso de Ortografía 1:30pm
- 19 de Febrero Reunión Mensual Para Padres 6pm
- 19 de Feb. Haga su cita para las conferencias con Martha 5:00pm
- 26 de Febrero Salida Temprana 12:25pm

