



Tonasket Elementary

Focused on Learning and Linking Learning to Life.

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Dear Families

Season's Greetings to you! These past few weeks have been full of great opportunities for parents to join us at school for fun events as we showcase the talents of our students and staff.

We kicked the month off with Candy Cane Bingo. We had a good turnout and it was great fun for students of all ages. Special thanks to the PTO for sponsoring this event and for the support they provide us throughout the school year.

Last week, students had an opportunity to showcase their knowledge by participating in our grade-level Spelling Bees. Jennifer Willson, one of our fourth grade teachers, facilitated the competition. Winners from each grade level will compete in our schoolwide Spelling Bee in February. We are fortunate to have Mrs. Willson share her passion for this project with students and staff!

Our music concert is rescheduled for Monday, January 13th. Kindergarten through 2nd grade is at 6pm and 3rd-5th grade is at 7:15pm. Thank you for your understanding and we hope to see you in January for a night of fun.

The winter holidays often bring fun and generate a great deal of excitement in children. However, the busy schedules, change in routine, and added excitement can also increase their stress and anxiety. For information on how to combat this, I am including a link to an article from *Parents.com* on [7 Ways to Reduce Your Child's Holiday Stress](#).

As we look forward to our return to school in January, we will be focusing on re-establishing routines and reminding students of our schoolwide ROAR expectations. These expectations will be explicitly taught to students in all areas of the school (cafeteria, playground, classroom, etc.) through our **Expectations Fair**.

After getting back into the school routine, students will be taking their mid-year **NWEA tests** to measure progress and help teachers plan for future instruction.

We will also begin our schoolwide Second Step theme on **emotion management**. In our morning announcements and school assembly we'll be prompting students to notice their own feelings by paying attention to clues in their bodies, and we'll be reminding them to use their Second Step skills to calm down:

- Stop—Use your signal
- Name your feeling
- Calm down: Breathe, count, use positive self-talk

These skills help students calm down strong emotions when faced with learning and social challenges, which helps them succeed academically and get along well with others.

Second Step lessons specifically teach about calming down strong emotions such as anger, disappointment, frustration, and anxiety. You'll be receiving Home Links that describe why managing strong emotions is important and include fun activities to do with your child to help him or her identify strong feelings and calm down. We hope the Home Links will give you tools to use together when your child is upset.

In closing, I want to encourage you to save the date of our **First Friday Coffee** of the new year! It will be held on January 10th at 8:45 am. This is a time to meet with me and discuss questions, ideas, or concerns you may have. I appreciate feedback from parents and always enjoy the conversation.

I wish you a warm holiday season filled with family and friends, and a prosperous 2020!

Notes from Our School Psychologist

So anyway.....

I have to share, that I really enjoy writing my monthly piece for the newsletter. That said, December is the best of all. Why you may ask; there are a number of reasons.

I get to take a moment and really encourage readers to attend to being present in the moment they are living. It's called mindfulness and there is an enormous amount of research indicating a bunch of benefits from better health to just being happier. For me, it means really listening in a conversation and not mentally reliving the frustrations of the day. Or feeling the air in my lungs when I am exercising and not worrying about who knows what. Or even just tasting the food I am eating instead of face packing so I can get to my desk.

The point; this moment is completely unique and will NEVER occur again. This day is a one timer, no re-dos. Kids grow up, things happen; this time with my family RIGHT NOW is a gift to be treasured.

In December I also get to remind folks that vacations are to some degree stressful (last month's super cool word = Eustress) and may strain nerves over time. Change can be hard, even if it is for a short while. Remember the farther we deviate from our routine the longer the trip back to it.

Most importantly, December gives me the opportunity to be thankful for the amazing life I have been given. I get to work among great people with a generally delightful group of kids in a small(ish) community that hasn't forgotten how to care for each other. My peers and I pride ourselves on being "Student Centered", and this is a good thing. I feel confident that we are indeed making a difference.

So, thank you for giving the Tonasket School District the opportunity to care for and educate your child / children. We take it quite seriously and are appreciative of your trust.

Please be well, enjoy the holiday and come back safely to us.

In the spirit of the season,
Jim Huckaby
School Psychologist
Tonasket School District.

EMERGENCY SCHOOL LATE START/CLOSURE INFORMATION

Tune into KNCW FM 101.7, KHQ Channel 6 Spokane, and KHQ.com to find out information about emergency closure, early release, or late start due to emergencies/weather, by 6:00am.

When possible the school district will send out an automated call and post on Facebook.

★★★★PTO NEWS★★★★

Our next meeting will be Thursday, January 9th at 6pm. We will be discussing the upcoming carnival, Missoula Children's Theatre & much more! Please come & help us map out what looks to be an exciting 2020 for the PTO.

Also, don't forget to scan your receipts and turn in your Box Tops to the elementary school. Help raise money by downloading the app and scanning your receipts. It's quick and simple!

Missoula Children's Theatre is coming to town!

Auditions for **Peter and Wendy** will be held Monday January 27th from 3:30-5:30 pm in the High School Commons. Children in grades K-12 are eligible to audition. Those auditioning should arrive at 3:30 PM and plan to stay for the full two hours. **There is no guarantee that everyone who auditions will be cast in the play.** Some cast members will be asked to stay for a rehearsal immediately following the auditions. Children need to commit to rehearsals that week (M-F) from 3:30-8:00 pm to be able to perform, though not all parts will practice during every rehearsal time. Please contact Ashley Fardys at 322-3650 for more information.



Performances will be on Saturday, February 1st at 1 PM & 4 PM.

Among the roles to be cast are Peter Pan, Tinker Bell, Wendy, John, Michael Lost Boys, Pirates, Neverlanders, and more! All students ages 5-18 are encouraged to audition. No advance preparation is necessary. Assistant Directors will also be cast to aid in rehearsals throughout the week and to take on essential backstage responsibilities.

Peter and Wendy Synopsis

When Captain Hook sends his right-hand man, Smee, on a quest to capture Peter Pan, it's seemingly business as usual...at first. Little does Hook realize what fantastic adventures await him and his pirate posse in their search for the elusive Peter Pan. Mistaken identities, ever-morphing clouds, a classy crocodile, some very lost boys, and a fickle shadow all add to the mayhem. Meanwhile, Mr. and Mrs. Darling embark on a quest of their own and find themselves trekking everywhere from Hawaii to the North Pole in search of their three missing children. With help from the earth-friendly Neverlanders, exotic Neverland creatures, and faithful Tinker Bell, the Darling children are found, disputes are ultimately resolved, and everyone—including Captain Hook—finds a place where they truly belong.

Migrant News

The month of December was a very exciting month! Full of joy, knowledge and hope. We want to take advantage to thank the administrators for the delicious Christmas dinner that they very kindly prepared for our monthly Migrant meeting. The gesture they had to donate their time to cook, serve and clean for us to have that unforgettable dinner, is priceless! At this time it teaches us that giving is better than receiving. Thanks to the administrators and counselors for their noble action. Tonasket Congratulations we are a very strong community. Thanks for attending!

Entering January, we start the year with the right foot, full of energy and magic. Our next meeting will be January 15 at 6:00 pm at the elementary school. Take the opportunity to learn and socialize with other parents in our community. In addition, a delicious Hispanic heritage dinner will be provided. Bring your family and friends we are all welcome! You are the ones who make these fantastic meetings possible!

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
12	13 Music Concert K-2 6pm GR3-5 & 15	14	15 Early Release 12:25pm Migrant Mtg. 6pm	16	17	18
19	20 MLK Day No School	21	22	23	24 Mid-Year Day No School	25
26	27 Missoula Children's Theater Auditions 3:30pm	28 MCT Practice 3:30pm-8pm @ HS	29 Early Release 12:25pm MCT Practice 3:30pm-8pm @ HS	30 MCT Practice 3:30pm-8pm @ HS	31 MCT Practice 3:30pm-8pm @ HS	1 MCT Performance 1pm & 4pm

Dates to Remember

Jan. 1st-3rd No School – Winter Break

Jan. 6th First Day Back to School

Jan. 9th PTO Mtg. 6pm

Jan. 10th First Friday Coffee 8:40am

Jan. 13th Music Concert K-2 6pm

Jan. 13th Music Concert GR3-5 7:15pm

Jan. 15th Early Release 12:25pm

Jan. 15th Pac Meeting 6pm

Jan. 20th No School MLK Day

Jan. 24th No School – Mid-Year Day

Jan. 27th Missoula Children's Theatre auditions 3-5pm

Jan. 28-31st MCT Practice 3:30pm-8pm @ HS

Jan. 29th Early Release 12:25pm

Feb. 1st MCT Presentation 1 & 4

Anoten en sus Calendarios

1-3 de Enero - Vacaciones de invierno – no escuela

3 de Enero Todos de regreso a la Escuela

9 de Enero Junta de PTO 6pm

10 de Enero Primer viernes Café 8:40-9:05am

13 de Enero Musical por las Festividades K-2 6pm,

13 de Enero Musical por las Festividades 3rd-5th 7:15pm

15 de Enero Salida Temprana 12:25pm

15 de Enero Reunión Mensual Para Padres 6pm

20 de Enero No escuela – día de Martín Luther King Jr.

24 de Enero – No escuela - mitad del año

27 de Enero audiciones para el teatro Missoula 3-5pm

28-31 de Enero práctica para el MCT 3:30-8pm @ HS

29 de Enero – Salida Temprana 12:25pm

1 de Febrero La representación de "MCT" 1pm & 4pm

EXCITED FOR SPELLING!!!

Last month students in first through fifth grade participated in a spelling bee. Everyone worked hard and there were some close matches!!! Below are the top two students for each grade level. They will participate in the school spelling bee February 19th. The top two students from that spelling bee will compete in the regional spelling bee held in Wenatchee in March!



Grade 1: Carter Starova and Aidan Fardys
Leslie

Grade 2: Sofia Maldonado and Ava

Grade 3: Sadie Scott and Alondra Polito
and Jax Tompkins

Grade 5: Xen Fardys and Jared Aparicio-Pena

Grade 4: Gabriel Sanchez