

# Tonasket Elementary

**Focused on Learning and Linking Learning to Life.**

35 ES Hwy 20, Tonasket, WA 98855  
Phone: 509-486-4933 Fax: 509-486-2164  
[www.tonasket.wednet.edu](http://www.tonasket.wednet.edu)

Dear TES Families,

September 27, 2023

September has been a busy month for us here at Tonasket Elementary School! As students have been settling into the routine of school, teachers have been busily gathering assessment data to better meet the needs of our students.

There is much going on in the coming month that I want to make sure you are aware of:

**Cookie Dough Fundraiser:** This annual school fundraiser began on Friday, September 22nd. You can place orders with students in person or online. All orders are due **October 6th** and will be delivered just before Thanksgiving break.

**School Pictures:** Parson's will be here on October 5th for school pictures. **All orders must be placed online** and can be made at [www.parsonsp photography.com](http://www.parsonsp photography.com)

**Harvest Party Plans:** As in years past, we will continue to have a **NO COSTUME POLICY** on Halloween this year. The PTO will be sponsoring a trunk or treat this year for those who would like to dress up in costumes to celebrate Halloween.

Your teacher will communicate any Harvest Party plans they are making for your child's classroom.

**Veterans Assembly:** We'll be celebrating Veterans Day with a schoolwide assembly. A slideshow presentation is being created for this occasion and we are seeking photographs of Veterans related to the children in our community. Your scanned photos should be emailed to Kimberly Fitzthum at [kfitzthum@tonasket.wednet.edu](mailto:kfitzthum@tonasket.wednet.edu) **no later than October 27th**. Please include the following information:

- Name of Veteran
- Name of Tonasket student family member (*if applicable*)
- Military branch and rank in military
- If they fought in a war, please tell us which one
- Picture of Veteran in uniform

As always, if you have any questions, concerns or suggestions, please do not hesitate to contact me. You are also welcome to join me for **First Friday Coffee**. 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. We meet on the first Friday of every month at 8:45 AM. Our first meeting of the year is scheduled for Friday, **October 6th**. Hope to see you there!

Warmly,  
Lilly Martin



## **Free Pumpkins!**

Thanks to a generous farmer/doner, Kindergarten and first grade students who are present at school will receive a free pumpkin October 20th. Pumpkins will be going home with your child at the end of the day.



Another year, another October. Time goes fast. Our weather is definitely chilling and as I am looking out the window today... also, wet. I love getting to see all of our students at school working on different projects, playing with friends and learning. We have some great kids. As the season is changing, students will need to adjust their clothing for the colder season (long-sleeves, jackets, pants and closed-toe shoes).

This last month I have been going into classrooms on Fridays to teach our students about bullying. These lessons will continue throughout the whole year. When we talk to kids about bullying we explain to them the criteria for a bully. A bully is someone who intentionally hurts someone else's body or feelings; does these types of unkind things more than once; and that it is one-sided meaning they are doing the unkind things to them and the victim has done nothing wrong/unkind. It is also really important that when this happens that students tell an adult right away.

Sometimes as we go through life we end up facing obstacles and challenges. Having resilience is a group of coping skills that can be taught to help us to persevere and make it through those difficult times. Teaching resilience to kids starts with you and with adults. Caren Baruch-Feldman and Rebecca Comizio say it best, "Just like flight attendants instruct adults passengers to put their oxygen masks on first, it's important for you to learn how to cope with stress and deal with setbacks in your own life before you help a child build these skill" (*The Resilience Workbook for Kids*, 2022, p. xi). Some skills that we as adults can use and also teach our kids are naming our emotion (e.g. I am feeling sad, etc.); using positive self-talk or writing self affirmations down (e.g. I can do this! Or I am going to have a good day! Or I am doing my best! etc.); and developing an attitude of gratitude (e.g. I am thankful for the rain providing moisture in the ground, etc.). There are lots more strategies that can be used as coping skills that make up resilience. You can find some of them here...  
<https://www.apa.org/topics/resilience/building-your-resilience>.

To conclude, as always I truly love working with each and every student and appreciate all you as parents do to support the school and our kids. If there are any needs or questions please feel free to reach out through email or phone.

Sincerely,  
Cayla Monroe-Sellers  
ES Counselor  
[cmunroe-sellers@tonasket.wednet.edu](mailto:cmunroe-sellers@tonasket.wednet.edu)

**Counselors**

**Corner**

## **PTO News**

Lots of exciting things are going on this month! Our next meeting is Oct. 19<sup>th</sup> from 6-7pm. The book fair will be open from 5:30-7pm. **Come to join the meeting and win some door prizes for the bookfair!**

Mark your calendars for our upcoming **Trunk or Treat on Halloween night** – October 31<sup>st</sup> from 5:30-7pm. If you are interested in having a trunk at the school, please fill out the attached participation form and return it to the office by October 19<sup>th</sup>. If you are interested in **donating candy** for the event, please bring it to the school office as well!

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## **Cookie Dough Fall Fundraiser**

Our annual ASB Fall Fundraiser is back! Packets were handed out last week. Students can sell in person or through the online links. The last day to turn in the packet is Oct. 6<sup>th</sup>.



Online set up is easy if you choose to register your child and sell that way. Families can choose to ship to their house if it isn't frozen items. If shipped to the school, items will tentatively be delivered right before Thanksgiving. Please make checks out to Tonasket ASB. If you have questions, call Lalaina Caddy at 486-4933. Thanks for helping support our schools through the fundraiser!

Money raised from this fundraiser goes to help cover assembly costs, field trips, rewards etc.

★★



## **Scholastic Book Fair Coming Soon: Volunteers Needed**

The Scholastic Book Fair is almost here. Get ready...everyone's favorite characters and series, cool posters, and all of the awesome stuff that your student(s) need to help them create their own story, are coming to the Elementary Library from October 16<sup>th</sup>-20<sup>th</sup>. The book fair will be open the following times:

**Monday** - 10am-2pm

**Tuesday – Friday** 8am-4pm

**Wednesday** – 7pm-8pm for the migrant meeting

**Thursday** – 5:30-7pm for the PTO meeting

We need **YOUR HELP** to make it successful. If you are interested in volunteering for a 3 hour time slot please call the office at 486-4933.

We're so excited for the best week of the year! Catch you at the Fair!

Elementary School 486-4933

Middle School 486-2147

High School 486-2161

District Office 486-2126

Bus Garage 486-266



# October/Octubre 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Picture Day	6 First Friday Coffee	7
	Fall Fundraiser – Turn in packets anytime up to October 6 <sup>th</sup> .					
8	9	10	11	12	13 Early Release 1:45pm	14
15	16 No School LID Day	17	18 Monthly Migrant Meeting 6pm	19 PTO Mtg. 6pm	20 Early Release 1:45pm	21
	Scholastic Book Fair Mon. – 10am-2pm, Tues.-Fri. 8am-4pm, Wed. 7pm-8pm, Thurs. 5:30-7pm					
22	23	24	25	26	27 Veterans Pictures Deadline Early Release 1:45pm	28
29	30	31 PTO Trunk or Treat 5:30-7pm				

## Dates to Remember

Oct. 5<sup>th</sup> Picture Day  
 Oct. 6<sup>th</sup> First Friday Coffee 8:45am  
 Oct. 6<sup>th</sup> Early Release 1:45pm  
 Oct. 6<sup>th</sup> Cookie Dough Due  
 Oct. 13<sup>th</sup> Early Release 1:45pm  
 Oct. 16<sup>th</sup> LID Day – No School  
 Oct 16th-20th Scholastic Book Fair  
 Oct. 18<sup>th</sup> Migrant Monthly Meeting 6pm  
 Oct. 19<sup>th</sup> PTO Mtg. 6pm  
 Oct. 20<sup>th</sup> Early Release 1:45pm  
 Oct. 27<sup>th</sup> Veteran's Day Pictures Due  
 Oct. 31<sup>st</sup> Trunk or Treat 5:30-7pm

## Anoten en sus Calendarios

5 de Octubre Dia de Fotos  
 6 de Octubre Primer Viernes Café 8:45  
 6 de Octubre Salida Temprana 1:45pm  
 6 de Octubre Masa de galletas  
 13 de Octubre Salida Temprana 1:45pm  
 16 de Octubre Día LID - No hay clases  
 16-20 de Octubre Feria Escolar de Libros  
 18 de Octubre Reunión Mensual Para Padres 6pm  
 19 de Octubre Junta de PTO 6pm  
 20 de Octubre Salida Temprana 1:45pm  
 27 de octubre Fecha límite para las fotografías del Día de los Veteranos  
 31 de Octubre Trunk or Treat 5:30-7pm

## **End of the Day Routines**

Please help keep your children safe by abiding to the end of the day routine of your child. All changes need to be made prior to 2:30pm. It is really hard to get last minute changes to your child when everyone is coming in to pick up their child as well. If you decide to pick up your child last minute, **please make sure to come to the office to get your child.** Do not try and take them from the bus line. Staff members do not know all parents. School practice is to NOT release your child unless it has been cleared through the office.



School Picture Day is Thursday, October 5<sup>th</sup>. Parsons is doing everything online so please see the attached flier for their link to the website.



# Migrant News

Dear Migrant Families and Enthusiastic Parents Committed to Education:

This October "we will go all out" Okanogan Highlands Alliance through its education department and in association with the Migrant Program will screen a documentary, in Spanish, of great interest to everyone; In addition to being educational, it is very interesting. We have planned to kick off the Migrant Monthly Meetings by turning the elementary school parking lot into a drive-in movie theater (we've done this before). If it was a rainy day then the screening would be moved to the elementary school cafeteria.

To all of the above we must add that our fantastic administrators will cook and serve dinner for all attendees. They will also offer popcorn, shaved ice and cotton candy. We'll see you here.

Something wonderful and special that will happen that Wednesday is that the Book Fair will be open from 7:00 pm to 8:00 pm so you can visit it with your child(ren).

**Wednesday October 18 @ 6:00 pm**

**What a wonderful partnership between parents and principals seeking student success!**

**Fall Pictures**  
ARE COMING SOON!  
*¡Las fotos de otoño llegarán pronto!*  
October 5<sup>th</sup>  
VISIT US ONLINE AND  
PRE-ORDER TODAY!  
parsonsp photography.com  
*¡Visítenos en línea y pre-ordene hoy!*




**MORE OPTIONS AVAILABLE ONLINE!**  
*¡Más opciones disponibles en línea!*

**CHORE CHARTS**  
*Gráficos de Tareas*

**PHOTO BOOKMARKS**  
*Marcadores de Fotos*

**ALL ABOUT ME**  
*Todo Sobre Mí*




SCHOOL PORTRAITS  
*Retratos Escolares*

**ORDER ONLINE**

**CAN'T ORDER ONLINE?  
CALL US AND WE'LL HELP!**  
*¿No puedes ordenar en línea?  
¡Llámanos y te ayudaremos!*

(509) 662-9576  
(800) 846-8469  
parsonsp photography.com



**TONASKET  
ELEMENTARY'S  
Trunk  
or  
Treat**



Save the date  
Saturday, Oct 31<sup>st</sup>  
5:30-7:00



**There will be a  
prize for the best  
decorated trunk!**

**\*\*\*Trunks Needed\*\*\***  
Decorate your trunk and have  
fun passing out candy. Contact  
the PTO at Tonasket Elementary PTO  
chat. Fill out form in School  
newsletter or email us @  
tonasket.pto@tonasket.wednet.edu  
To reserve your parking spot  
today!



**BOO!**