

Tonasket Elementary

Focused on Learning and Linking Learning to Life.

35 ES Hwy 20, Tonasket, WA 98855
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Dear TES Families,

September 29, 2021

As the weather gets cooler and the leaves on the trees begin to change colors, our school year is now in full swing. Students and staff have been building new relationships in their classroom communities and working hard at learning new things every day.

It has been great to have all of our students in class full time this year, although it hasn't been without challenges. As COVID 19 rates remain high in our county, we've experienced increases in students with signs of illness and exposure to positive COVID cases in our school community.

Our first priority is to keep our students and staff members safe and healthy. To do this, we need to all work together. Parents, please be aware:

- Students and staff members should stay home when they are sick.
- If your student develops symptoms while at school, you will be asked to pick up your child.
- Students with COVID symptoms must remain out of school for 10 days and be symptom free for at least 24 hours prior to returning to school.
- If your child is exposed to a positive case while at school you will be notified via our school messenger system, so please be on the lookout for phone calls/emails from the school.
- In the event that your child needs to quarantine, they will be provided with a device so that they can keep up on homework remotely.
- Those in quarantine should check their teacher's SeeSaw or Google Classroom accounts for assignments.

Despite the challenges we are facing, I'm thankful we are able to keep our schools open with the majority of our students in classrooms and learning!

There are a number of ways to get involved and support students this coming month! This week, we were able to resume our annual **Cookie Dough Fundraiser**. You can place orders with students in person or online. Orders are due **October 8th**.

Our **Parent-Teacher Organization** is resuming regular meetings and they need you! Parents, teachers, grandparents, caregivers and community members are all welcome. There will be a meeting in the Elementary School Library on **Monday, October 4th at 6:00 PM**. You can attend in person or virtually. Please note: Masking and distancing is required for all in-person meetings on our campus.

Finally, I encourage you to save the date for our virtual **Tiger Talk Friday** on the second Friday of every month. Our first one will be held on **Friday, October 8th**. This is a time to meet with me and discuss questions, suggestions, or concerns you may have. I appreciate feedback from parents and always enjoy the conversation. I'll be hosting two sessions; a Spanish session at 8:00 am and an English session at 8:45 am. Joining information is below:

English Session: 8:45 AM - 9:15 AM go to meet.google.com/rpf-xcuc-nqe To join by phone, call 1 336-515-0869 and enter PIN#: 426 565 195#

As always, please reach out to me if you have questions, suggestions, or concerns.

Warmly,
Mrs. Martin



Note from the Nurse:

Send student/staff home if they show 1 of the following

- Fever (100.4°F) or chills
- Cough
- Shortness of breath
- Recent loss of taste or smell

Send student/staff home if they show 2 or more of the following

- Fatigue, unusual
- Muscle or body aches
- Headache
- Sore throat
- Congestion
- Runny nose
- Nausea or vomiting
- Diarrhea (3 or more watery stools in 24 hours)

Instruct family/staff to contact their healthcare provider or Okanogan County Public Health to inquire about being tested

How to get back to school/work?

Negative COVID test= may return 24 hours after symptoms are improved, bring note with negative test information

Positive COVID test=if symptom free- may return 10 days after positive test

No Test (sent home for symptoms, choose not to be tested) = 10 days after your symptoms started AND at least 24 hours after fever resolves without medication to reduce fever

Bring a note from your Doctor releasing you back to school/work if you believe your symptoms are not related to COVID or you have been cleared to return

Exposed to COVID? Stay home and watch for symptoms for 14 days. Call Public Health or Primary Care Provider for guidance. Bring note if released prior to 14 days

Family Health Centers 509-422-5700

Confluence COVID Line 509-663-8711

Okanogan County Public Health 509-422-7140

North Valley Hospital 509-486-2151

★★★★PTO NEWS★★★★

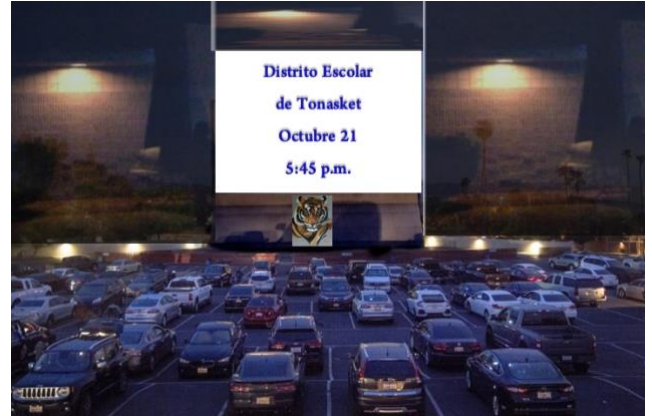
The PTO needs YOUR help!!! Our PTO officers time is up and we need all new officers! Parents, teachers, grandparents, caregivers and community members are all welcome. There will be a meeting in the Elementary School Library on **Monday, October 4th at 6:00 PM**. This will be a virtual meeting.

Migrant News

Dear Migrant Families:

We are very excited to share with you that this October will be our first Migrant Monthly Meeting. This fall we will have the opportunity to return to those old days where the family spent a very pleasant time at the drive-in theater. YES! You are reading correctly, we will have a drive-in movie with an instructional documentary full of teachings, motivation and very interesting content that will be suitable for the whole family.

This will probably be the only monthly migrant meeting in which we can meet but as the saying goes, together but not scrambled. Each family will stay in their car and from there they can enjoy a delicious and famous migrant dinner. It will surely be cold, bring your blanket (s), and enjoy the documentary on film. You will tune in to a radio station and there you can listen to the audio. We are very happy to see you again in person!! Having our migrant families back and being able to greet them, we are excited just thinking about it. WELCOME! We are working hard to make this happen and for everything to go well. WE CANNOT WAIT TO SEE YOU at 5:30 pm, October 21st!



If your children attend the after school program, you are very lucky to be able to park, pick up your child (ren), have dinner, learn, and enjoy this great night with your family.



Fall Fundraiser

By now, everyone should have received cookie dough packets for our fall fundraiser! This year, the company has expanded to having things online if you choose to register your child and sell that way. There are tons more options to pick from at a lower price! Items such as wrapping paper, Seahawk gear, flowers, jewelry, trail mix and cheesecake! Online set up is easy and families can choose to ship to their house if it isn't frozen items. The deadline is next Friday, October 8th! If you choose to sell just cookies and use the sheets, people can make checks out to Tonasket ASB. If you have questions, call Rosemary Stevens at 486-4933. Thanks for helping support our schools through the fundraiser!

Attention Parents

The nurse's office is in need of used boy and girl clothes in sizes 4-8. Sometimes our little ones have bathroom, recess or lunch accidents. Leggings and sweatpants are great but jeans and shorts are good too. Send any donations with your child or deliver them to the office. Thank you!



Fall



is



here...

You can see the change; the weather is colder and the leaves are changing color. I can hear the tractors going, the ladders clinking and voices talking as food is being harvested. It is one of my favorite times of year.

Can you believe that we are through the first month of school? Just like the changing of the seasons and adjusting to the colder weather, our kids are also adjusting to change. No more summer nights or days at home. You might be experiencing resistance in the morning, tears, or complaints of stomach aches. There might be voices of fear or worry about how long the days seem (my own kindergartener complains of the long days). The good news is that as we go through the month of October the newness of change will wear off and our students will be settled into a new routine.

You may be asking yourself, “how can I help with adjusting to this new routine?” Consistency is key. There was a man by the name of Pavlov – Pavlov came up with the idea of classical conditioning. Classical conditioning is the process where an unconditioned stimulus has an unconditioned response. For example, in the classroom teachers can apply classical conditioning in the room by creating a positive classroom environment – they can pair a fear or anxiety such as reading aloud in class with a pleasant response such as cheering or a tiger paw so that the student learns a new association.

You can apply this at home with getting your student to school. Create a positive routine in the morning through encouragement.... “school is exciting” and “you are going to have so much fun” and then respond when they get home by asking them questions such as “what did you learn?” “What was your favorite part of the day?” When you are consistently excited about the art piece they brought home or the book from the library you are teaching our students to be excited about school and what they are going to learn. Soon they will want to go to school (most of the time) so that they can bring home facts or artifacts and share in the excitement. In other words, you are creating new associations of the change that happens with going to school.

Well as we get to the end of this letter I wish you all the best and a great month of October. The schools wouldn't run without our supportive parents. If you need anything or have any questions please feel free to reach out with an email or phone call.

Sincerely,

Cayla J. Monroe-Sellers
Elementary School Counselor
cmonroe-sellers@tonasket.wednet.edu

Counselors **Corner**



October/Octubre 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Picture Day	2
3	4 PTO Meeting 6pm	5	6	7	8 Tiger Talk 8am & 8:45am Cookie Dough Orders Due	9
10	11	12	13 Early Release 12:25pm	14	15	16
17	18 No School – Teacher LID Day	19	20	21 Monthly Migrant Meeting 5:45pm	22	23
24	25	26	27 Early Release 12:25pm	28	29	31
31						

Dates to Remember

Oct. 1st Picture Day
 Oct. 4th PTO Mtg. 6pm
 Oct. 8th Tiger Talk Friday
 Oct. 8th Cookie Dough Due
 Oct. 13th Early Release 12:25pm
 Oct. 21st Migrant Monthly Meeting 5:45pm
 Oct. 27th Early Release 12:25pm

Anoten en sus Calendarios

1 de Octubre Dia de Fotos
 4 de Octubre Junta de PTO 6pm
 8 de Octubre Viernes virtual Tiger Talk
 8 de Octubre Masa de galletas
 13 de Octubre Salida Temprana 12:25pm
 21 de Octubre Reunión Mensual Para Padres 5:45pm
 27 de Octubre Salida Temprana 12:25pm