

Tonasket Elementary

Focused on Learning and Linking Learning to Life.

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www.tonasket.wednet.edu

Dear TES Families,

September 29, 2022

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 will begin on **October 5th**. You can place orders with students in person or online. All orders are due **October 19th** and will be delivered the first week of December.

School Pictures: Parson's will be here on October 6th for school pictures. Parsons would like orders to be placed online and can be made at 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. In addition, we will be having a schoolwide celebration on Tuesday, November 1st. Students and staff may wear pajamas on this day.

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 **no later than October 28th**. 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 **October 7th**. Hope to see you there!

Warmly,
Lilly Martin



School Picture Day is Thursday, October 6th.

Watch for a flier coming home on Monday.

Greetings and Happy Fall!

This is my first newsletter of the year so if you don't know who I am my name is Cayla Monroe-Sellers (the kids call me Ms. Cayla) and I am your student's elementary school counselor. Each month you will see a newsletter from me that shares just some of the ins and outs of mental health, bully prevention, and other related topics.

The start of the school year is always a busy one for me. Oftentimes after the first week or so of school I start to see students who are showing symptoms of anxiety (stomachaches, excessive crying, difficulty controlling feelings of worry, trouble concentrating, sweating, etc.). Having a child who struggles with signs of anxiety can be stressful and can feel powerless. Anxiety disorders are one of the most common types of diagnosed problems found in children and adolescents. In fact 1 in 10 students will meet the criteria for anxiety disorder (Rapee et al., 2008). As a school counselor I legally and ethically cannot diagnose your child with anxiety, however I am a resource that can help you and your student with the symptoms associated with it. Some of the ways I may work with you and your child is by sharing a workbook with you or by providing check-ins beginning and mid-day. I may also work individually with students for short-term, or provide a small group setting for support. There may be times I refer/recommend students to long-term mental health counseling if the student needs greater support than what I can offer. Some things you as a parent can do at home is talk to your student and discuss their worries and fears, help them practice positive self-talk, and give encouragement.

This next month (October) is National Bully Prevention Month. How we recognize bullying at school is by looking at and asking three questions.....

"Is what is happening hurting bodies or feelings?"

"Is the unkindness happening repeatedly?"

"Is it one-sided (mean things are happening to a person and the person has not done anything to the one being mean)?"

If the answer is yes to all three of these questions then we can recognize that what is happening is bullying. When a student feels they are being bullied it is important that they report to a person they feel safe talking to. This could be a Principal, Teacher, Recess Supervisor, Counselor, Parent, etc. The difference between reporting and tattling is that the student reporting is wanting the unkindness to stop vs telling an adult to simply get another student in trouble. I encourage you to speak with your student on kindness and discuss why bullying is not okay.

To conclude, I hope that you all have a great October and please reach out if you have any questions, concerns or needs. I love working with and getting to know all of our Elementary students and am looking forward to this school year.

Sincerely,

Cayla Monroe-Sellers

ES Counselor

cmunroe-sellers@tonasket.wednet.edu


Counselors

Corner

PTO News

Hello Friends and Families! We are so excited to get this year started! We are looking forward to a year filled with fun! Due to the success of our Spring Fund Run, we are happy to announce that we are **bringing back** some super great events! We have **Trunk 'r Treat** coming back in October, **Missoula Children's Theater** in January, and of course our **Fund Run** is coming back! We are hoping to also have some other fun activities spread out throughout the year!

Did you know you can support PTO by shopping? If you download the **Boxtops app** and scan your receipts or add PTO as your charity on **Amazon**, a portion of those already planned purchases will come directly to us! What a great way to contribute!



PTO meetings are every Third Thursday of the month at 6:00pm in the Elementary School Library! If you can make it, great, if you can't, please feel free to send us an email at tonasket.pto@tonasket.wednet.edu if you'd like to **volunteer for any of the events** we have throughout the year we are always looking for extra hands! This year is going to be a great one!



Cookie Dough Fall Fundraiser

Our annual ASB Fall Fundraiser is back! It will be held October 5th-19th. Look for packets going home Oct. 5th to be able to start selling locally or through the online link.

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. The deadline is Wednesday, October 19th! If shipped to the school, items will tentatively be here the first week of December. Please make checks out to Tonasket ASB. If you have questions, call Cassandra Kauffman at 486-4933. Thanks for helping support our schools through the fundraiser!



**Sell 30 Items to win all 12
GOATz!**



Scholastic Book Fair Coming Soon: Volunteers Needed

It's Happening! 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 31st-November 4th 8am-4pm. We will also have a special spooktacular event at the Trunk-or-Treat on October 29th from 6:30pm-8:30pm.

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 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Cookie Dough Kickoff	6 School Picture Day	7 First Friday Coffee 8:45am	8
			Cookie Dough Fundraiser Oct. 5 th -19 th			
9	10	11	12 Early Release 12:25pm	13	14	15
Cookie Dough Fall Fundraiser Oct. 5 th through Oct. 19 th .						
16	17 LID Day – No School	18	19 Migrant Meeting 6pm	20 PTO Meeting 6pm	21	22
Cookie Dough Fundraiser Deadline Wednesday, Oct. 19 th						
23	24	25	26 Early Release 12:25pm	27	28 Deadline for Turning in Veteran Information	29 Book Fair Spooktacular 6:30pm-8:30pm PTO Trunk or Treat 6:30-8:30pm
30	31	Scholastic Book Fair 8am-4pm Monday through Friday Oct. 31 st -Nov. 4 th .				

Dates to Remember

Oct. 5th Cookie Dough Kickoff
 Oct. 6th Picture Day
 Oct. 7th First Friday Coffee
 Oct. 12th Early Release 12:25pm
 Oct. 17th LID Day – No School
 Oct. 19th Cookie Dough Due
 Oct. 19th Migrant Monthly Meeting 6pm
 Oct. 20th PTO Mtg. 6pm
 Oct. 26th Early Release 12:25pm
 Oct 29th Book Fair Spookacular 6:30-8:30pm
 Oct. 29th Trunk 'r Treat 6:30-8:30pm
 Oct 31-Nov. 4th Scholastic Book Fair

Anoten en sus Calendarios

5 de Octubre empieza recaudan de fondo masa
 6 de Octubre Dia de Fotos
 7 de Octubre Primer Viernes Café 8:45
 12 de Octubre Salida Temprana 12:25pm
 17 de Octubre Día LID - No hay clases
 19 de Octubre Masa de galletas
 19 de Octubre Reunión Mensual Para Padres 6pm
 20 de Octubre Junta de PTO 6pm
 26 de Octubre Salida Temprana 12:25pm
 29 de Octubre Feria Escolar de Libros 6:30-8:30pm
 29 de Octubre Trunk 'r Treat 6:30-8:30pm
 31 de Octubre-4 de Noviembre Feria Escolar de Libros

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.

Migrant News

Happy autumn!! We already held our first Monthly Migrant Meeting, we had the opportunity to meet the new superintendent Kevin Young along with the principals and counselors of each school . Thanks to the families who were able to join us that night despite work, family and household chores! The PAC officers were elected during the Migrant Night. The first PAC meeting was held on September 29th with great success.

In preparation for the cold months that are in our way, the PAC officers made the decision to present the topic of Reading for the month of October. As you know during those months we spend a lot of time indoors - this allows students to have more time to read. Please come meet the Reading Specialists who will share amazing ideas.

Happy Reading!

October 19 @ 6:00 p.m.

