

the
D E C E M B E R 2 0 1 1
COLT FAMILY

MCKINLEY ELEMENTARY 5 12TH ST SW, WATERTOWN, SD 57201
882-6350



*Happy
Holidays*

*Warm wishes this
Holiday Season from
our home to yours!*

*HAVE A VERY MERRY
MCKINLEY CHRISTMAS!*



WHEN is Christmas

Vacation?

December 23 thru January 3

**January 4, 2012 = School
Resumes**

✧ Principal's Corner ✧

Dear McKinley Parents & Guardians,

The holidays are a fun and wonderful time, but also a very busy one, and holiday stress and anxiety in children can be a common occurrence. During the holidays, there are lots of fun activities and events going on, both at home and at school. And while that can be a good thing, the reality is that all that hustle and bustle means schedules are often out of whack, bedtimes get pushed back, and routines are disrupted. As a result, kids may feel some degree of holiday stress.

Set a calm example. As with many situations, the way parents handle an issue can set the tone for how their kids will behave. If you let holiday stress get to you, your kids will pick up on it.

Remember the importance of routines. The holidays can throw a big wrench into household routines. To minimize holiday stress in your kids, try to get routines back on track once an event or party is over. For instance, if a school holiday concert or gathering goes past your child's bedtime, try to stick to quiet, calm activities the next day and get your child to bed on time the next night.

Watch what they are eating. Between all the extra sugary holiday snacks and the lack of time to sit down to regular meals, it can be easy for kids to eat less healthy foods. Whenever possible, offer healthy snacks, such as air-popped popcorn or apple slices with cheese and crackers. Limit the cookies and candy to extra special treats.

Get your child moving. Fresh air and exercise are essential for boosting mood and alleviating stress and anxiety. Make sure you schedule some time to get your child outside to run around and play. Build a snowman or go sledding!

Avoid over-scheduling. As tempting as it may be to accept every invitation from friends and family, try to limit your activities so your child is not overwhelmed. A couple of events a week may be fine, but having obligations every day can be overwhelming.

Schedule some quiet time. Having some peace and quiet with your child is more important than ever during the holiday season. Schedule time to read a book or draw and color a picture for someone special. Take a walk outside and enjoy nature.

Remind your child, and yourself, what the holidays are really all about. Extend a helping hand to those around you. The best gift to give anyone is your time. Shovel an elderly neighbor's sidewalk or wrap presents for a local charity.

May your holiday season be stress free and peaceful!
Happy Holidays!
Mrs. Bollinger

Thank You!

THANK YOU TO EVERYONE WHO JOINED IN THE FUN AT OUR ANNUAL TURKEY BINGO! THANK YOU TO OFFICE PEEPS AND PLAINS COMMERCE BANK, OUR BUSINESS PARTNERS, FOR VOLUNTEERING THEIR TIME. THANK YOU TO THE STAFF AND PARENT VOLUNTEERS WHO WORKED HARD TO MAKE THAT NIGHT A SUCCESS! WE LOOK FORWARD TO TURKEY BINGO NEXT YEAR!



Social Work Corner

Your school social worker is here to provide support and connect parents with resources.

Here are some resources:

Free meals are served every week at these times and locations:

Monday--The Banquet 5:30-7:30 pm at Grace Lutheran Church

Tuesday--7 am-9 am First United Methodist Church

Thursday--6:15-7:30 pm County Fair Banquet Hall

Saturday--7-9 am Salvation Army Community Room

PACH (People Against Child Hunger)

On Friday students receive a bag of food that helps to provide snacks and meals for the weekend. Parents must complete an application to participate. The program does not have any income requirements. If you are interested, please contact Paula Davis.

Household Products

Through donations and support from the Watertown community, there are household cleaning and personal care items such as laundry soap, toilet paper, toothpaste and shampoo etc available for families who cannot afford them. If you need these items to help you, please contact Paula Davis.

Winter Gear

Service organizations in our community have offered to help with winter coats, snow pants and boots. If your child is in need of any of these items, please contact Paula Davis. We want children to have what they need for the cold weather.

Free/Reduced Lunch Application

If your income changes because your hours were cut or because of unemployment at any time during the school year you can fill out a new application for free/reduced lunches.

If you have any questions or need more information, call me at 882-6350 (McKinley) or 882-6360 (Roosevelt) or e-mail me at paula.davis@k12.sd.us

DECEMBER CALENDAR

December 12
5th Grade Full Band
Practice @ WMS

December 13
1st & 2nd Grade
Christmas Program

December 19
6th Grade Full Band
Practice @ WMS

December 20
5th Grade Band
Concert in Music
Room-12:15 pm

December 21
Preschool Christmas
Program in Music
Room-11:00 (A.M.
class) & 2:45 (P.M. class)

**December 23 thru
January 3 =
Christmas Vacation!**

**School Resumes
January 4th**

Message for Parents



REMINDER TO PARENTS/ GUARDIANS

For the safety of your child, please make sure that they are leaving school grounds after school. There is no after school supervision on the playground, or on school grounds. Together we will strive to keep our kids safe! Thanks!

MESSAGE FROM KIDSCOPE

This time of year when bad weather is possible, we would like to remind parents of Kidscope kids that when school closes early or is closed due to bad weather, there is **NO KIDSCOPE**. Parents will also be reimbursed for those days.

**HAPPY HOLIDAYS
TO ALL!**

