

TUKWILA ELEMENTARY NEWSLETTER

Tukwila Elementary is a Title I School-Wide School

Steve Salisbury, Principal - 206.901.7505

Carla Carrizosa, Assistant Principal - 206.901.7530

Charlotte Bartley, Office Manager - 206.901.7503

Robin Allsopp - Elementary Secretary 206.901.7502

March 2019

Principal's Message:

MARCH IS HERE!

The snow is gone and we have wonderful sunshine to start the month. March is a great month for Tukwila Elementary, we have very little time off in March so the students and teachers can do some SERIOUS learning, making SERIOUS progress getting all of our students ready for spring testing, to do our best because we want to showcase our learning and how good we are.

Parents - please remember to check the lost and found for the multi pieces of clothing that is at school and not in your house,

Also, keep in mind when visiting your child at school for any kind of celebration, please, if you bring balloons, the balloons must leave with you when you leave. Thank you for your cooperation with this matter.

March is a great month to have a family goal of NO absence and NO tardy days. Everyone here every day on time READY TO LEARN.

Have a wonderful month!

Steve Salisbury
Principal



Tukwila PTA Notes:

3/4-3/8 - Book Fair

3/8 - Popcorn Friday

3/8 - Movie Night

3/25--3/28 Candy Grams

Early Dismissal Days for March

3/13 - Early Dismissal - students released at 12:45 - Parent/Teacher Conferences

Upcoming events and other important dates:

3/15 All school play to see Tukwila Elementary Student's production of the Disney Musical Aladdin 12:40-1:50

3/19 - All School Field Trip to Foster High School to see the play Hansel and Gretel - 12:30 - 2:15

3/20 NOISE - Northwest Opera in Schools, Etc. Assembly 10:00 AM

To insure the safety of all of our students, hallway doors are to remain closed and locked at all times.

If you wish to pick your child up, you must first sign them out in the office.

NO STUDENTS ARE TO BE RELEASED BEFORE DISMISSAL TIME WITHOUT FIRST BEING SIGNED OUT AND RELEASED THROUGH THE OFFICE.

If you wish to visit the classroom, as always, you are welcome to do so, please remember,

ALL visitors must sign-in with the office first. Please know that if you are in the hallways of Tukwila Elementary without a visitor sticker you will be asked to report to the office to sign-in and wear a visitor sticker.

THANK YOU FOR KEEPING THE SAFETY OF ALL STUDENTS A PRIORITY.



Did you know...

- You can call in an absence for your student 206.901.7502 at any time, 24 hours a day. Please, include the name of your student, the reason for the absence and a phone number where you can be reached if there are any questions.
- For the safety of our students and staff, please enter our school **only** by the main entry door. Visitors must sign in/out in the office and wear a visitor pass.
- Students should arrive at school **no earlier than 8:30am** and depart **no later than 3:30pm** unless they are enrolled in a supervised school activity before/after school.
- You are encouraged to leave last-minute messages for your student **no later than 2:30 PM** so there is plenty of time for the messages to be delivered. **Messages received after 2:00 PM, delivery cannot be guaranteed. Thank you!**
- If you wish to volunteer, either at the school or on field trips, you must complete a volunteer packet **at least** three weeks prior to the activity. Once cleared, the background check is good for two years.
- Check out our website at www.tukwilaschools.org
- Applications for low-cost student school insurance are available in the school office.
- Our lost and found is located at the rear of the main lobby. Please check often for missing items as this collection piles up quickly.
- Our school collects Box Tops for Education. Please deposit Box Tops in the marked container in the main office.

Responsibility is linked to your child's school success...

Educators agree that responsible children do better in school. Luckily, parents have endless opportunities to foster responsibility.

To boost your child's responsibility:

- Enforce a few age-appropriate rules and consequences. State them clearly so your child knows exactly how you expect her to behave—and what will happen if she doesn't.
- Trust her with meaningful tasks. School-age children are capable of handling responsibilities such as picking up their rooms, setting the table and helping with the laundry.
- Talk about financial responsibility. Many kids receive an allowance. This provides a great opportunity to teach about budgeting, spending, saving and giving.
- Let your child make decisions, such as which homework assignment to tackle first. Having the responsibility of making decisions builds confidence.
- Find ways to help others. Discuss what it means to be a responsible member of a community. Talk about different ways your family can contribute, such as by donating gently-used clothing to a charity or volunteering your time for an important cause.
- Adjust rules and responsibilities. As your child matures, her abilities will change. Perhaps she can take on more grown-up chores. Or perhaps she can make new and exciting decisions. Talk about how great it feels to be responsible!

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Tackle social problems before they affect school performance...

Learning how to deal with "friends" who turn out not to be friends is a tough lesson. And it's one that can distract your child from learning and affect his performance in school.

Talk to your child about the qualities that make someone a true friend and suggest he avoid classmates who seem:

- **Selfish.** Does the person seem to think and talk mostly about himself? Is he using your child in order to get something?
- **Phony.** Does the person say one thing and then do another?
- **Dishonest.** Someone who is a friend only because he wants to cheat on a test is not really a friend at all.
- **Unreliable.** Did he say he'd walk home with your child after school, but then head off to someone else's house instead?

Remind your child that he is worthy of real friends and should stay clear of those who are not.

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Help your child gain a better understanding of fractions...

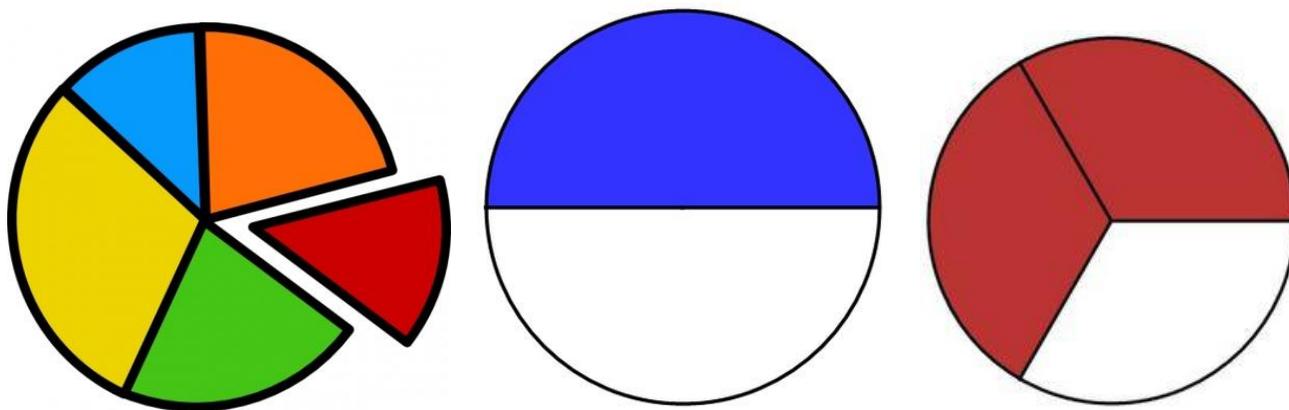
Learning fractions can be challenging for some students. But if your child understands how useful this math concept will be in his everyday life, he may be more motivated to master it.

Point out all the ways you use fractions. For example, when you are cooking for four people but the recipe serves 10, you need to use fractions to divide the ingredients. When you go out to eat with two friends and the waiter brings one check, you have to figure out what one-third of the bill amounts to.

Here are some simple activities to help your child understand fractions:

- Pour a pile of cereal on a tray. To illustrate the concept of one-fourth, divide the pile into four equal sections. Rearrange the pile to illustrate other fractions. Then, challenge your child to illustrate some different fractions.
- Use measuring cups and spoons. There is no easier way to see how many one-third cup measures it takes to make one cup. Let your child experiment to find out.
- Make up fraction facts with your child. One-third of the rooms in our house have windows. One-half of our family members have birthdays in October. One-fifth of the cars on this street are red.
- Mark the passing of time with fractions. Say, "If it takes us 20 minutes to get to Grandma's, how long will it take to get halfway there?"

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A NOTE FROM THE HEALTH ROOM

It's important to start your kids on the path to proper dental hygiene, and this month is as good a time as any. February is National Children's Dental Health Month so we wanted to share some good information that will help you develop good habits at an early age for your child. For starters, scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. Help them achieve good oral health, and you'll be helping them ward off diseases and conditions like gum diseases, infections, bone loss, heart disease, stroke and more serious medical conditions than you might think.

Oral health is such an important part of a child's overall good health, and yet it can be overlooked in young children. Good oral health habits should begin with an introductory dental visit before a child's first birthday and regularly scheduled visits to your dentist every six months. Balanced diet, limited snacks, daily brushing and flossing, and regular dental checkups are the keys to a lifetime of healthy teeth and gums.

Good oral care begins with brushing teeth at least twice a day, once in the morning and then again at night. Brush for at least two minutes per session. Brushing helps remove plaque that can lead to cavities. Because just as much bacteria reside on your tongue as there are on your teeth, you should also be sure to brush your tongue every time you brush your teeth. Between brushing be certain to floss your teeth daily, especially after a meal. Flossing not only gets food particles out from between your teeth that your tooth brush can't reach, it will also reduce the amount of bacteria that builds up around your gums. Eat healthy and nutritious foods and limit the intake of sugary carbonated drinks which can lead to tooth decay. Visit your dentist for regular checkups and cleanings, and ask about fluoride treatments which can be very beneficial in preventing tooth decay. Also talk to your dentist about sealants which can be applied to the chewing surfaces of the back teeth and premolars to prevent tooth decay.

Children's teeth are meant to last a lifetime, and with proper care, a healthy diet and regular dental visits, children can have a healthy and happy smile." Call your dentist today and make your child a dentist appointment. If you need any resources or information you can always give me a call and I will be more than glad to assist you.

Tukwila Elementary Health Assistant

Arita Colin

(206) 901-7509





Activity Calendar 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mexican Dancing
4 Girls on the Run	5 Disney Musical	6 Disney Musical Girls on the Run	7 Robotics 8:30 AM Disney Musical Mexican Dancing	8 Mexican Dancing
11 Girls on the Run	12 Disney Musical	13 Early Dismissal NO AFTER SCHOOL ACTIVITIES	14 Robotics 8:30 AM Disney Musical Mexican Dancing	15
18 Girls on the Run Disney Musical – Performance at The Paramount! 12:00 – 1:30 PM	19	20 Girls on the Run	21 Robotics 8:30 AM Mexican Dancing	22 Mexican Dancing
25 Girls on the Run	26	27 Girls on the Run	28 Robotics 8:30 AM Mexican Dancing	29 Mexican Dancing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2019					1 With your child, keep a record of the moon this month. Look at the moon every night and draw what it looks like.	2 Write your child's name vertically. Have her use each letter in her name to begin a line of a poem.
3 Have your child set a weekly goal. Write it down. Invite other family members to do the same.	4 Have your child figure out the average age of family members. (Add up ages, divide by number of family members.)	5 If your child could be a famous person in history, who would he be? Why?	6 Let your child help you make a family chore chart. Everyone can check off jobs as they finish them.	7 Have a family Geography Challenge. Name a state, province or country. Who can call out the capital first?	8 Encourage your child to sort her books by subject. She can use the library's system or invent her own.	9 Let your child draw on paper with a white candle. His picture will appear when he paints over it with watercolors.
10 Set aside some time to spend one on one with your child today.	11 Create a family joke book. Write one or two jokes per page. Staple the pages together.	12 Play a game of Concentration with math flash cards. Problems with the same answer (9 x 2, 15 + 3) make a pair.	13 If your child could have just one wish, what would it be? Ask her!	14 Encourage your child to take risks as long as they don't affect his safety. For example, have him try a new food.	15 Have a family reading night. Everyone should curl up with a good book.	16 Visit the library with your child. Check out a book about science.
17 Fill glasses with different amounts of water. Have your child tap them with a metal spoon and listen to the tones.	18 Play Alphabet Mixup. Choose a word and put the letters in alphabetical order. Can your child figure out the word?	19 Talk with your child about new words that she thinks should be in the dictionary.	20 Read a story to your child. Later, ask him to retell it to you from memory.	21 Look over your child's homework. Give genuine compliments and helpful criticism.	22 At dinner, talk about how family members are achieving their weekly goals. Celebrate everyone's successes.	23 Let your child clean some dirty pennies with ketchup. Explain that this is a chemical reaction.
24 Practice origami with your child.	25 Look for a community service to do with your child. Consider donating gently-used clothes or toys.	26 List animals your child loves. If she could have any animal as a pet, which would it be? Why?	27 Watch the news with your child. Locate one place mentioned on a world map.	28 Play a game of tic-tac-toe with your child.	29 Tonight, take a walk with your child. See how many stars you can see.	30 Help your child cut an apple in half. Dip the cut edge in a shallow pan of paint. Press on paper for fruit prints.
31 Give your child a hug today.						

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Inquiries regarding compliance or complaint procedures may be directed to the School District's Title IX/Section 504/RCW 28A.640 Compliance Officer or to the U.S. Department of Education, Office for Civil Rights.

Title IX/Section 504/RCW 28A.640 Compliance Officer:
Mr. Aaron Padraig Draganov, Executive Director of Human Resources
Tukwila School District No. 406
4640 S. 144th St.
Tukwila, WA 98168
Phone: 206.901.8005
E-mail: draganova@tukwila.wednet.edu

Section 504 Compliance Officer:
Mr. Richard Quesada, Director of Special Education
Tukwila School District No. 406
4640 S. 144th St.
Tukwila, WA 98168
Phone: 206.901.8005
E-mail: quesadar@tukwila.wednet.edu