

# TUKWILA ELEMENTARY NEWSLETTER

## Tukwila Elementary is a Title I School-Wide School

Steve Salisbury, Principal - 206.901.7505

Charlotte Bartley, Office Manager - 206.901.7503

Robin Allsopp - Elementary Secretary 206.901.7502

## March 2021

### Principal's Message:

Parents and Students,

I continue to be extremely impressed with Tukwila Parents working so hard with my kids so they can be so successful doing their school work, READING their minutes to get their reading minutes done each night/day, getting their math done each day/night so important to work on our math/math facts each day. We have done our MATH, READING each day now DON'T forget our writing OH MY GOODNESS WE MUST write every day, if you don't know what to write about ask your teacher OR write to Mr. Salisbury and tell me about the awesome book you are reading right now OR tell me about your MATH. Tell me about your technology class, music class, library class - tell me about the book fair coming up, and don't forget you can write about your PE skills. So much to write about!



**Students** - your parents are working really hard to help you MAKE SURE you are working so hard so you can be a super team with your adult helper. Also, **YOU** need to **THANK** the adult helping you so you can be a super team.

Have a wonderful March and keep impressing your teacher.

Steve Salisbury, Principal

### Tukwila PTA Notes:

#### Early Dismissal Days for March

3/10, 17 & 31 - Early Dismissal - students released at 2:00

#### Upcoming events and other important dates:

3/12 - End of Second Trimester

3/22 - Report Cards go home!

MARCH 31, 2021 2:00 - 7:00 PM

KINDERGARTEN REGISTRATION FOR 2021/2022

LOOK FOR ADDITIONAL INFORMATION SOON

# Sunday, March 14, 2021, Daylight Savings Time Begins!



REMEMBER TO SET YOUR CLOCKS AHEAD ONE HOUR!



## 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 2:00 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 the online volunteer clearance process 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](http://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.

## Give your child the time and space to think critically...

Critical thinking—the ability to go beyond basic knowledge and consider “the bigger picture”—is a crucial skill for school success. The better students are able to think critically, the more deeply they will grasp new concepts and ideas.

To promote these skills:

- Let your child figure things out. Resist the urge to solve every problem. Instead, give her time to work through problems herself. If she’s forgotten how to do an assignment, don’t offer to email the teacher. Instead, ask, “How could you find out?” Can she call a classmate? Look over at a previous assignment for clues? Give her space to come up with a plan.
- Discuss current events. Is there a news story that might interest her? Print out an article and chat about it over dinner. Find out what she thinks about the issue, but don’t stop there. Once she’s shared her opinion, press her a bit. “I can see how you feel about this. But why do you think other people might feel differently?”
- Encourage reflection. Once your child completes a big project for school, talk about it. Ask her, “How difficult was it to finish? What did you learn about how to do projects? Regardless of how the project went, reflecting on the process will help her hone her critical-thinking skills.

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## Historical fiction can bring the past alive for your child...

History is fascinating. But reading about it in textbooks can often seem a bit dull and dry to students.

That’s where historical fiction can help. The best historical fiction brings a past time to life. It shares the details about what people wore, what they ate and how they really lived. It gives the reader a vivid glimpse of history.

To provide the most enjoyable experience with historical fiction:

- Ask a children’s librarian to suggest a book that presents history accurately and avoids myths or stereotypes.
- Look for a book with some illustrations. This is when a picture really can be worth a thousand words.
- Try reading the book aloud if it’s above your child’s reading level.
- Have your child read more than one book about the same period. Talk about how people see the same event or period of history differently.

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## Regular exercise boosts your child's health and academics...

Physical fitness provides many benefits for kids. Studies show that regular physical activity is linked to higher self-esteem and attentiveness in classes. It also lowers the chance of health problems such as type 2 diabetes.

To increase your child's activity level:

- Add movement to screen time. Encourage your child to take breaks that involve activity when he watches TV or plays video games.
- Plan family outings. Pick activities your family enjoys and create some new healthy traditions. You might go for a short walk before dinner every night, or take a hike every Sunday afternoon.
- Make suggestions. Suggest your child play games that involve movement, such as tag, soccer and jumping rope. Indoors, try games such as Simon Says and Red Light, Green Light.
- Be creative. During chore time, play music or race to finish a job. While doing errands, park a few blocks away from a store and walk. Or, make a quick stop at a playground on the way home.
- Set an example. If your child sees you staying fit (stretching, biking, walking with a friend, etc.), he is more likely to be active himself.

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## A focus on fitness helps your child perform better on tests...

Studies of elementary-age children have shown that the more fit they are, the better they do in school. Fit children have more brain power than their less active classmates. They tend to have greater attention and memory skills. They also tend to complete tasks faster and make fewer errors.

While physical fitness should be a year-round concern, he can do some things to boost his fitness for taking tests. Encourage him to:

- Get a good night's sleep before the test. Staying up all night studying increases anxiety, which interferes with clear thinking.
- Eat for success. A breakfast that is high in fiber and low in added sugar can give your child just the right start to his day. A hard-boiled egg and a banana is a fast and easy breakfast option.
- Relax. If your child is too nervous, he'll forget what he knows. He can breathe deeply to focus his mind.
- Wear comfortable clothes. Pants shouldn't be so tight they keep your child distract your child or impede breathing. His brain needs oxygen.
- Drink plenty of water. This is another way to keep his brain alert.

Don't forget to give your child a big hug on test day. This will increase his sense of well-being and energy.

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# Classroom News:

## ***Greetings from P. E.:***

This March, 2nd-5th graders are wrapping up their lessons on the 6 main body systems: muscular, skeletal, digestive, respiratory, circulatory, and nervous systems.

Leading up to Spring Break, all grade levels will be learning about the various positive impacts of being active on your physical and mental health.

In the last 10 minutes of all PE zooms, students do kid-friendly workout videos. I have linked some favorites along with other health, wellness, and fitness resources on my Tukwila Tigers PE webpage

<https://sites.google.com/tukwila.wednet.edu/tukwilatigerspe/>

## **Notes from Mr. David, School Social Worker:**

Hi Tukwila Tiger families,

I hope you all are doing well and hanging in there. As we move into spring, please remember to check-in with your student about how they are feeling, what is working for them and what is not. Distance learning can be isolating for students.

We are still partnering with community agencies such as SOUND mental health and Renton Area Youth Family Services to offer telehealth counseling services. If you have any questions about resources or anything else at all, please contact me at (206) 395-8734 or [vongd@tukwila.wednet.edu](mailto:vongd@tukwila.wednet.edu)

David Vong, Social Worker

## ***Greetings from First Grade:***

Hello first grade families,

Our first graders have been working extremely hard and are learning a lot! The month of March will see us concentrating on reading comprehension, using vowel teams to read challenging words, and writing reviews regarding things and places! We will also continue to focus on learning our SNAP words to become better readers and writers.

In math, we will resume showing data with numbers and drawing, comparing data using mathematical terms, and writing and identifying numbers 1-100.

Please continue to make sure your student is reading at least 20 minutes a day, completing their work in Seesaw, and are attending their Zoom meetings daily and on time.

Thank you for the amazing support and hard work! It is greatly appreciated!



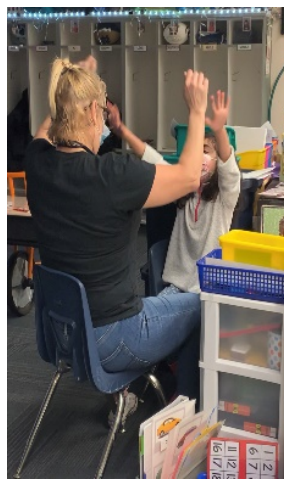
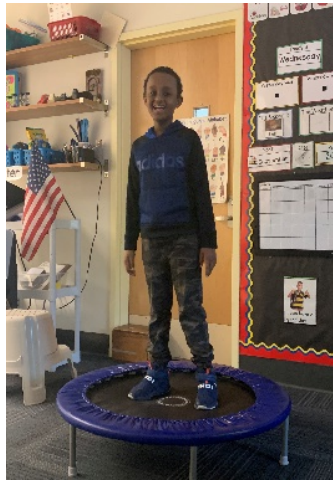
HOORAY for  
**FIRST GRADE!**



# Greetings from LRC2 Ms. Mansfield:

We are making huge progress in our class! We are running an intense learning program that includes reaching goals, a lot of fun and giggles.

We would like to give a huge THANK YOU to Mr. Casey's mom, Mickey, for adopting our class, supporting us and providing us with materials and fun activities! Our students have loved creating the art projects Mickey has provided and jumping on the trampoline for their brain breaks. LRC2~ Kristine, Presca & Margit



# Greetings from LRC2 Ms. Plankey:

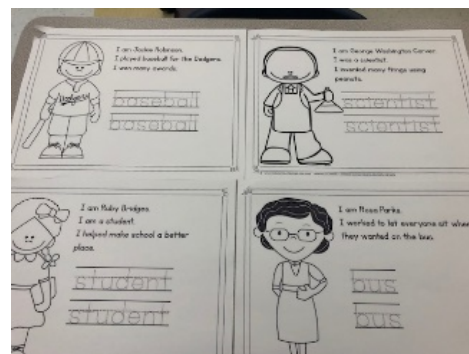
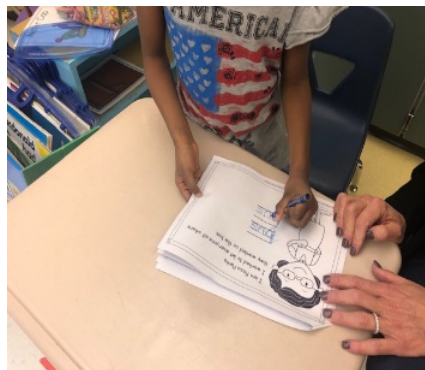
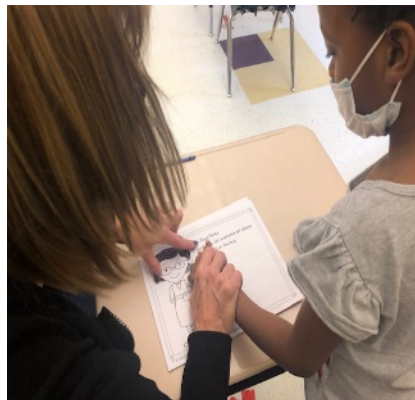
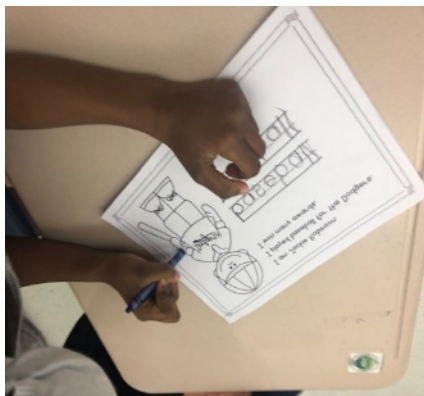
## Celebrating Black History Month...

Hi Tigers!

We had a fun time learning about famous people who helped pave the way for opportunities for all!



Our Tiggers in LRC2 Plankey enjoyed practicing their early reading skills and fine motor skills learning about; Rosa Parks who worked to let everyone sit where they wanted on the bus, Jackie Robinson who played for the Dodgers baseball team, Ruby Bridges who worked to make school a better place, and George Washington Carver who invented many things using peanuts.



## A NOTE FROM THE HEALTH ROOM:

Dear families,

With the Covid-19 vaccine becoming more available I would like to share some things we have learned about the vaccine.

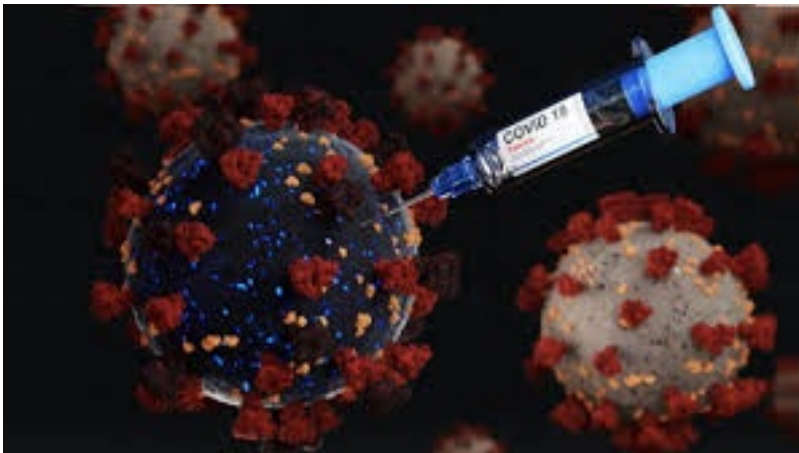
The Covid-19 vaccine is an mRNA vaccine. These vaccines do not contain the actual virus.

The most reported common side effects of the vaccine are:

- Injection site pain and swelling
- Headache
- Chills
- Fever
- Fatigue

Side effects are a sign that the immune system is responding to the vaccine. These side effects are generally temporary and resolve within a few days.

If you want to know if you are eligible for the vaccine go to [preventcovidwa.org](https://www.preventcovidwa.org)



Kristina Hurtt, RN

Tukwila Elementary Nurse

206-901-7509



# MARCH

## Activity Calendar 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10 EARLY DISMISSAL	11	12
15		17 EARLY DISMISSAL	18	19
22	23	24	25	26
29	30 GIRLS ON THE RUN	31 EARLY DISMISSAL		



# March 2021

## Daily Learning Planner: Ideas Parents Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Choose an interesting "person of the week" to learn about. Read more about this person with your child.
- 2. Pick a word from the dictionary and draw a picture of it. See if your child can guess the word. Then let her pick a word.
- 3. Help your child find a website that demonstrates how to make something. Let him choose a project and try to follow the directions.
- 4. Have your child read a newspaper and report on a news story at dinner tonight.
- 5. Ask your child to list things that will break if dropped.
- 6. Have your child use the telephone number pad to make words. For example, 5-6-8-3 = Love.
- 7. Ask your child, "What is the nicest thing a teacher ever said or did for you?"
- 8. Help your child collect yarn and fabric scraps. Put them in a mesh bag and hang the bag on a tree. See if birds take some to build a nest.
- 9. Challenge your child to invent something to make life easier.
- 10. Stand your child against a wall. Use a spoon as a ruler and see how many spoons tall she is.
- 11. Find the positive side of a difficult situation. For example, "This power outage is boring. Let's use a flashlight to write letters on the ceiling."
- 12. Ask your child to help you prepare a healthy meal.
- 13. Fly a kite together if the weather allows, or draw a picture of one and let your child decorate it.
- 14. Keep a notebook handy when watching TV. Have your child jot down new words and look them up later.
- 15. Have your child use a sports announcer voice as he reads aloud today.
- 16. Write an encouraging note and place it on your child's pillow.
- 17. Challenge your child to reorganize your food cupboard. Discuss different categories the food could be sorted into.
- 18. Make a crossword puzzle with your child to review spelling words.
- 19. Play Go Fish with your child.
- 20. Trace your child's shoe onto paper. Have her use markers or crayons to turn the tracing into a funny picture.
- 21. Ask your child to list five words that describe him. Are you surprised by what he listed?
- 22. When your child is unsuccessful, ask, "How would you do it differently next time?"
- 23. Ask your child to list ideas for a new flavor of ice cream.
- 24. When you watch TV with your child, get moving every time a commercial comes on. Jump up and down, run in place, do sit-ups.
- 25. Challenge your child to write an advertisement for a product she uses.
- 26. Ask your child to draw something that makes him happy.
- 27. Make raisins dance. Add a few to a glass of soda water. They will rise as bubbles collect and fall after bubbles pop at the surface.
- 28. Have your child check the weather. Plan an indoor or outdoor picnic.
- 29. Encourage creativity. Ask your child unusual questions: "What would you bring to a picnic in space?"
- 30. Cut the headline off a news article. Challenge your child to read the article and write her own headline.
- 31. Have your child point to a country on a world map. Together, figure out what time it is there.

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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. 144<sup>th</sup> St.

Tukwila, WA 98168

Phone: 206.901.8005

E-mail: [draganova@tukwila.wednet.edu](mailto:draganova@tukwila.wednet.edu)

Section 504 Compliance Officer:

Ms. Jennifer Jones, Director of Special Education

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