

TUKWILA ELEMENTARY

NEWSLETTER

JANUARY
2026

From our Principal, Ms. Nur

WELCOME BACK, Tiger Families! 🐅

We hope everyone had a restful and joyful winter break filled with time to reconnect with family, friends, and loved ones. We are so excited to Welcome our Tiger Scholars back to school and to re-engage in learning and social experiences!

Back from Break...

As we return from break, our focus is on re-establishing routines, revisiting expectations, and easing back into the learning groove together. With four months of learning behind us and six more ahead, this is an important time to reset, refocus, and build momentum for the rest of the school year.

At school, we will be spending time reviewing expectations and reinforcing positive behaviors that help all students feel safe, supported, and ready to learn. Our schoolwide expectations continue to guide us each day:

- ✓ Be Respectful
- ✓ Be Responsible
- ✓ Be Safe

These expectations may look different depending on the space, classrooms, hallways, playgrounds, and common areas, but they help create a consistent and caring environment for everyone.

To further support our Tiger Scholars, we continue to highlight a Character Trait of the Month, reminding students to always “Be the Best and the Brightest in all spaces.”

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More from Ms. Nur...

Supporting our Students

Families can help reinforce this work at home by continuing the conversation. You might ask your child:

- ☰ How do you show respect and responsibility at school?
- ☰ What does being safe look like in the hallways or shared spaces?
- ☰ Why is using a low or zero voice in the hallways important for learning?
- ☰ What is the character trait of the month, and why does it matter?

Thank you for your continued partnership as we work together to support a strong start to the second trimester. We are so glad to have our Tiger Scholars back! WELCOME BACK! 🐯🌟

Character Trait of the Month: Perseverance

This month, our Tiger Scholars are learning about perseverance, what it means to keep going when learning feels challenging, how we show perseverance, and why it matters for both academic growth and personal success. Perseverance helps students build confidence, resilience, and belief in themselves as learners.

As we approach the Winter i-Ready assessment, we are intentionally practicing the skill by encouraging students in practicing perseverance, trying their best, using strategies, and staying focused even when questions feel hard. We remind students that growth happens when we keep going, even if something doesn't feel easy right away

We encourage families to continue this conversation at home by talking about effort, mistakes as part of learning, and times when perseverance makes a difference.



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More from Ms. Nur...

Questions to ask your student about Perseverance

You might try asking your child questions like:

- 💬 "What did you do when something felt challenging today?"
- 💬 "How did you keep going even when it felt hard?"
- 💬 "What is one way you showed perseverance during your learning?"

Fire Drill

As part of our ongoing commitment to student safety, we will be conducting a fire drill on January 22. Fire drills are a routine and important practice that help students and staff know what to do in the event of an emergency.

We take care to explain to students that this is just a practice, and that drills are designed to help everyone feel prepared, calm, and confident.

To support conversations at home, here are a few helpful talking points:

- 💬 Remind your child that fire drills are about practicing safety, not something to be afraid of.
- ❤️ Talk about how practicing ahead of time helps us stay calm, follow directions, and take care of one another.

Some Good News!

Many of you know our door greeter at Tukwila Elementary. Mr. Preyer has been putting air in his tires every morning to get to Tukwila Elementary to graciously open the doors for all who come through our school. You may have seen Mr. Preyer featured on Eric's Heroes in March 2019. You can see the video clip [here](#). Our community partner, Les Schwab in Burien and their employee Corey, graciously donated four new tires to our favorite volunteer. If you are in need of new tires, brakes, or other services, please contact Corey at Les Schwab in Burien! Let's pay that kindness forward!

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Get to Know Third Grade Teacher, Mr. Whittemore!

How long have you been teaching?

19 years

How long have you been at Tukwila Elementary?

9 years

What did you want to be when you were younger?

Ugh...didn't know. It was rough going for awhile :)

What's your favorite candy?

Mounds bar

If you could meet anyone, who would it be?

Barack Obama



If you could only watch one show for the rest of your life, what would it be?

The Boys



Reminders

For vomiting and diarrhea in Washington schools, the guidance is to keep children home until symptom-free for 24 hours after the last episode, without medication, plus being fever-free (no 100.4°F+ fever for 24 hrs).



Upcoming Events

January 5: Back to School
January 7: Early Release, 1:55pm
January 12-23: iReady Assessments
January 14: Early Release, 1:55pm
January 19: No School, MLK, Jr. Day
January 21: Regular School Day
January 22: Fire Drill, 10:00am
January 26: No School, Teacher Work Day
January 28: Regular School Day
January 29: 5th Grade Field Trip to Seattle Aquarium, 9:00am-2:00pm
January 29: K-2 Character Trait Assembly, 9:10am
January 30: 3-5 Character Trait Assembly, 9:10am



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Kindergarten News

We hope you and your family had a wonderful break and enjoyed time to rest and recharge! As we head back into our school routine, please note that i-Ready testing is coming up soon. Helping your child get a good night's sleep will set them up for success and help them do their best. Lastly, we kindly remind families to place an extra set of clothes in your child's backpack in case of accidents during the school day. Thank you for your continued support—we're looking forward to a great stretch of learning ahead!

Grade 1 News

Happy New Year! We hope you had a wonderful, relaxing break. We are diving right back into our learning! We start the 3rd unit in math where we will be studying counting strategies to add and subtract. In literacy we will work on long vowel patterns in words, blends, working on finding the main idea and details in a text, author's purpose, suffixes, text features, and pronouns.



Grade 2 News

Hello Families! We hope you had a good break. We are excited to be back into our routines. This month, students will be reviewing class expectations. In math, students will continue their work with addition and subtraction. In reading students will work on answering comprehension questions and using the text to prove their answer. Are you looking for more reading resources to use at home? All 2nd-grade classes have access to the website RAZ Kids. This is a great reading resource for students. There are many books at all levels. Students read a book, listen to it, and answer questions about the book. If you have any questions about logging in, reach out to your child's teacher.

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Grade 3 News

Greetings from 3rd grade!
December was an exciting month in 3rd grade as we continue to grow our reading and math skills while enjoying the season!

In reading, students are strengthening their comprehension skills by identifying the main idea, using text evidence, and making connections to what they read. We are practicing reading both fiction and nonfiction texts and encouraging students to read daily at home. Even 15–20 minutes each night makes a big difference!

In math, we are building confidence with multiplication and division concepts, as well as improving fluency with addition and subtraction. Students are learning to explain their thinking, solve word problems, and use strategies such as arrays, number lines, and drawings to show their work.

In January students will complete the Iready Diagnostic assessments for reading and math. We can't wait to see the progress the students have made.



Grade 4 News

Fourth graders have finished Unit 2 in math and are starting Unit 3, focusing on multidigit multiplication and division, as well as measuring perimeter and area. Our field trip in December to the King County Wastewater Treatment plant was informational and engaging for students. We are working on comprehension strategies for informational texts in reading. Please encourage your 4th grader to read for at least 30 minutes at home each day!

Grade 5 News

January will be a busy and exciting month of growth in 5th grade! Students are strengthening their understanding of fractions and decimals in math while exploring systems and organisms in science through hands-on investigations. In reading and writing, they're diving into informational texts, learning to identify key ideas, use text evidence, and craft clear, well-organized writing. We're proud of the effort students are putting into their learning as we kick off the new year!

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MLL News

The MLL department finished 2025 strong. Since October we have been collaborating closely with grade levels to support our MLL students in their classroom. Each day we meet with students to assist them with literacy, math and language skills. During the month of January we will be getting ready to take the annual WIDA test. This test features four sections: Listening, Reading, Speaking and Writing. Students can prepare for the test by reading short stories, retelling the story, answering comprehension questions, and writing sentences summarizing the story.

Music News

In January we will learn songs to sing at an assembly to honor Martin Luther King Jr. Primary students will be exploring musical skills through songs about winter. Intermediate students will work on African drumming from Ghana.

STEAM News

Winter in the STEAM lab is a fun time of the year! The 3rd-5th graders are working on team projects dealing with electricity, coding, engineering, robotics, and more. The Kindergartners through second graders are working on science concepts like habitats, matter, and motion. To find out what your students are doing ask them what did you build in STEAM class this week.

P.E. News

Welcome back Tukwila Tigers! In January, students will be continuing to learn about and emphasize sportsmanship in various games and activities. Third through fifth graders will be working on learning volleyball skills. All grades will be playing a variety of tag games as well as developing coordination and balance by using jump ropes, hula hoops, and other PE equipment.



TUKWILA ELEMENTARY HEALTH REMINDER

There have been cases of Hand, Foot, and Mouth Disease at Tukwila Elementary.

General Information about Hand, Foot, and Mouth Disease (HFMD)

What is HFMD?

- It is caused by viruses that belong to the “enterovirus group”.
- It is a common illness among infants and children younger than 5 years of age.
- It can spread easily.
- It is usually not serious.
- It is most common in the summer and early fall.
- Although they sound similar, “hand, foot, and mouth disease (HFMD)” is different than “foot-and-mouth disease” which is found in cattle, sheep, goats, and pigs.

Who can get it?

- Anyone can get HFMD, even if they’ve had it before.
- Most cases occur in children under 5 years old.
- If you are pregnant, contact your healthcare provider if you think you’ve been exposed to, or have, HFMD.

What are the symptoms?

- Fever (American Academy of Pediatrics defines fever as a temperature of 100.4°F [38° C] or higher)
- Mouth sores that can lead to pain with swallowing.
- Skin rash that begins as red spots and often develops into fluid filled blisters.
 - Blisters usually appear on the palms of the hands, fingers, and soles of the feet.
 - Blisters can appear on other parts of the body.
- Most symptoms go away in 7 to 10 days.
- Some people may show no symptoms at all, but they can still pass the virus to others.

How is it spread?

- The virus is found in:
 - Droplets from coughs, sneezes, and runny noses
 - Fluid from blisters or scabs
 - Fluid or drool from mouth sores
 - Stool (poop)
- The virus can spread when a person who has HFMD coughs or sneezes and another person breathes in the droplets.
- It can also spread by:

- o touching an object or surface that has the virus on it and then touching the mouth, eyes, or nose.
- o sharing utensils or cups with someone who has HFMD.
- Animals and pets cannot get or spread HFMD.
- A person can spread HFMD for weeks, even after symptoms go away.

How Do I Know If My Child Has HFMD?

- A healthcare provider can typically diagnose HFMD based on a person's symptoms.
- A healthcare provider can test for HFMD with a throat swab or stool (poop) sample. Because it can take 2 to 4 weeks to get the test results, this test is usually not done.

If you have additional questions or believe your child has HFMD, contact your healthcare provider. This fact sheet provides general information only.

What If My Child Has HFMD?

Notify your child care provider or preschool immediately if your child has HFMD.

How is it treated?

- There is not a specific medication for HFMD, but you can treat some of the symptoms to make your child more comfortable. Talk with your healthcare provider about treatment options.
- Infants 3 months or younger with a fever of 100.4° F (38° C) or higher should be seen by their healthcare provider.
- Since the mouth sores can be painful, children might not want to eat and drink. It is important that children get enough fluids to prevent dehydration.
- Talk with your child's healthcare provider if you have any concerns about your child's symptoms. **If your child is showing signs of dehydration (fewer wet diapers or less urine than usual, more tired than normal, dizziness, dry tongue or lips, fewer tears), or have a severe headache or stiff neck, they need to be seen by a healthcare provider immediately.**

How can I help prevent HFMD from spreading?

- The virus is easily removed with soap and water.
- Wash hands often, especially after diaper changing, using the toilet, sneezing, coughing, or wiping noses.
- Cover your nose and mouth when coughing or sneezing.
- Avoid touching your eyes, nose, and mouth.
- Avoid sharing cups, eating utensils, food, and drinks with anyone who has HFMD.
- Thoroughly clean toys and other objects children put into their mouths with soap and water.
- Clean and disinfect household surfaces.

Does My Child Need to Stay Home from Child Care?

No. Children who have been exposed to, or have been diagnosed with, HFMD can continue to attend child care **unless**:

- They have mouth sores with drooling.
- They have a fever (temperature of 100.4°F [38° C] or higher) along with other HFMD symptoms.
- They have oozing, fluid-filled blisters.
- They do not feel well enough to participate in classroom activities (for example: unusually tired; cranky or fussy; or crying more than normal).

Please follow your child care program's sickness policy.

References:

American Academy of Pediatrics

- *Caring for ourChildren, Chapter 3 Health Promotion and Protection, 3.6 Management of Illness, 3.6.1 Inclusion/Exclusion Due to Illness*
- *Managing Infectious Diseases in Child Care and Schools, 5th Edition. Pages 101-102*

Centers for Disease Control & Prevention

- *Hand, Foot, and Mouth Disease (HFMD). <https://www.cdc.gov/hand-foot-mouth/>*

ChildCare Health Program – Public Health Seattle & King County

- *<https://kingcounty.gov/depts/health/child-teen-health/child-care-health/disease-prevention.aspx>.
Disease Prevention Website*

U.S. Department of Agriculture (USDA)

- *Foot and Mouth Disease website
<https://www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/fmd/index>*