

TUKWILA ELEMENTARY NEWSLETTER

"THE BEST & THE BRIGHTEST"

FEBRUARY, 2016

Principal's Message

Dear families,

Thanks for a fabulous month of January. Your children were on time to school. Your kids are reading at home at night and on the weekend. Your students are doing math at home. **IT'S AWESOME!!** Our students will finish taking tests this week and the results will give our staff great information to better bring academic success to your child.

If you are not a volunteer, please consider filling out the paperwork to become a volunteer for Tukwila Elementary. We need many good people to work with and for our students.

If you are not a PTA member, please consider becoming one. **WE NEED YOU!** The Tukwila PTA is **AMAZING!** They do a number of activities that support our kids and that need parent help to make the activities successful. Come join the team - you can pick up the paperwork in the main office.

Have a wonderful month.



Steve Salisbury,
Principal

*Tukwila Elementary
is a Title I school-wide school*

No school dates for February

Our school will be closed on the following dates:

- **Monday, February 1** - Teacher preparation day
- **Monday, Tuesday, and Wednesday, February 15, 16, and 17** - Presidents' Day and mid-winter break

One early release Wednesday in February

There is only one early release day this month. Classes will meet **9:00-12:45**, on **February 24**. Teachers will have training during the afternoon.

Class picture day - February 11

Group pictures of classes will be taken on **Thursday, February 11**, by Leo's Photography. Ordering information was sent home with students previously. Extra order packets are available in the main office.



2016-2017 kindergarten registration begins

Registration for next fall's kindergarten classes will be held on **Wednesday, March 9th, 1:00-8:00pm**, at Showalter Middle School, located at 4628 S. 144th Street. Please bring your child with you as there will be a short academic assessment of your child's skills at the time of registration. Please provide the following documents when registering:

- Child's birth certificate
- Child's shot record
- Proof of residency in the Tukwila School District (current utility bill, rental agreement or lease, mortgage statement....)

Did you know.....

You can call in an absence for your student (206-901-7503 or 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 may be reached if there is a question.**

For the safety of our students and staff, please enter our school **only** by the main entry door. Visitors must sign in/out 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 2:45** so there is time for the messages to be delivered. 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.

You can hear about weekly school activities by dialing 206-901-7501 OR check out the district web site at www.tukwila.wednet.edu.

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 as this collection piles up quickly.

Our school collects Box Tops for Education and Campbell's Soup Labels. Please deposit them in the marked containers in the main office.

Calendar of Events

2/1	No school, Teacher preparation day
2/3	2nd progress report period ends
2/5	9:00-11:00, Play & Learn early childhood program
2/8 - 2/12	Tukwila PTA Book Fair (during student lunch times)
2/11	Class picture day
2/12	9:00-11:00, Play & Learn early childhood program Progress reports sent home
2/15 - 2/17	No school, President's Day/Mid-winter break
2/19	Tukwila PTA Popcorn Friday 9:00-11:00, Play & Learn early childhood program
2/22 - 2/26	Tukwila PTA Box Tops spring collection drive
2/24	Early release day, 12:45 dismissal
2/26	9:00-11:00, Play & Learn early childhood program
3/1	9:00-1:15, Kindergarten field trip to Seattle Pacific University
3/4	9:00-11:00, Play & Learn early childhood program
3/9	Early release day, 12:45 dismissal Parent/Teacher conferences 1:00-8:00, Kindergarten registration (at Showalter Middle School) 6:30, Tukwila PTA meeting

Classroom News

Look at all the activities in our classrooms!

February, 2016

First graders are looking forward to the month of February. We will celebrate Chinese New Year, Valentine's Day and the 100th day of school. Along with all these celebrations, we will continue to work on long vowels in reading and place value in math. Please continue to read every night as we are approaching second grade!

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**It is a wonderful time to be a 5th grader!** In math, our students are learning about decimals by adding and subtracting. In science, the students are exploring models and designs with different investigations. Finally, in reading, students are reading different works to improve their reading skills.

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This February in PE, students of all ages will be learning some exciting new games such as Volcano Battle, Pirate Ball, Dragon's Tail and Loose Caboose. These games work on a variety of different skills, including teamwork, agility and endurance.

Students in 4th and 5th grade will wrap up learning the names of various large muscles with a quick quiz the first week of February. Their next task will be to learn the names of major bones of the body.

I also want to take a moment to emphasize the importance of drinking water to stay healthy. Since all of my wonderful students are very active and love to run, they need to be drinking more water, especially on their PE days, to avoid dehydration. Symptoms of mild dehydration can include headaches, dizziness, and tiredness.



Art News

Kindergarten: They are working on pattern as a concept in art. This week we designed mittens. Next time they will look at how the artist Henri Matisse used patterns in his goldfish painting giving us inspiration to make their own version of this famous painting.

First grade: They are learning about the artist, Winslow Homer and his love of the sea as a subject. They are looking at how he used the 5 line types in his composition before embarking on their own seascape using the power of line.

Second grade: Will be continuing with water colors as they paint arctic landscapes and penguins. This is a nice follow up after last month's painting of ponds using water colors as a media.

Third grade: Is completing their Medicine Shields, inspired by Native Americans in the plains region in the United States. Each student will receive a feather to attach to their shield to signify completion and several beads that they will claim special meaning and story to.

Fourth grade: Will be working on a project that uses radial design. They will use math concepts (fractions) to help create and understand this form of balance in art.

Fifth grade: has finished the dragon's eye lesson (drawing of an eye close up). The next lesson is called "Cropped Selfies" where they will draw themselves holding hot chocolate with a very close view point. This project will cover some basic drawing skills needed for future art lessons.

Keep creating!

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**LRC II program** would like to welcome our new para educators, Mr. Norton and Ms. Juanita, to our classes. We are very excited to have them start working in our classrooms. This month's theme is on Peace Keeping and People Who Make Changes. We are thrilled to learn about special 'peace keepers' and 'changers' in our history and how we all can be like them in our school and beyond! Come and visit our classes and share how you are a 'peace keeper' or 'changer' in your friendships!

Shout-out to Ms.Travis and Mrs.Littlefield for providing our students with PE and Music once a week! We appreciate you both and everyone else who made this happen!



## 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 check ups 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



Tukwila Elementary School Extra-Curricular Activities for February, 2016  
Times listed at the bottom

| Monday                   | Tuesday                                                                                                                      | Wednesday                                                             | Thursday                                                                                                              | Friday                |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------|
| 2/1<br><b>No school</b>  | 2/2<br>Advanced choir<br>BikeWorks<br>Robotics club<br>REACH program<br>Mexican dancing<br>Language club                     | 2/3<br>REACH program                                                  | 2/4<br>Choir<br>Coding club<br>Robotics club<br>REACH program<br>Mexican dancing<br>Language club                     | 2/5<br>REACH program  |
| 2/8<br>REACH program     | 2/9<br>Advanced choir<br>BikeWorks<br>Robotics club<br>REACH program<br>Mexican dancing<br>Language club                     | 2/10<br>REACH program                                                 | 2/11<br>Choir<br>Coding club<br>Robotics club<br>REACH program<br>Mexican dancing<br>Language club                    | 2/12<br>REACH program |
| 2/15<br><b>No school</b> | 2/16<br><b>No school</b>                                                                                                     | 2/17<br><b>No school</b>                                              | 2/18<br>Choir<br>REACH program<br>Mexican dancing<br>Language club                                                    | 2/19<br>REACH program |
| 2/22<br>REACH program    | 2/23<br>Advanced choir<br>BikeWorks<br>Robotics club<br>REACH program<br>Mexican dancing<br>Language club                    | 2/24<br><b>Early release day<br/>12:45 dismissal</b><br>REACH program | 2/25<br>Choir<br>Coding club<br>Robotics club<br>REACH program<br>Mexican dancing<br>Language club                    | 2/26<br>REACH program |
| 2/29<br>REACH program    | 3/1<br>Advanced choir<br>BikeWorks<br>Robotics club<br>REACH program<br>Mexican dancing<br>Language club<br>Girls on the Run | 3/2<br>REACH program                                                  | 3/3<br>Choir<br>Coding club<br>Robotics club<br>REACH program<br>Mexican dancing<br>Language club<br>Girls on the Run | 3/4<br>REACH program  |

**Mexican dancing**

Tuesdays and Thursdays, 3:15-5:00

**Choir - grades 3-5**

Thursdays, 8:15-8:50

**REACH after-school program**

Monday through Friday, 3:15-5:30  
(12:45-5:30 on 2/24)

**Advanced choir - grades 4-5**

Tuesdays, 8:15-8:50

**Girls on the Run** (beginning 3/1)

Tuesdays and Thursdays, 3:20-4:45

**BikeWorks**

Tuesdays, 3:10-4:10

**Coding club**

Thursdays, 3:10-4:10

**Language club**

Tuesdays, 3:10-4:10

**Robotics club**

Tuesdays and Thursdays, 3:10-4:10

# Encourage your child to study and do homework every day!

Sometimes getting kids to do homework is tougher than the homework itself! To increase your child's motivation:

1. Develop her organization skills. Help your child devise a system that works for her. She might use a homework folder and make daily to-do lists.
2. Stick to a routine. Kids resist less when they're used to working at the same time every day. Let your child choose a quiet, comfortable place to work. And call it "study time" instead of "homework time." If your child doesn't have assignments, she can use the time to read or review.
3. Help without taking over. Encourage and guide your child through tough problems. But don't ever do the work.
4. Be a role model. While your child studies, finish important tasks yourself, such as paying bills or tidying up.
5. Offer praise, not prizes. This helps your child become self-motivated—not motivated by things. You might say, "Wow! You kept trying and it paid off!"

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# When parents talk less, their children actually listen more!

When your child was younger, it was important for him to hear you talk a lot. It's the way he learned the language that describes the world around him.

Now that your child is older, he needs a lot less narration. Yet many parents of elementary schoolers find themselves talking on and on ... even while their children are listening less and less.

Of course you still want to talk with your child about his day. You want to have conversations about what he did in school and what he's thinking about. But if you're like most parents, you'd like to spend less time talking about whether it's time to feed the pets or why his clothes are still scattered all over his bedroom floor.

Here are three effective ways to communicate with your child:

1. Make infrequent requests. As much as possible, help your child develop a routine for things like homework and daily chores.
2. Keep the volume down. Your child doesn't hear you any more clearly if you yell.
3. Keep it short. When you do have to give your child directions, see if you can limit them to five words. So instead of saying, "Jack, I need you to get to the car. Don't forget your backpack. Do you have your homework?" try saying, "Jack. Homework. Backpack. Car."

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# You can support your child's teachers by doing six things

Parents often wish they knew what teachers were thinking. What do they want parents to do? One expert asked his son, who was also a teacher, about this, and the answers were fascinating.

Teachers hope parents will:

1. Take responsibility for study time. Teachers can't follow kids home and make sure studying takes place. They rely on parents to enforce rules about this.
2. Have high expectations. Some-times parents let kids off the hook by saying things like, "I don't like reading either." Instead, expect that your child will succeed.
3. Avoid absences. Missing too much school hurts learning.
4. Attend parent conferences. You should always attend parent-teacher conferences, even if your child is doing well.
5. Communicate via email, when possible. Questions about grades or assignments may need to be researched. An email allows teachers an opportunity to find the answer before getting back to you.
6. Understand teachers' schedules. They aren't as cushy as you may think. On average, teachers work at least three hours a day beyond the school day itself. And many spend four or more hours over the weekends getting ready for the week ahead.

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# Parent & Child Activity Calendar

Elementary School

Steve Salisbury  
Tukwila Elementary School



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## Parent & Child Activity Calendar

Elementary School  
**Parents**  
make the difference!

| Sunday                                                                                                                  | Monday                                                                                                                                     | Tuesday                                                                                                      | Wednesday                                                                                                                   | Thursday                                                                                                              | Friday                                                                                                            | Saturday                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                         | <b>1</b> Take a walk with your child. Practice using all five senses to describe the world around you.                                     | <b>2</b> It's Groundhog Day. How many words can your child make from the letters in GROUNDHOG?               | <b>3</b> Have your child name five foods that are healthy. Now have her name two foods that taste good but are not healthy. | <b>4</b> Have each family member write a funny sentence. Put them together to make a story.                           | <b>5</b> Look for a free concert or play you can attend with your family.                                         | <b>6</b> Start a list of places your family would like to visit. Have your child do research to obtain information about these places. |
| <b>7</b> Tuck a Valentine in your child's lunch every day this week. Write a special "I love you" message on each.      | <b>8</b> Watch the news with your child. Choose a person of the week. Together, read more about that person.                               | <b>9</b> Does your child need new books? Help him organize a neighborhood book swap.                         | <b>10</b> With your child, estimate how many bowls of cereal you can pour from one box. Keep track until the box is empty.  | <b>11</b> Tell your child a riddle. "I love to bark and wag my tail. What am I?" Ask her to make up a riddle for you. | <b>12</b> Figure out the average of something with your child, such as family members' ages.                      | <b>13</b> Visit the library. Check out a book about a famous woman.                                                                    |
| <b>14</b> Remind your child that you enjoy his company and let him know you love him.                                   | <b>15</b> Have your child fill a container with water. Pour it into a shorter, wider container. Does the quantity of water look different? | <b>16</b> Teach your child how to take her pulse. Then have her jump up and down 50 times and take it again. | <b>17</b> Keep paper and pen handy when watching TV. Have your child jot down five new words. Look them up later.           | <b>18</b> Have your child design a new cover for a much-loved book.                                                   | <b>19</b> In 1473, astronomer Nicolaus Copernicus was born. Ask your child to draw a picture of the solar system. | <b>20</b> Keep the TV turned off today. Let your child choose alternate activities.                                                    |
| <b>21</b> Turn chores into a game. Assign each chore a number and have your child roll a die to see which one she gets. | <b>22</b> It's the birthday of George Washington. How many facts can your child list about this famous president?                          | <b>23</b> Have your child draw a window picture. He can look out the window and draw what he sees!           | <b>24</b> Look for a TV program on science or history. Watch it with your child.                                            | <b>25</b> Stand your child against a wall. Use a spoon as a ruler and see how many "spoons" tall she is.              | <b>26</b> Make up trivia questions about your family. Quiz one another at the dinner table.                       | <b>27</b> Have a 20-minute D.E.A.R. time (Drop Everything And Read).                                                                   |
| <b>28</b> Have everyone in the family spend 30 minutes picking up the house. Many hands make light work.                | <b>29</b> Talk to your child about the definition of a leap year—a year with one extra day inserted into February.                         | <h1>February 2016</h1>                                                                                       |                                                                                                                             |                                                                                                                       |                                                                                                                   |                                                                                                                                        |

# Parent & Child Activity Calendar

## Elementary School

Steve Salisbury  
Tukwila Elementary School



THE PARENT INSTITUTE®

### Parent & Child Activity Calendar

Elementary School  
**Parents**  
make the difference!

| Sunday                                                                                                                         | Monday                                                                                                                   | Tuesday                                                                                                                          | Wednesday                                                                                                                               | Thursday                                                                                                                 | Friday                                                                                                     | Saturday                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>March</b>                                                                                                                   |                                                                                                                          | <b>1</b> Ask your child to describe the most beautiful place she has ever seen.                                                  | <b>2</b> Today is Read Across America Day. To celebrate, spend some extra time reading with your child.                                 | <b>3</b> Talk about three ways you used math today. Ask everyone in the family how they used math.                       | <b>4</b> March is National Nutrition Month. Include your child in planning and preparing a healthy meal.   | <b>5</b> Books that win the Caldecott Medal have great illustrations. Help your child find one at the library.             |
| <b>6</b> With your child, fold paper to make different types of airplanes. See which ones fly the best.                        | <b>7</b> Have each family member make a list of his or her strengths. Read them aloud. Add to one another's lists.       | <b>8</b> Get a deck of cards and try to build a house of cards with your child. Ask questions about school and life as you work. | <b>9</b> Learn a new word at breakfast. Challenge family members to use it three times during the day.                                  | <b>10</b> Ask your child to look through the newspaper and report on an interesting story at dinner tonight.             | <b>11</b> A rebus is a story in which some words are replaced with pictures. Make a rebus with your child. | <b>12</b> For five minutes, you and your child each start writing a story. Then swap papers and finish each other's story. |
| <b>13</b> Let your child help you make a family chore chart. Everyone can check off jobs as they are finished.                 | <b>14</b> At the grocery store, have your child estimate how many apples are in two pounds. Use the scales to check.     | <b>15</b> Does your child use the Internet? Monitor the sites he visits. Talk about online safety.                               | <b>16</b> Ask your child questions that require more than a <i>yes</i> or <i>no</i> answer: "What was your favorite part of the story?" | <b>17</b> Can your child think of a different ending to her favorite story? What would she do if she met the characters? | <b>18</b> Play board or card games as a family tonight.                                                    | <b>19</b> Let your child clean some dirty pennies with ketchup. Explain that they get shiny due to a chemical reaction.    |
| <b>20</b> Create a word search for your child. Hide words in a grid and surround them with random letters.                     | <b>21</b> Talk about the five food groups with your child. Together, classify the foods in your cupboard.                | <b>22</b> Ask your child to calculate the average age of family members. Add up ages and divide by number of family members.     | <b>23</b> Have your child rank homework assignments from easiest to hardest. Have him do the hardest one first.                         | <b>24</b> Write a note to tell her you love her. Put it in a place where only she will find it.                          | <b>25</b> At dinner, have each family member say something nice about every person at the table.           | <b>26</b> Take an early morning walk with your child. Look for signs of spring.                                            |
| <b>27</b> Collect bright yarn and fabric scraps. Put in a mesh bag and hang on a tree. See if birds take some to build a nest. | <b>28</b> Trace your child's hand on paper. Think of ways to be a helping hand. Have him write his ideas on the drawing. | <b>29</b> Have your child teach you something she needs to learn for homework. It's a great way to reinforce learning.           | <b>30</b> Decide on a location anywhere in the world. Take turns telling one thing you would like to see there.                         | <b>31</b> Help your child make his own dictionary with spelling or vocabulary words.                                     | <b>2016</b>                                                                                                |                                                                                                                            |

The Tukwila School District No. 406 complies with all federal rules and regulations and does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, and the use of a trained dog guide or service animal. District programs shall be free from sexual and malicious harassment, and the district provides equal access to the Boy Scouts of America and other designated youth groups.

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/RCW 28A.640 Compliance Officer:  
Dr. Rick Maloney, Executive Director of Human Resources  
Tukwila School District No. 406  
4640 South 144th Street  
Tukwila, WA 98168  
Phone: 206.901.8005  
E-mail: [maloneyr@tukwila.wednet.edu](mailto:maloneyr@tukwila.wednet.edu)

Section 504 Compliance Officer:  
Joan Lawson Director of Special Education  
Tukwila School District No. 406  
4640 South 144th Street  
Tukwila, WA 98168  
Phone: 206.901.8035  
E-mail: [lawsonj@tukwila.wednet.edu](mailto:lawsonj@tukwila.wednet.edu)