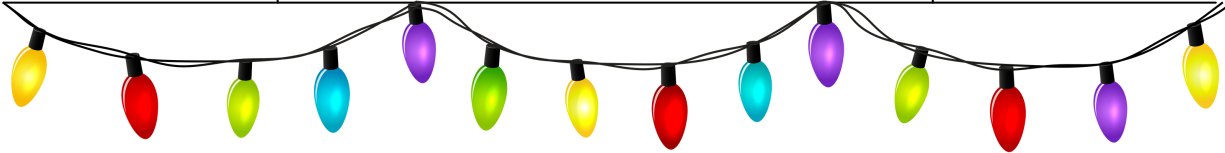


Tomahawk Elementary Newsletter



Issue No. 3 | December



Parents/Guardians,

This is a great time of year to be in an elementary school as we are approaching the winter season with snow in the air. With the winter we are also hitting the holiday season excitement at TES. I always feel fortunate to be an elementary principal during the holiday season. The energy level is contagious in an elementary school and it's great to be part of this excitement.

We are through the parent/teacher conferences and the turnout was great so thanks to all those who connected with classroom teachers for conferences. The support you show for your child(rens) education is extremely important to their growth. Please remember even though parent/teacher conferences happen twice a year you can contact staff any time throughout the school year. Your child's education is our number 1 priority at TES.

Enjoy the holiday season with friends and family!
Mr. Steckbauer

December 5th
Tuesday - Bridging
Brighter Smiles

December 13th
Wednesday - Holiday
Programs
Kindergarten & 5th
Grade 9 am
1st & 3rd Grade 1 pm

December



December 13 th
Wednesday - 4K
family night

December 14th
Thursday - Snow date
for Holiday Program

December 25th-
January 1st -
Christmas Break



Tomahawk Elementary Newsletter



Office Reminders



Winter is here to stay! Send snow pants and snow boots along with hats and gloves or mittens to school every day with your child starting now until spring!

We suggest keeping an extra pair of mittens and an extra pair of socks in your child's backpack too!

By following these guidelines your child will be able to happily participate in recess activities during the winter months. Thank you for your cooperation and understanding!



A BIG Thank You to everyone who has donated snacks, lunch bags, and any student needs. We really appreciate you! Your kindness never goes unnoticed! Thank you again for your continued support of our students at Tomahawk Elementary School!

Donations for clothing are welcome

We are looking for gently used leggings, sweatpants and underwear for boys and girls. If you would like to make a donation, please stop by the elementary school office.

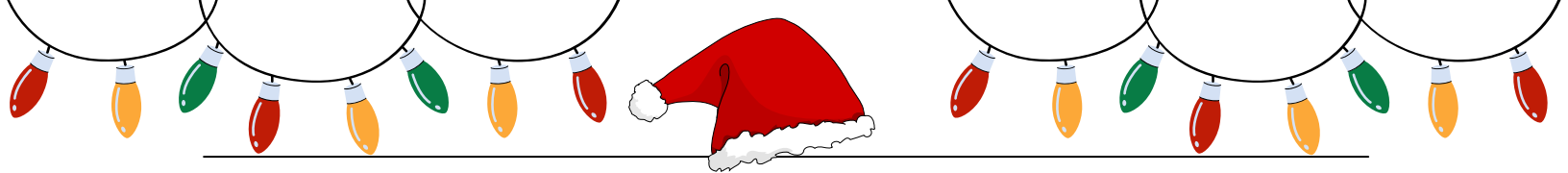
We appreciate your generosity!



Christmas Break

December 25th - January 1st





Nurse Trina's Newsletter

"Tis the season to be jolly fa-la-la-la la-la-la flu" ... wait...what?

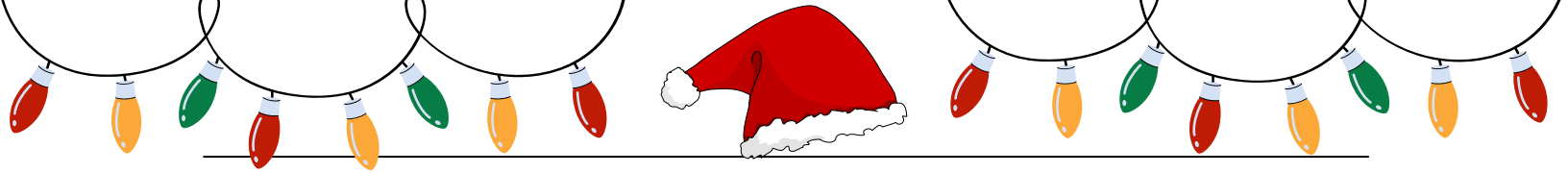
As we enter the heart of cold and flu season (October-May), I want to give you an easy to follow guide for helping distinguish between illnesses. Of course, when in doubt please contact your primary care team and/or get tested.

Now is also a great time to get your COVID and influenza vaccine if you have not already done so. Vaccines can be obtained through your primary care team or our local pharmacies. Please call their offices for additional information.

Reminder, students should remain out of school until they are diarrhea, vomiting and fever free for 24hrs without the use of medication should they have these symptoms.



COVID-19 vs INFLUENZA vs COLD			
Symptoms	COVID-19	Influenza	Cold
Onset	Gradual	Rapid	1-2 days
Fever	Common	Common	Rare
Chills	Sometimes	Sometimes	Rare
Cough	Common	Common	Common
Short of breath	Common	Rare	Rare
Headache	Sometimes	Sometimes	Sometimes - sinus
Muscle aches	Common	Common	Mild
Fatigue	Sometimes	Common	Mild
Stuffy/Runny nose	Sometimes	Sometimes	Common
Sneezing	No	Rare	Common
Sore throat	Sometimes	Sometimes	Common
Loss of smell	Sometimes	Sometimes	Sometimes
Loss of taste	Sometimes	Rare	Sometimes
Itchy eyes	No	No	Rare
Ear ache	Sometimes	Sometimes	Sometimes
Nausea	Sometimes	Sometimes	No
Diarrhea	Sometimes	Sometimes	No



Nurse Trina's Newsletter

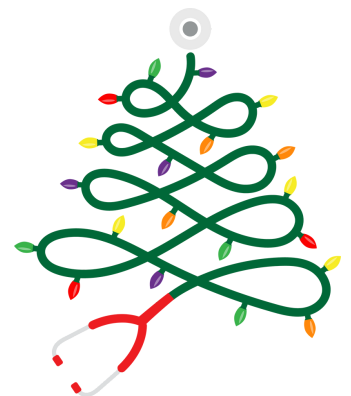
"TES and TMS recently celebrated World Diabetes Day, November 14th. It was awesome to see all of the support our students with DM1 received from their peers and staff members. A few fun pictures are below. Celebrations included unique tshirt designs, low carb snacks and a recognition party hosted by a few TES families. Thank you to all who participated and made our students feel special!

Lastly, the holidays can be stressful for a variety of reasons. Please be sure to care for yourselves as we enter this season.

- ~ Set boundaries, say "no" to tasks that provoke feelings of burnout and/or stress
- ~ Get fresh air
- ~ Ask for help
- ~ Protect your sleep routine
- ~ Take breaks from stressful situations and/or company
- ~ Minimize the emphasis on gift giving and shift it towards time spent together


If there is anything I can do as we enter this season please don't hesitate to reach out! Mental health IS imperative to overall well being!

Stay warm and well!
Nurse Trina





Music Room News



Oh The Possibilities!
Featuring Kindergarten, First, Third,
and Fifth Grades
Join with us to celebrate the children
who help make the holidays special,
fun and full of possibilities.

Be sure to attend our 2023 Holiday Program
December 13th Wednesday
5th Grade & Kindergarten 9 am
1st & 3rd Grade 1 pm

Programs will take place in the school auditorium.
Please enter through door #6
The auditorium will open no sooner than 30 minutes
before program start time

Second and Fourth Grades will be performing in the Featuring the Fine
Arts Program on March 13th, 2024

As you're dressing your young performers for the December programs
please do not have them dress too warmly. The stage lights get quite
warm. Also help your child choose comfortable shoes for standing.
(avoid big clumsy boots and/or high heels.)

Thanks for helping to make it a special day for your child.

“...One thing is for sure... you are here. And because you are here...anything is possible.”

Kobi Yamada, in the book *Maybe*



**Oh the Possibilities each of our
students hold**

Be sure to mark your calendars for

“Oh the Possibilities”

Wednesday December 13, 2023

Kindergarten & Fifth Grade perform at 9am

First and Third Grade perform at 1pm

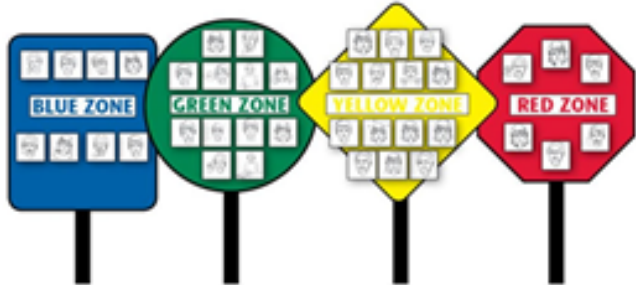
Programs will take place in the school auditorium

Please arrive through door # 6

Doors will open 30 minutes before show begins

Counselor's Corner

The ZONES of Regulation®



Our classroom Guidance lessons this month will focus on “Emotion Management”. One way we are learning to identify and manage our emotions is through the Zones of Regulation.

We are also learning about coping skills and tools to help us regulate our emotions in each zone. We can use tools or strategies to bring up our energy level in the blue zone or bring down our energy levels in the yellow or red zone. Ask your child which tools or strategies help them the most.

Supplementary Reproducible 1 for Elementary Ages

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

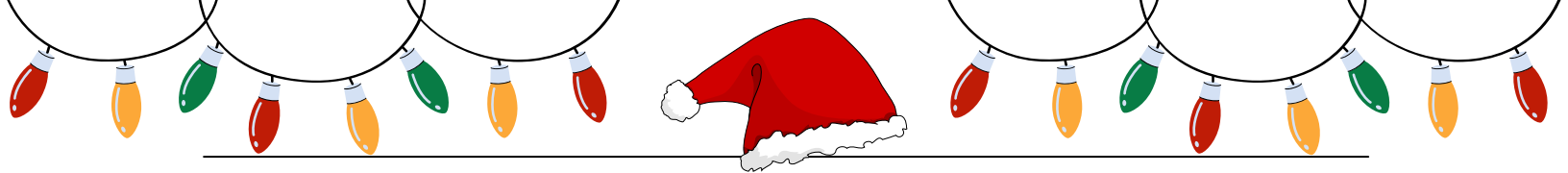
Copyright © 2011 Think Social Publishing, Inc. All rights reserved. Adapted from The Zones of Regulation 2.0 (Worksheet Set) available at www.socialthinking.com

<p>Blue Zone <u>Tools:</u> Rest Stop</p> <ul style="list-style-type: none"> • Take a break. • Think happy thoughts. • Talk about your feelings. • Ask for a hug. • Draw a picture 	<p>Green Zone <u>Tools:</u> Go Time</p> <ul style="list-style-type: none"> • Complete your work. • Listen to the teacher. • Remember your daily goal. • Think happy thoughts. • Help others.
<p>Yellow Zone <u>Tools:</u> Slow Down</p> <ul style="list-style-type: none"> • Take a break. • Talk to the teacher. • Squeeze my stress ball. • Go for a walk. • Take three deep breaths. 	<p>Red Zone <u>Tools:</u> Stop</p> <ul style="list-style-type: none"> • Take a break. • Squeeze my stress ball. • Take three deep breaths. • Count to ten. • Talk about my problem.

We are learning to label all of the different ways we feel and states of alertness we experience. The Zones of Regulation is being used to teach students to become more aware of their emotions, improve controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

Denise Peissig
School Counselor

(715) 453-2126 Ext. 174
peissigd@myhatchets.org



Hatchet Pride News

Our school will be adding a focus on Honesty and Trust in December. We have noticed that most behaviors at school are students putting their hands on others around this time of year. If you are receiving phone calls home about this type of behavior we need your help to create a team that will help your student. Please take time to discuss with your students that the school rules are different from home rules. At school we are working on extra calming strategies for when people are upset in hopes to help this behavior at school. Thank you for all your help!

***T.R.U.S.T.**

How do I know who I can trust?


They tell me the **Truth**

They treat me with **Respect**

They show me **Understanding**

They make me feel **Safe**

They choose to make **Time**





Tomahawk Elementary School Breakfast Menu

December 2023

Fresh fruit and vegetable bar served with all meals on our Fruit And Vegetable Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Blueberry Yogurt Parfait Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk This is for Food 4 Thought
4 Brekkie Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	5 Choice of Breakfast Pizza Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	6 Banana Bread Cheese Stick Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	7 Chocolate Long John Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	8 Mini Waffles Sausage Patty Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
11 Mini Donuts Cheese Stick Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	12 Cheese Omlette Apple Cinnamon Muffin Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	13 Blueberry Muffin Cheese Stick Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	14 Strawberry Banana Smoothie Snack Bread, French Toast Loaf Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection	15 Chocolate Frosted Long John Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
18 Strawberry Bagel & Cream Cheese Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	19 Pancakes Sausage Patty Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	20 Sausage Breakfast Pizza Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	21 Brekki Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	22 Cinnamon Roll Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

PRICES

Regular	\$1.5
Reduced	5
Adult	Free
Extra Milk	\$2.5
	0
	\$0.4
	0

EXTRA INFO

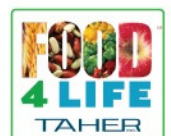
Milk choice of 1% White, Skim or Chocolate Skim is included with all Lunch. For questions or comments contact the Food Service Director at: Andersons@myhatchets.org or call 715-453-2106 ext. 310

HARVEST OF



THE MONTH

Download our app
Taher Food4Life®



www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.



Tomahawk Elementary School Lunch Menu

December
2023

Fresh fruit and vegetable bar served with all lunches on our Fruit And Vegetable Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Happy Holidays	1 French Toast Sticks Sausage Patty Or Pizza Munchable Glazed Carrots Cherry Tomato Diced Pears Milk Choice
4 Grilled Cheese Sandwich Or Crispy Chicken Nuggets Whole Grain Dinner Roll Roasted Broccoli Baby Carrots Peaches, Diced Milk Choice	5 Mini Corn Dogs Or Turkey Deli Sandwich Black Beans Baby Carrots Mixed Canned Fruit Milk Choice	6 Meatballs and Gravy Whole Grain Dinner Roll Or Crispy Chicken Sandwich Mashed Potatoes Baby Carrots Pineapple Tidbits Milk Choice	7 Beef Hot Dog on a Bun Or Cheeseburger on a Bun Green Beans Baby Carrots Applesauce Milk Choice	8 Choice of Pizza Or Ham and Cheese Flatbread Munchable Roasted Brussel Sprouts Baby Carrots Diced Pears Milk Choice
11 Macaroni & Cheese Or Turkey Sandwich Steamed Peas Broccoli Floret Peaches, Diced Milk Choice	12 Beefy Tacos Or Deli Ham Refried Beans Broccoli Florets Mixed Canned Fruit Milk Choice	13 Crispy Chicken Sandwich Or Honey Mustard Ham Wrap Steamed Carrots Broccoli Florets Pineapple Tidbit Milk Choice	14 Popcorn Chicken Bowl Or Bread Stick Turkey Deli Sub Sandwich Broccoli Floret Applesauce Milk Choice	15 Grilled Cheese Sandwich Choice of Soup Or Hawaiian Ham Sliders Steamed Green Beans Broccoli Florets Peaches, Diced Milk Choice
18 Cheese Bosco Stick Or Marinara Sauce Turkey Ham Sub Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced Milk Choice	19 Pancakes Or Sausage Patty Turkey Deli Sandwich Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Milk Choice	20 Orange Chicken Or Brown Rice Hawaiian Ham Sliders Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Milk Choice	21 Mini Corn Dogs Or Cheeseburger on a Bun Baked Beans Red/Orange Bell Pepper Spiced Crispy Chickpeas Applesauce Milk Choice	22 Tater Tot Casserole Or Garlic Toast Pizza Munchable Roasted Broccoli Red/Orange Bell Pepper Diced Pears Milk Choice
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

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Regular	\$1.5
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Adult	Free
Extra Milk	\$2.5
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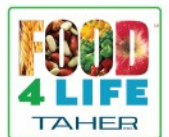
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HARVEST OF



THE MONTH

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