



Tomahawk Elementary Newsletter

Issue No. 4 | January 2024



Parents/Guardians:

We hope that you had a relaxing, safe holiday season. It always seems like such a build up for the holidays and once it's past we approach the long point of the school year, the time between Christmas break and spring break.

In order to get through this long point of the school year I always think about one of my high school coaches that would continually tell us that our attitude will determine our altitude. We are going to do our best to keep a positive attitude during this long stretch in order to reach a high altitude at school.

This high altitude will be visible in an improvement in self-esteem, relationships and a motivation to succeed at school.

Help your children to have a positive attitude at home as well and this will help them in all aspects of life.

Hope the New Year brings all good things for you and your family!

Mr. Steckbauer

*January 2nd Tuesday -
Bridging Brighter Smiles

*January 3rd Wednesday -
Bridging Brighter Smiles

*January 17th Wednesday
- 5th Grade field trip

January

HAPPY NEW YEAR

2024

*January 19th Friday -
No School (Students)
Staff In-Service Day

*January 25th
Thursday - TES School
Spelling Bee



HAPPY new Year



Tomahawk Elementary Newsletter

OFFICE REMINDERS

Kids In Motion

"Kids In Motion" starts at 7:15 AM please have your student dropped off before 7:25am to attend " Kids In Motion"

Please do not drop off your student before 7:10am as there will not be adult supervision and the doors will not be open until then.

Please call in your child before 8:30am so your child is excused. If you are not able to call please send a note with your child when he/she returns to school.

Tomahawk Elementary School is required to enforce the regular attendance of students while school is in session.

Please call the office before 2pm if your plans change.

Our phones are busy at the end of the day and we can't guarantee we will get your message on time.

Thank You.

ATTEND TODAY, ACHIEVE TOMORROW

GOOD SCHOOL ATTENDANCE MEANS...



ELEMENTARY STUDENTS
read well by the end of third grade

MIDDLE SCHOOLERS
pass important courses

HIGH SCHOOLERS
stay on track for graduation

COLLEGE STUDENTS
earn their degrees

WORKERS
succeed in their jobs

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.



www.attendanceworks.org

4k Parents

-Starting the week of January 22nd-

M/W/F students schedule will be M/W ONLY

T/Thu students schedule will be T/TH/F

These are the days your child will come to school the remainder of the year.

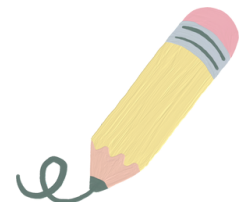
4K Registration

Tomahawk Elementary School will begin the registration process for incoming 4K students. Your child must be 4 years of age on or before September 1st, 2024.

We will be registering students in person Friday, January 19th. 8:30-11:30 & 12:30-2:30
Come anytime between those hours, This is a great time to meet our 4k teachers and visit the classroom.

You may call the office to get a registration packet or be prepared to fill one out on January 19th. We do need to see your child's birth certificate.

Any questions please call the elementary office 715-453-2126 ext 100 or 101





HAPPY new Year



School Nurse Trina's Newsletter

Happy New Year!

As we return back to school I want to start by saying congrats to Suzanne Coleman on winning our Tomahawk School District Wellness Bingo prize! All staff who completed wellness activities and scored a BINGO were entered into our drawing to win. Big thanks also goes out to the community business who sponsored the gift basket:

- ~Trigs
- ~Coaster Cycle Works
- ~Chucks Sports Shop
- ~Sweet Pies of Mine
- ~The Cheese Shoppe
- ~What's Brewin
- ~Strikers Bowl



Just before our Holiday Break we also started to see an influx in strep, influenza and COVID circulating throughout the district. Please encourage students to use good hand hygiene throughout the day and keep ill students home to prevent the spread of illness. When necessary, please also contact your students' primary care team for guidance on next steps. Because symptoms of these illnesses can overlap at times, testing may be required to determine the proper treatment for your student.

Because we are now in full swing of winter weather, it is a good time to double check that your carbon monoxide detectors are working. On average, carbon monoxide poisoning sends about 500 Wisconsinites to the emergency room each year, according to data from the Wisconsin Environmental Public Health Tracking Program. To protect yourself and your family from carbon monoxide, follow these safety tips:

- Make sure you have working carbon monoxide detectors. All single-family duplexes and homes in Wisconsin are required to have detectors on every level, including the basement. Carbon monoxide alarms are not substitutes for smoke alarms.
- Have your furnace or wood-burning stove inspected annually. Hire a professional to make sure it is functionally sound and vents properly outside the home.

- Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home or garage. Any heating system that burns fuel produces carbon monoxide.
- Generators should be run at a safe distance (at least 20 feet) from the home. Never run a generator in the home or garage, or right next to windows or doors.
- Never run a car in an enclosed space. Even with a door or window open, carbon monoxide levels can still build up to an unsafe level.

Symptoms of overexposure to carbon monoxide include headache, fatigue, dizziness, shortness of breath, nausea, and confusion. At high levels, carbon monoxide can cause death within minutes. If you think you may be experiencing carbon monoxide poisoning, or your detector sounds an alarm, head outside immediately for fresh air and call 911.

Also, best wishes to our friend Miss Jill from Bridging Brighter Smiles as she moves onto her next venture! Miss Ashley will continue to hold down the fort until Jill's position is filled. Thanks for all you do/have done to keep our districts' smiles healthy!



On a personal note, my maternity leave is anticipated to start in early April. If all goes according to plan, I plan to be out for the duration of the 23/24 school year. As we begin planning for this transition, I will keep you abreast to any new contacts in my absence. I appreciate your understanding! As always, reach out with any concerns or if I can be of any help!

Nurse Trina armstrongt@myhatchets.org



HAPPY
new Year



News From Mrs. Anderson

Just a note from the Music Room

Great Job to all of the students performers in Kindergarten, First Grade, Third Grade, and Fifth Grade on their outstanding performances of "Oh the Possibilities" in December.

Looking ahead, Second Grade and Fourth Grade will begin to prepare for the Featuring the Fine Arts Performance on March 13th.

All students in the 4K-5th grade will welcome 2024 with song, dance, and instruments in music class this January.

Mrs Anderson





HAPPY
new Year



Hatchet Pride News

Hatchet Pride News

Our school will be focusing on Respect and Manners in January. We have noticed that most behaviors at school are students putting their hands on others being disrespectful, disruptive, and defiant. If you are receiving phone calls home about this type of behavior we need your help! As teachers, we are trying at least 3 redirecting strategies before sending students to Mrs. V or calling Hawaii.

Please take time to discuss with your students that the school rules are different from home rules. Students are required to Be Respectful, Be Responsible, and Be Safe at school. We are working on self regulation strategies at school, but we do need help from home as well. Thank you for all your help!

5 WAYS TO TEACH AND ENCOURAGE RESPECT



1

MODEL RESPECT

Children often watch their caregivers looking for clues defining the expectations. If they see parents and teachers treating one another with respect, they will do the same.

2

DISCUSS RESPECT

Talk about the way we treat others. Focus on the words we use (yes, ma'am; yes, sir; please; and thank you), and the attitudes we portray. Explain the expectation of respect for others demonstrated in both attitude and behavior.

3

TEACH TURN-TAKING

Turn-taking is a skill needed in all aspects of life. Helping children to patiently wait for a turn to encourages respectful listening. Encouraging children to wait for their turn in line or their turn for a toy develops an attitude of patience and respect.

4

TEACH POLITE RESPONSES

Infants and young toddlers can begin learning how to sign words like, "please" and "thank you." As children begin vocalizing, adding phrases to their vocabulary like, "excuse me," "no, thank you," and "yes, ma'am/sir" continues to encourage an attitude of respect.

5

PRAISE RESPECTFUL BEHAVIOR

When children demonstrate good manners and respect to others, give specific praise for the positive choices they are making.

for more info

www.steppingstoneschool.com/blog/



HAPPY new Year Counselor's Corner



Calming Strategies for Self Regulation

The BLUE Zone	The GREEN Zone	The YELLOW Zone	The RED Zone
HOW MIGHT YOU FEEL? SAD TIRED BORING MORNING SLEEPY	HOW MIGHT YOU FEEL? HAPPY OKAY FOCUSSED READY TO LEARN	HOW MIGHT YOU FEEL? NERVOUS CONCERNED SILEY NOT READY TO LEARN	HOW MIGHT YOU FEEL? ANGRY FRUSTRATED SCARED OUT OF CONTROL
WHAT MIGHT HELP YOU? TALK TO SOMEONE STRETCH TAKE A BRAIN BREAK STAND TAKE A WALK CLOSE MY EYES	WHAT MIGHT HELP YOU? THIS IS THE GOAL! WHAT CAN YOU DO TO GET TO THE GREEN ZONE? HOW CAN YOU BE HAPPY, OKAY AND READY TO LEARN?	WHAT MIGHT HELP YOU? TALK TO SOMEONE COUNT TO 20 TAKE DEEP BREATHS SQUEEZE SOMETHING DRAW A PICTURE TAKE A BRAIN BREAK	WHAT MIGHT HELP YOU? STOP WHAT I AM DOING MAKE SENSIBLE CHOICES TAKE DEEP BREATHS ASK FOR A BREAK FIND A SAFE SPACE ASK FOR HELP

What is self regulation in regards to your child?

Self regulation is the ability to identify, respond and effectively manage emotional experiences. It's important to teach children that there are no "bad" emotions. Instead we want to give children the ability to judge whether their emotional response is appropriate to the situation. In order to effectively self regulate, it's important that children are given self regulation strategies to practice. At school we are practicing many self regulation strategies.

How to support your child?

- *Talk to your child about how they are feeling and help them to identify their emotions.
- *Talk about their body clues when they feel an emotion (ex. "You are crying. Are you sad?")
- *Discuss why they are feeling a certain way. What happened?

Encourage self regulation strategies at home. Here are some ideas on what to do with our emotions in each zone. Ask your child which strategies work best for them.

My Feelings 	What I Can Do: <ul style="list-style-type: none"> I'm feeling good I can play and learn I can help a friend I can try new things I can practice my calming strategies for when I need them most 	My Feelings 	What I Can Do: <ul style="list-style-type: none"> Count to 20 Take deep breaths Go to a safe space Push or squeeze something Draw, write, or talk about it
My Feelings 	What I Can Do: <ul style="list-style-type: none"> Stretch Go for a walk Drink some water Talk to someone you trust Think happy thoughts 	My Feelings 	What I Can Do: <ul style="list-style-type: none"> Walk Away Stop what I'm doing Be safe Ask for a break Get help

Mrs. Peissig
 School Counselor
peissigd@myhatchets.org
 715-453-2126 Ext. 174

FAMILY Night

Tuesday February 20, 2024

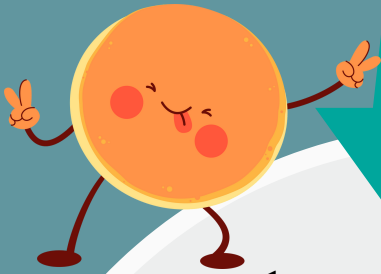
4:45 – 7:00 pm

Elementary School

~Presenting Uncle Pancake- sign up information below

~Demonstrations by 1st grade students on Exercise Your Brain with Bal-A-Vis_X

~Student work displayed throughout the hallways

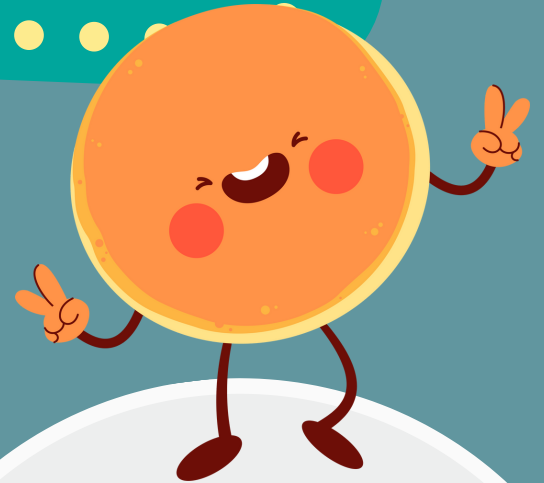


Come and meet “Uncle Pancake” & watch him throw a delicious event!

To learn more about Uncle Pancake please visit his [website](#)

To purchase event entry and sign up for this fun filled night please fill out the form below and return to the elementary office before Friday February 16th.

We look forward to seeing you!



Meal Includes:

All the cakes you can eat

Two sausages

Butter

Syrup

Milk

Event Entry Form

Child's Name _____



Classroom Teacher _____

Quantity

Total

Adult Entry @ \$3.50 each

Student Entry @ \$2.50 each

Total Entry Amount

Please make checks payable to Tomahawk Elementary School



Tomahawk Elementary School Lunch Menu

January
2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Macaroni & Cheese Whole Grain Dinner Roll Or Turkey Sandwich Roasted Broccoli Cherry Tomato Mixed Canned Fruit Milk Choice	3 Pizza Munchable Or Crispy Chicken Wrap California Blend Vegetable Cherry Tomato Pineapple Tidbits Milk Choice	4 Pasta with Meat Sauce Whole Grain Dinner Roll Or Cheeseburger on a Bun Green Beans Cherry Tomato Applesauce Milk Choice	5 Choice of Pizza Or Crispy Chicken Wrap Black Beans Cherry Tomato Fresh Pear Milk Choice
8 Cheese Bosco Stick Or Crispy Chicken Nuggets Whole Grain Dinner Roll Or Steamed Green Beans Cherry Tomato Peaches, Diced Milk Choice	9 Beef Hot Dog Or Ham Deli Sandwich Roasted Corn Cherry Tomato Mixed Canned Fruit Milk Choice	10 Choice of Quesadilla Salsa Or Mini Corn Dogs Refried Beans Cherry Tomato Pineapple Tidbit Milk Choice	11 French Toast Sticks Sausage Patty Or Turkey Sandwich Roasted Broccoli Cherry Tomato Applesauce Milk Choice	12 Pasta with Meat Sauce Whole Grain Dinner Roll Or Cheeseburger on a Bun Glazed Carrots Cherry Tomato Diced Pears Milk Choice
15 Grilled Cheese Tomato Soup Crispy Chicken Nuggets Dinner Roll Green Beans Baby Carrots Peaches, Diced Milk Choice	16 Chicken Tacos Salsa Or Ham Deli Sandwich Black Beans Baby Carrots Mixed Canned Fruit Milk Choice	17 Salisbury Steak Or Crispy Chicken Sandwich Mashed Potatoes Gravy Baby Carrots Pineapple Tidbit Milk Choice	18 Popcorn Chicken Brown Rice Or Cheeseburger on a Bun Kung Fu Carrots Baby Carrots Applesauce Milk Choice	19 NO SCHOOL
22 Macaroni & Cheese Or Turkey Ham Deli Sandwich Steamed Peas Broccoli Florets Peaches, Diced Milk Choice	23 Beefy Nachos w/Cheese Sauce Or Pizza Munchable Refried Beans Broccoli Florets Mixed Canned Fruit Milk Choice	24 Crispy Chicken Sandwich Or Cowboy BBQ Crispy Chicken Munchable Steamed Carrots Broccoli Florets Pineapple Tidbit Milk Choice	25 Popcorn Chicken Bowl Bread Stick Or Cheeseburger on a Bun Broccoli Florets Applesauce Milk Choice	26 Choice of Pizza Or Turkey Deli Sub Sandwich Steamed Green Beans Broccoli Florets Diced Pears Milk Choice
29 Cheese Bosco Stick w/Marinara Or Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced	30 Popcorn Chicken Brown Rice Or Turkey Munchable Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Milk Choice	31 Pancakes Sausage Patty Or Cowboy BBQ Crispy Chicken Munchable Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits	1	This is for Food 4 Thought

PRICES

Regular	\$2.7
Reduced	5
Adult	\$0.4
Extra Milk	0
	\$4.6
	5
	\$0.4
	0

EXTRA INFO

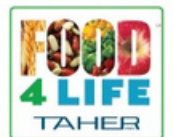
Milk choice of 1% White, Skim or Chocolate Skim is included with all Lunch. For questions or comments contact the Food Service Director at: Andersons@myhatchets.org or call 715-453-2106 ext. 310

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 Breakfast Menu

January 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Brekki Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	3 Banana Bread Cheese Stick Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	4 Breakfast Pizza Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	5 Mini Waffles Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
8 Mini Donuts Cheese Stick (with Mini Donuts) Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection	9 Cheese Omelette Muffin Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	10 Homemade Coffee Cake Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	11 Chocolate Frosted Long John Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	12 Pancakes Sausage Patty Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
15 Mini Bagels or Bagel w/ Cream Cheese Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	16 Strawberry Banana Smoothie Choice of Grain Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	17 Blueberry Muffin Cheese Stick Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	18 Egg Patty Choice of Grain Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	19 NO SCHOOL
22 Choice of Mini Pancakes or Pancakes Sausage Patty Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection	23 Apple Ring Donut Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	24 Choice of Muffin Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	25 Cinnamon Roll Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	26 Breakfast Banana Split or Yogurt Parfait Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
29 Brekkie Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	30 French Toast Sausage Patty Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	31 Choice of Snackbread Cheese Stick Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	1	This is for Food 4 Thought

PRICES	Regular	\$1.5
	Reduced	5
	Adult	Free
	Extra Milk	\$2.5
		5
		\$0.40

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



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