

Tomahawk Elementary Newsletter

Issue No. 6 | March 2024



March is one of my favorite months of the school year. Spring is hopefully in the air, there's a lot of basketball to watch, shamrock shakes are back on the menu at McDonalds and spring break is right around the corner. March break 25th - March 29th. As the weather hopefully becomes nicer it becomes a little more difficult to attend to school work. Please let your students know that you feel school is important and with the weather getting nice we still need to get our work done.

We are through our spring parent/teacher conference times and I wish to thank all of you for following up with the teachers on your children's education during conferences, but please keep in mind you can contact the teachers and myself whenever you wish. We welcome being able to connect with you at your convenience!

Mr. Steckbauer

March 1st Friday- Trees for Tomorrow 5th Grade

March 5th & 6th Tuesday & Wednesday 4K field trip to the Children's Imaginarium

March 13th Wednesday - Spring Program 2nd & 4th grade



March 17th St. Patrick's Day

March 19th First Day of Spring

Spring Break March 25-29th



Elementary Newsletter



OFFICE REMINDERS

Thank you

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

Please contact the office if your phone number, address, or email has changed

Donations for snacks are welcome.

We are looking for snacks for kids who forget or don't bring a snack to school and are hungry during the school day. If you are willing and able to donate individually packaged snacks, please send them to your child's classroom or elementary school office.

We appreciate your generosity!

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.

Please provide medical notes in order to no count those absences.

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



Attendance Is Important



Help Your Child Succeed in School:
Build the Habit of Good Attendance Early
School success goes hand in hand with good attendance!

DID YOU KNOW?

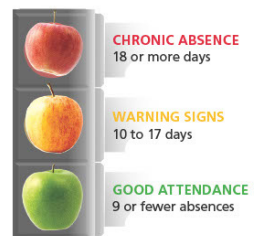
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org



School Nurse Trina's Newsletter

Hello there!

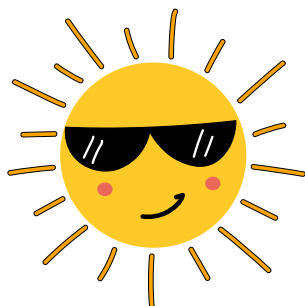
Technically speaking, the first day of Spring is this month! February actually felt like Spring too for a while! That being said, those of you who are going on Spring Break, ENJOY! Be sure to be conscientious of traveling if you are ill. You may encounter vulnerable populations without even realizing it. Here are a few of my favorite travel tips:

~Keep hand sanitizer in your car or personal bag for use before/after food stops and after filling up with gas. Mini versions also work great for airports!

~Make sleep a priority. Quality sleep works wonders for supporting your immune system and your mood.

~Pack healthy snacks when you can. Often convenient or fast food isn't the most healthy option. Snacks like nuts, seeds, jerky dried fruits and water bottles travel well and keep you feeling satiated.

~Enjoy the vitamin D (sunshine) when you can while protecting your northern WI complexion with sunblock or sunscreen when needed. Sunburn is no joke!



Travel Tips for Staying Healthy

Whether you're traveling to a faraway land or just around the state, these 12 tips can help keep you and your family safe.



by car:

- + Worried about motion sickness?**
Eat a light meal before you leave and be sure to pack motion sickness medications and plenty of water.
- + Wash your hands!**
Use hand sanitizer after stopping at rest stops and gas stations to cut down on the chances of catching a cold.
- + Plan for healthy meals.**
Opt for fruits, vegetables and protein bars as snacks. If fast food is a must, choose grilled chicken sandwiches and salads, and look for alternatives to french fries.
- + Don't forget to rest.**
Drowsy driving is just as dangerous as drunk driving. Schedule breaks every two hours, and avoid sedating-type medications and alcohol (do not drink and drive).

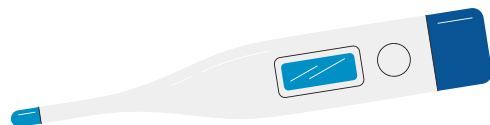
by air:

- + Dodge a cold.**
Wash your hands, hydrate and get enough rest before your trip.
- + Avoid body fatigue.**
Pack heavy items in a roll-aboard or checked luggage to avoid neck and shoulder pain.
- + Stretch it out.**
While seated you can stretch your torso, flex and relax your muscles, and loosen up swollen feet by slowly turning your ankles in circles. When the seatbelt light is off, stretch your legs by walking the aisles.
- + Let your hair down.**
Wearing hair pulled back with rubber bands or clips can contribute to headaches.

going abroad:

- + Prepare medically.**
Fill and take necessary quantities of your daily prescriptions with you and get immunized prior to travel.
- + Be proactive, ask questions.**
Identify the U.S. Embassy closest to your destination; contact your insurance provider about specific requirements for being treated abroad and options for medical evacuation from your intended destination.
- + Pay attention to your health.**
Use sunscreen and insect repellent as directed, be careful about your food and water consumption, limit alcohol intake, and do not drink and drive. When participating in adventure activities, always wear protective gear.
- + Do your research.**
Learn about the symptoms of the diseases that are prevalent in the area where you are traveling. Respect your host country and its people by learning and following local laws and customs.

Over January and February, the district saw an uptick in Influenza A and B, RSV, mono and unspecified low grade fevers. Please be on the lookout for respiratory symptoms, body aches, chills and fatigue as these may be indicators of the previously listed illnesses (this is not an all encompassing list). Following up with you or your students' primary care provider and/or testing for these illnesses is the fastest way to come up with a treatment plan for your family.





School Nurse Trina's Newsletter

At the end of January, I met with the school district's CNA students to discuss nursing as a career option. We touched on pros and cons of the field, schooling, job availability and the variety of options open to those who obtain their licence. I would encourage ANY students of ANY age to reach out if they have interest in nursing or like fields. I may have also selfishly put a plug in for Northern Michigan University (GO CATS!) For those seniors with a 3.5GPA and interest in attending NMU, please check out the Presidential Scholarship Competition at the site listed here:

<https://nmu.edu/admissions/scholars> This is not a nursing specific scholarship competition.



Fun Tidbits:

~Boy is dominating the gender guesses for Baby Armstrong ion TES



TEAM
Boy

~Upcoming appts where I will be out of the building are as follows (contact the offices with questions/concerns):

- 2/27: 230p
- 3/12: 12p
- 3/19: 230p
- 4/9: 250p
- 4/10: Due Date



Reminders:

~If your student has any health condition changes throughout the year, please be sure to update me in the health office. Doing so ensures that records are up to date in case something should happen at school. This will also allow me to collaborate with parents/guardians to discuss any accommodation or attendance excuses if needed.

~Medications should be picked up at the end of the school year by parents. I know this seems early but it is something you will want to plan for as I will be out of the building at the end of the year for additional reminders.

~Incoming 7th grade students (for the 24/25 school year) who have not received their TDAP vaccine will be due for this prior to the 24/25 school year. Please plan ahead with your students' primary care provider. *You will find the vaccine [requirements](#) and [completion form](#) attached and on the Tomahawk School District Website under Health Services. Please note if you are choosing to medically waive a vaccine on the record form you will need a provider signature.

As always, let me know if I can help with anything!
Nurse Trina



FEATURING THE FINE ARTS:
“PHASES OF THE MOON AND ME”

MUSIC PROGRAM AND ART SHOW

FOR 2ND AND 4TH GRADES
MARCH 13TH, 2024 @ 1 PM
SCHOOL AUDITORIUM



Counselor's Corner



We are learning about careers in Guidance Class. Below are some ways you can help your child learn skills and develop positive habits that will help them now and in the future.

- Help your child develop a positive attitude about life.
- Teach your child to accept and listen to other children's ideas, even if they are different from his or hers.
- Assist your child with strategies for resolving conflicts in a positive manner.
- Talk to your child about how he or she feels, and teach your child to deal with his or her emotions in a healthy way.
- Have your family work as a team to complete home projects/chores.
- When your child makes a mistake, work positively to correct it and problem-solve how to prevent it from happening again.
- Take your child to school on time, and teach him or her the importance of punctuality, good attendance, and following through on commitments.
- *Involve your child in real family decisions. Talk about how the choices your child makes affects other people.
- Explain why work is important, not only as a source of income but also as a way to contribute to society.

*Talk about your child's likes and dislikes.

If your child likes art, discuss careers that involve art such as designing houses, clothing, magazine ads, movie sets, and even toys. Explain that people also use art when they draw cartoons, arrange flowers, or take photos for magazines and books.

If your child likes to be outdoors, talk about outdoor careers like landscape architecture, forestry, archaeology, construction work, marine biology, and commercial fishing.

If your child is very social, discuss working as a teacher, a lawyer, a customer service representative, a receptionist, a hotel manager, or a convention planner.

If your child likes to help people, talk about different careers such as nursing, medicine, athletic training, family counseling or childcare.

If your child loves math, talk about being an accountant, a computer programmer, engineer, or a statistician. You can also remind your child that almost all careers use basic math, so it is a very important skill.

*If your child likes to keep others safe, talk about a career such as a police officer, a forensic scientist, a detective, an investigator, a parole officer, a security guard or a bailiff.

Source: Bureau of Career And Technical Education

Mrs. Peissig, School
Counselor
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715-453-2126 Ext. 174



Spelling Bee News

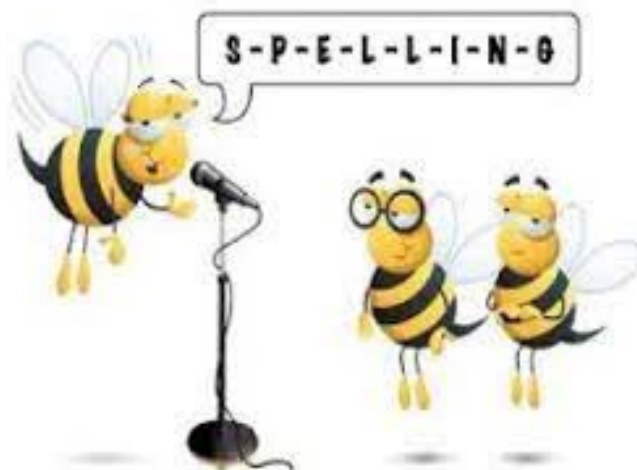


Front row left to right: Noah Jenson, Jackson Jones, Jayda Devillers, Micah Cerkas
Back row left to right: Ayden Finks, Matilda Vanasten, Elaine Huber, Antonio Daniels



The Tomahawk School District hosted the Regional Spelling Bee on Tuesday February 6th. The top spellers from 6 area schools including Tomahawk Middle and Elementary, Saint Mary's School, Northland Pines, Phelps, Three Lakes and AVW attended.

The Champion Speller will be going to the State Spelling Bee which will be held on Saturday March 16th at 1:00 in the Mitby Theater of Madison College. The Champion Speller this year is 8th grader Ava Meyer from Northland Pines. 5th graders Jackson Jones (Tomahawk Elementary) and Micah Cerkas (Saint Mary's School) earned 3rd and 4th places at the bee.





Hatchet Pride News

Our school will be focusing on Cooperation & Teamwork in February. We have noticed that most behaviors at school are students being disrespectful, disruptive, and defiant. If you have any ideas on how we can be proactive about these behaviors please let your child's teacher know. Since we have been using so many strategies by this time of the year we need your help to know what is going on at home so we can work together as a team as well. Students are required to Be Respectful, Be Responsible, and Be Safe at school. To help students make good choices we will be having a Teachers versus Students Game at the end of March. Thank you for all your help and enjoy the reminders below to use with your students when encouraging cooperation and teamwork this month!

10 Powerful Conversation Starters to Teach Your Kids

COOPERATION

Discuss with your children, by asking these questions, what Cooperation is and why it is so important!



- 1 What are some jobs and chores you help out with at home?
- 2 How have you used cooperation with your friends?
- 3 If your little brother, little sister, or younger friend wanted to know what Cooperation meant, what would you tell them?
- 4 Why do you think it's important to take turns with other people?
- 5 How can being cooperative impact other people around you?
- 6 Finish this sentence: When I use cooperate with people, they _____
- 7 What is a choice you've made recently that you knew would be good for other people?
- 8 Would you say that you're a cooperative person? Why do you say that?
- 9 What happens when people don't cooperate with each other?
- 10 What are some ways that you can cooperate with others in the community?



For more powerful parenting tips, visit DrRobynSilverman.com

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POWERFUL WORDS
CHARACTER DEVELOPMENT



Tomahawk Elementary School Breakfast Menu

March 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This is for Food 4 Thought	27	28	29	1 Strawberry Bagel & Cream Cheese Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection
	4 Mini Donuts Cheese Stick Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	5 Yogurt Parfait with Fruit & Granola Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection	6 Homemade Coffee Cake Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	7 Mini Pancakes Sausage Patty Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
11 Bagel w/ Cream Cheese Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	12 Cheese Omlette Tri Tater Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	13 Smoothie Muffin Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	14 Boiled Egg Banana Bread Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	15 Brekki Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk
18 Pancakes Sausage Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	19 Breakfast Bake Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	20 Muffin Cheese Stick Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	21 Cinnamon Roll Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	22 Long John 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
Milk	\$2.5
	0
	\$0.4
	0

EXTRA INFO

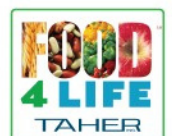
Milk choice of 1% White, Skim or Chocolate Skim is included with all Lunch. For questions or comments contact the Food Service Director at: Andersons@myhatchets.org or call 715-453-2106 ext. 310

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

March
2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	27	28	29	1 Green Eggs & Ham Who-Hash Pancakes Or 1 Fish 2 Fish Stix The Lorax Broccoli Cindy Lou Who Carrots Truffula Fruit Grinchy Milk
Come down for Lunch on Friday March 1st to help celebrate Dr. Seuss's Birthday!	5 HOM - Orange Nachos Or Turkey Sandwich Refried Beans Broccoli Florets 100% Orange Juice Milk Choice	6HOM - Rutabaga Crispy Chicken Sandwich Or Ham Sandwich Steamed Carrots Broccoli Florets Pineapple Tidbits Milk Choice	7 Popcorn Chicken Bowl Bread Stick Or Cheeseburger on a Bun Broccoli Floret Applesauce Milk Choice	8 Cheese Pizza Or Turkey Sandwich Steamed Green Beans Broccoli Florets Diced Pears Milk Choice
11 Cheese Bosco Stick Or Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced Milk Choice	12 Pancakes Or Egg Patty Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Milk Choice	13 BBQ Rib Sandwich Or Crispy Chicken Sandwich Mashed Potatoes Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Milk Choice	14 Corn Dog Or Cheeseburger on a Bun Kettle Potato Chips Red/Orange Bell Pepper Applesauce Milk Choice	15 Tater Tot Casserole Garlic Toast Or Fish Stick Sandwich Roasted Broccoli Red/Orange Bell Pepper Diced Pears Milk Choice
18 Beef Hot Dog on a Bun Or Crispy Chicken Nuggets Whole Grain Dinner Roll French Fries Baby Carrots Peaches, Diced Milk Choice	19 Pizza Bake Or Ham Sandwich Roasted Broccoli Baby Carrots Mixed Canned Fruit Milk Choice	20 Waffle & Toppings Sausage Patty Or Choice of Deli Sandwich or Sub Steamed Peas Baby Carrots Pineapple Tidbits Milk Choice	21 Beefy Tacos Or Turkey Sandwich Spiced Pinto Beans Baby Carrots Applesauce Milk Choice	22 Toasted Cheese Sandwich Choice of Soup Or Bosco Sticks California Blend Baby Carrots Diced Pears Milk Choice
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

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



Download our app
Taher Food4Life®

www.taher.com