SKYLINE ELEMENTARY SCHOOL
NEWSLETTER
Winter 2019
2301 N. Mildred | Tacoma WA, 98406 | 253.571.7800

PRINCIPAL’S NOTE:
Dear Skyline Families,

It is hard to believe that we are well into the month of December. In fact, as of today, there are only 113 days remaining in the school year!

Thank you for your continued support and ongoing interest in your child’s education and school. Skyline had fantastic attendance at conferences in October. Many families attended STEAM Night on December 5th and I’m sure we will see a lot of families at our PTA-sponsored Little Skyhawks Workshop on December 12th.

All of the things you do each day to help your child prepare for school do not go unnoticed. Ensuring that your child gets a good night’s sleep, has a nourishing breakfast, and arrives at school on time helps set them up for a successful day. We realize this can be a busy time of the year. The Skyline staff encourages you to take time out from the hustle and bustle of the season to give your children the gift of time. Sitting down and reading a book together, going for a walk, cooking a favorite family dish together and sitting down to enjoy it, playing a board game ...these are the things memories are made of.

We wish each of you a joyous holiday season!
Regina Rainbolt, Principal

DATES TO REMEMBER:

December
12th  PTA Little Skyhawk’s Workshop 4-7
18th  Late Start 10:00
23rd-January 3rd  Winter Break

January
6th  School Resumes
8th  Late Start 10:00
15th  Late Start 10:00
20th  MLK, Jr Day—No School
22nd  Late Start 10:00
23rd  PTA Ethnic Fest 6-7:30
27th  Skyhawk Assembly
29th  Late Start 10:00
30th  Music Program— 7:00 pm
       Grades 3, 4, 5
31st  Data Day—No School

February
5th  Late Start 10:00
12th  Late Start 10:00
14th  No School (unless snow make-up day)
17th  Presidents Day—No School
19th  Late Start 10:00
26th  Late Start 10:00
27th  Skyhawk Assembly

March
4th  Late Start 10:00
11th  Late Start 10:00
12th  Early Release 12:15—Conferences
13th  Early Release 12:15—Conferences
18th  Late Start 10:00
25th  Late Start 10:00

Winter Break...
No School from December 23rd—January 3rd.

Return to school on January 6th.

QUICK LINKS

• Be sure to check Skyline’s website for upcoming activities and news:
  www.tacomaschools.org/skyline/

• Another great resource for school information is our PTA Facebook page: https://www.facebook.com/groups/SkylineElementaryPTA/

please check Lost & Found in the cafeteria for any missing items

SKYHAWK WAY, ALL DAY!
Mindful Tips for Winter Break

The holiday season is a very busy and stressful time for many. With celebrations, changes in routine, and lots of rushing around, it can be very challenging for all of us to regulate our emotions. Adding a little mindfulness to this busy time of year is beneficial for us all.

1. Think of one thing you are grateful for (such as your favorite thing that happened that day) and have everyone share.
2. Find brief moments to pause. When things are feeling chaotic, pause and take 3 slow, deep mindful breaths.
3. Take a mindful walk and notice different things you see in your neighborhood.
4. Savor the flavor. Have a yummy snack or drink as a family. Eat or drink slowly and try to notice what it looks like, how it feels, how it smells and how it tastes.
5. Don’t miss out on the Zzz’s. Be sure to prioritize getting rest and do your best to keep the bedtime routines.

NOTES FROM THE OFFICE:

School Absences
If your child misses a day of school, please be sure to call (253-571-7829), email (mtomter@tacoma.k12.wa.us) or send a note to the attendance office. If we do not hear from you, your child will receive an unexcused absence. Thank you!

School Website
You can find much of the information you may need on our school website, www.tacomaschools.org/skyline. Bus information, school lunch account links, conference days, school closures and much more can be found here.

Afternoon Plans
Please let your child know their afternoon pick up plans in the morning. It is disruptive to everyone when the office must call into the classroom with updates.

Office Hours
The school office is open from 8:00 am—4:00 pm.

Arrival Time
Students eating breakfast may arrive at 8:35 on Monday, Tuesday, Thursday and Friday and 9:35 on Wednesdays.

Bus
If you are having any bussing issues, the direct number to First Student is 253-272-7750.

Stay in the Loop:

Skyline’s Home Page: https://www.tacomaschools.org/skyline
Skyline PTA’s Facebook Page: https://www.facebook.com/group/skylineElementaryPTA
Counselor’s Column
by Nicole Bortle:

10 TIPS FOR REDUCING STRESS

Although this time of year can be filled with many fun events, it can also be stressful and it’s even more important to practice good self-care. The following ten tips may help you manage your stress during this busy season:

1. Exercise everyday
2. Get enough sleep
3. Eat healthy foods
4. Talk about your problems
5. Keep a journal
6. Break large tasks into small steps
7. Practice taking slow, deep breaths
8. Avoid negative people
9. Don’t over commit
10. Think happy thoughts

FAMILY ASSISTANCE AVAILABLE

Ms. Rainbolt and I work closely with resources within the community to provide support to our families that need a little extra. If your family is in need of assistance please contact me. All requests are confidential so please let us know if there’s anything we can do to help.

Happy Holidays to our Skyhawk students and families.

I am available at Skyline Elementary School, Monday-Friday, 8:15am-3:45pm.
Email: nbortle@tacoma.k12.wa.us
Phone: (253) 571-7790
When is your child too sick for school?

Going to school every day is a powerful predictor of school success and on-time graduation. Department of Education says children who miss less than 9 school days generally perform better in school. When deciding whether your child is too sick to go to school, follow these guidelines.

**Send your child to school if...**
- They have a runny nose or just a little cough, but no other symptoms.
- They haven’t taken fever-reducing medicine for 24 hours, and haven’t had a fever during that time.
- They haven’t thrown up or had diarrhea for 24 hours.
- They don’t feel great, but have no other significant symptoms. They didn’t sleep well, and may be tired.

**Keep your child home if...**
- They feel sick and have had a temperature of greater than 100.4°F in the past 24 hours.
- They throw up 2 or more times in 24 hours.
- They have diarrhea 3 or more times in 24 hours.
- Their eye is pink and crusty.
- They have a chronic cough or green nasal discharge.

**Call the doctor if...**
- They have a temperature greater than 100.4°F for more than 2 days.
- They throw up or have diarrhea for more than 2 days.
- They’ve had the sniffles for more than a week, and aren't getting better.
- They still have asthma symptoms after using asthma medicine. (Call 911 if they have trouble breathing after using an inhaler.)