

School Newsletter

McKinley Early Childhood Center 5 12th St SW, Watertown, SD 57201 (605)882-6350



McKinley Early Childhood Center Parents:

Your child's safety and parent communication are our top priorities. Thank you for your patience with our communication systems. You can send messages to your child's teacher through the Watertown School District app, email, or leave a phone call. The office will communicate with you via text, WSD app, and the website (www.watertown.k12.sd.us). Please also follow McKinley Early Childhood Center on Facebook!

Please call the office before 8:30 a.m. if your child is ill or will not be attending school that day. We appreciate your advance notice of any absences you are aware of. Thank you for your cooperation.

Emily Hatton, Principal emily.hatton@k12.sd.us

Timberly Lunde, Administrative Assistant timberly.lunde@k12.sd.us

Phone: 605-882-6350 Fax: 605-882-6351



September calendar

7th - Labor Day;
NO SCHOOL

23- Early Out; 12:20

Dismissal; PM

preschool attends—

8:30-11:30, No AM

Preschool

Dear children and families,

What are mornings like in your house before school starts? Does anyone shout, "Where's my 'What's wrong with my backpack?" or "I'm so tired!" or "I don't have time for this!" or "I need to go to the bathroom now!" If so, it's hard to start the day right, and how things unfold in the morning can set the tone for the next day. The most helpful way to reduce morning chaos is to establish a routine. A predictable and positive morning routine can help children arrive at school feeling calm and ready to have a great day.

Here are some ideas to take the pressure off school mornings. The night before: Think about what you need to do and make a plan to do it. Putting your child to bed at the same time every night can help them get enough sleep. Mornings are easier when children get enough quality rest.

1. Pack their backpack.
2. Check for school notes or sign them.
3. Lay out their clothes.
4. Have your child bathe or shower the night before.
5. Consider setting up a weekly schedule with reminders of what your child needs to bring each day (library, exhibition, etc.).

The morning routine: More time in the morning. One of the best ways to achieve this is to get up 15 minutes earlier. Have a routine because rushing can increase everyone's stress levels..

1. Face the morning with a positive attitude. A good mood can be contagious!
2. Consider an alarm clock for children who have trouble waking up.
3. Give clear and calm instructions. You could even make a simple "to-do" list such as: get dressed, eat breakfast, brush teeth, etc.
4. Reduce distractions such as electronic devices or television. Screen time can interfere with being ready on time.
5. Try not to give children extra attention by arguing, complaining, or delaying. Even negative attention is an incentive for them to continue the behavior.

A healthy start is a great way for everyone to begin their school day. Clear expectations and promoting learning will allow our children to be the best students they can be!





Homecoming DRESS UP DAYS

September 30th-October 2nd

Wednesday - Hat Day

Thursday - Jersey Day

Friday - Arrow Day

The high school student council will visit the McKinley Early Childhood Education Center during lunch on September 24 and 25 to sell welcome buttons. They cost \$2 per button and will allow you to enter the Legend on September 28 and the Powderpuff/Pep Rally on October 1. If you don't want a button, you can pay for admission to these events for \$3 at the gates. Students can give money to their teachers, who will assist them to buy buttons. Thank you!

SEPTEMBER 2026

MENU IS SUBJECT TO CHANGE

FRUIT AND MILK IS OFFERED AT ALL BREAKFAST MEALS

VEGGIE BAR, FRUIT SELECTION AND MILK SELECTION ARE OFFERED AT ALL LUNCH MEALS.

MON

WEEK 1

TUES

WED

THURS

FRI

BREAKFAST: 1
FRENCH TOAST 37G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
SUPER NACHOS 19G/30G
REFRIED BEANS 36G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 2
BREAKFAST BAGEL
PIZZA 31G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
CHICKEN TENDERS 12G/18G
CARROTS 5G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 3
CINNAMON ROLL 33G
OR OMELET 17G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
GOULASH 52G
CORN 17G
DINNER ROLL 23G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 4
BB MUFFIN 30G
STRING CHEESE 15G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
PIZZA 30G
GREEN BEANS 4G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

WEEK 2

NO SCHOOL 7



BREAKFAST: 8
MINI DONUTS 20G
STRING CHEESE 15G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
WALKING TACO 22G/30G
FR. FRUIT CUP 21G
SNACK
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 9
BREAK. BITES 20G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
CHICKEN NUGGETS 13G/16G
CURLY FRIES 23G
SNACK
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 10
WAFFLES 37G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
CHILI 10G
CIN. ROLL 33G
STRING CHEESE 15G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 11
DONUT HOLES 7G
YOGURT CUP 15G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
CHICKEN ALFREDO 12G/26G
BROCCOLI 5G
GARLIC BREADSTICK 14G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

WEEK 3

BREAKFAST: 14
CINI MINI 41G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
HOT DOG 21G
BAKED BEANS 30G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 15
MINI JOHN 13G
GOGURT 8G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
SOFT SHELL TACO 12G/23G
CILANTRO LIME RICE 19G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 16
BREAK. PIZZA 27G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
POPCORN CHICKEN 14G
MASHED POT./GRAVY 24G
DINNER ROLL 23G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 17
CRESCENT 38G
STRING CHEESE 15G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
FR. TOAST STX 38G
SAUSAGE PATTY
HASHBROWN PATTY 15G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 18
GLAZED PULL APART 7G
YOGURT CUP 15G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
ITALIAN DUNKERS 34G/51G
MARINARA CUP 7G
CORN 17G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

WEEK 4

BREAKFAST: 21
CHOC. MUFFIN 29G
GOGURT 8G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
PANCAKE 13G/26G
OMELET
FRUIT JUICE 15G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 22
APPLE FILLED DONUT 33G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
TOTCHIO 16G
CHURRO 25G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 23
PANCAKE STICK 17G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
BREADED CHICKEN
SANDWICH 44G
BAKED BEANS 30G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 24
CC FRENCH TST 37G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
MEAT AND GRAVY
MASHED POTATOES 20G
DINNER ROLL 25G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 25
CARAMEL MINI 41G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
PIZZA CRUNCHERS 21G/42G
MARINARA CUP 7G
GREEN BEANS 4G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

WEEK 5

BREAKFAST: 28
MINI DONUTS 41G
GOGURT 8G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
HAMBURGER 25G
BAKED BEANS 30G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 29
FR. TST STX 38G
SAUSAGE PATTY
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
CRISITOS 23G/46G
HASH BROWN COINS 21G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK

BREAKFAST: 30
BR. BURRITO 29G
HS./MS.
VARIETY BREAKFAST
CHOICE FRUIT
CHOICE MILK
LUNCH:
ORANGE CHICKEN 26G
FRIED RICE 27G
STIR FRY VEGGIES 7G
CHOICE FRUIT
CHOICE VEGGIES
CHOICE MILK





***If your child needs medication administered at school, the medication must be brought to school in the original bottle by an adult.**

***A parent/guardian must complete and sign a medication form.**

***If your child has a food or other life-threatening allergy, please contact the school nurse to ensure all paperwork is complete and necessary medications are brought to school.**

***Food allergies can be very serious. Check with your child's teacher before bringing treats.**

Reminder- all birthday treats or snacks to share, must be store bought/packaged.

***Sleep/rest is of utmost importance for children.**

***According to the National Sleep Foundation, the recommended hours of sleep per night are:**

Toddlers (1-2 years)

Recommended: 11-14 hours

Preschoolers (3-5 years)

Recommended: 10-13 hours

School-age children (6-13 years)

Recommended: 9-11 hours

Young adults (18-25 years)

Recommended: 7-9 hours

Have a safe and healthy year!

Nurse Dana

WIS & McKinley