

# THE JEFFERSON JOURNAL

☆☆☆ News from Jefferson Elementary School ☆☆☆

*Land Acknowledgement: We acknowledge that we are on the unceded lands of the Spokane Tribe. The Spokane people shared this place with other tribes through their relations, resources, history, trade, and ceremony. We thank the caretakers of this land, who lived, and continue to live here since Time Immemorial. This land holds the knowledge, culture, and spirit of "The People of the River."*

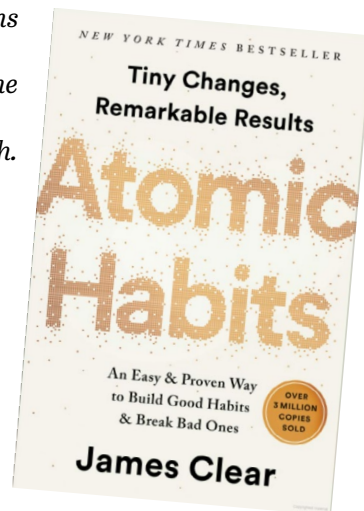


## PRINCIPAL'S CORNER

Dear Jefferson Families and Community,

Each January, many of us set New Year's resolutions to help improve some aspect of our lives. The challenge is maintaining our resolutions. As anyone who has a gym membership can attest, New Year's resolutions quickly wear off by the end of the month. In fact, in one 2016 study, of the 41% of Americans who make New Year's resolutions, just 9% feel they were successful keeping them by the end of the year.

If setting goals to read more, get more sleep or eat better are laudable, how can we better reach them? And how do we support our children in doing the same? Author James Clear in his book *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* lays out a framework for making "tiny changes (and reaping) remarkable results."



Over the next few weeks, I will take us on a short journey through his work. My aim will be to help you, and your children, employ strategies to hit those resolutions or other goals that you would like to reach.

The science of how habits work, according to Clear, involves four aspects: Cue, Craving, Response and Reward. The **cue** triggers your brain to initiate a behavior while the **craving** is what makes you want to do more of something. The **response** is the actual habit that you perform which is followed by a **reward**. Rewards either satisfy us, or teach us something and at least for the moment, satisfy a craving.

These four steps create a "neurological feedback loop which allows you to create automatic habits." We can use our understanding of this loop process to help create a habit we wish to have or break a bad habit.

Tune in next week where we will look to use the four steps to our advantage.

Brent

Brent A. Perdue (he, his, him)

Principal, [brentp@spokaneschools.org](mailto:brentp@spokaneschools.org)



### KINDERGARTEN BRINGS GINGERBREAD MAN TO LIFE

"Run, run as fast as you can! You can't catch us.....we're the gingerbread kids!" All three kindergarten classes performed original plays the week before Winter Break. More pictures can be viewed on Jefferson's Facebook Page at <https://www.facebook.com/jeffersonselementaryspokane>.



### PAJAMA DAY IS A FAVORITE!

The last Friday before Winter Break saw Jefferson's 6th Grade Leadership League sponsor a school-wide Pajama Spirit Day. What a fun day it was, and oh so comfy! More pictures can be viewed on Jefferson's Facebook Page at <https://www.facebook.com/jeffersonselementaryspokane>.

**JANUARY 10, 2022**

# DECEMBER CITIZENS OF THE MONTH NAMED

In a virtual assembly held Tuesday, December 14th, Jefferson recognized its December Citizens of the Month. Congratulations to the scholars who demonstrated exceptional aspects of one or more of Jefferson's PRIDE expectations or showed tremendous growth. Pictures of the scholars can be found on Jefferson's Facebook Page at <https://www.facebook.com/jeffersonelementaryspokane>.



## Third Grade

- Greyson Laughery
- Lila Sandusky
- Dottie Wescott
- Ryder Waite
- Emma Newkirk
- Braydon Folkins

## Fourth Grade

- Henry Grummons
- June Nelson
- Sarah Munden
- Guthrie Lantz
- Ellie Stevens
- Channah Dillon
- Cruz Quirarte

## Fifth Grade

- Alex Kern
- Jasper Haynes
- Ashlynn McClure
- Rhiley Gbur
- Owen Varela
- Greyson Baker
- Ellie Lawson-Hill
- Mariah Allison

## Sixth Grade

- Kaden Adams
- Claire Larson
- Annika Paul
- Madeline Nohrden
- Amora Swanson

## CLASSES OF THE WEEK



Mrs. Sawyer's 2nd Grade

Mrs. Zeller's Kindergarten

## Kindergarten

- Sloane Walters
- Parker Gebhard
- Sophie Hall
- Josie Moran
- April Webber
- Desi Flora

## First Grade

- Vera Bookey
- Gavi Dillon
- Mary Diede
- Zachary Fountain
- Jayne Loper
- Kevin Ruth

## Second Grade

- Sansa Hume
- Moyer Donovan
- Lucas Castillo
- Maisy Klefsky
- Jenna Snyder
- Addy Varela
- Harper Crofts



Like us on Facebook

Family and community members are encouraged to like Jefferson on Facebook to keep up on the latest happenings and to see many more pictures of events than are able to fit in an issue of The Jefferson Journal. This QR code can take you right there!



Spokane Public Schools complies with all federal and state rules and regulations and does not discriminate in the admission, treatment, employment, or access to its programs or activities on the basis of age, sex, marital status, race, color, creed, national origin, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability, sexual orientation including gender expression or gender identity, or honorably discharged veteran or military status. This holds true for all students who are interested in participating in educational programs and/or extracurricular school activities and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX/Staff Civil Rights Officer, ADA Officer, Harassment, Intimidation, Bullying (HIB)/Student Civil Rights Officer and/or 504 Compliance Officer listed on our website at [www.spokaneschools.org/nondiscrimination](http://www.spokaneschools.org/nondiscrimination)

## SPOKANE SCHOOLS FOUNDATION SUPPORTS JEFFERSON AND TEACHERS ACROSS SPOKANE

Jefferson Staff were surprised at a recent staff meeting with a \$1,500 check from the Spokane Schools Foundation for having the highest number of staff who participate in a payroll deduction program that donates to the Foundation each month. The Foundation supports grants to teachers for items to support their classrooms. More information about the foundation and to see how you might support their grant giving, visit <https://www.spokaneschoolsfoundation.org/>

