

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

Greetings all,

In last week's Principal's Corner, I began a series on the work of Author James Clear's book *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*. The four elements of the "automatic feedback loop" were touched on, including the cue, craving, response and reward. I won't take you through each of these concepts, instead jumping right to aspects that can help us, and our children, create new habits.

A great way to build a new habit, according to Clear, is to identify a current habit you have and "stack" a new habit on top of it. Perhaps you want your kids to read more at home or do their homework without feeling like a nag. Using the habit stacking concept just might do the trick. The formula is simple: "After I (CURRENT HABIT), I will (NEW HABIT)." Some examples for your scholar might be:

- After I eat my after-school snack, I will read for 30 minutes.
- After I help clear the dinner dishes, I will begin my homework at the dinner table.
- After brushing my teeth, I will lay out the outfit I will wear for school the next day.

And for their loving parents, examples may include:

- After I pour my morning coffee, I will meditate for five minutes.
- As I walk in the house from work, I will immediately change into my workout clothes.
- Before I take my first bite of dinner, I will say one thing I am grateful for.

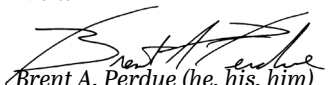
Habit stacking increases the likelihood that a new habit will be formed and stick. In fact, you can use the momentum of stacking to create a chain of habits. For your child this might look like:

- When I get out of bed, I will put on the outfit I laid out the previous night.
- After dressing, I will feed the cat.
- After feeding the cat, I will eat breakfast.
- After eating breakfast, I will brush my teeth.
- After brushing my teeth, I will pack my backpack and place it by the door.
- After placing my backpack by the door, I can read or play until it is time to leave for school.

Try it out! Habit stacking has helped me personally and at home with my own family. It might just help yours too!

Take care,

Brent


Brent A. Perdue (he, his, him)
Principal, brentp@spokaneschools.org

CALENDAR

January 17

No School Monday, January 17th in honor of Dr. Martin Luther King Jr.'s Birthday.



Scholars Enjoy the Recent Snowstorm!

The recent snowstorm led to lots of snowy fun for students as they climbed piles, made snow nests and generally had a marvelous time!

JANUARY 17, 2022

CLASSES OF THE WEEK



Mrs. Stefanoff's 2nd Grade



Mrs. Janachek's 5th Grade

Check out this month's edition of Kids: For Moms & Dads at <https://www.flipsnack.com/kidsnewspaper/kids-newspaper-january-2022.html>



THE PTG SCOOP

Variety Show: In the past, the PTG has put on a Variety Show to showcase our talented Jefferson students! This event has not been held the last two years due to COVID. In that time, our previous organizers of the Variety Show have moved on. If this is an event you would like to see return to Jefferson, we need volunteers to form a committee to run it. Mentorship is available! Please reach out to the PTG if you have an interest in the Variety Show! (Note: This year, it will likely need to be virtual due to COVID restrictions, but hopefully it can eventually be held in person again!)

6th Grade Parents: It's time to start working on the 6th Grade Memory Book! This fun Jefferson tradition WILL NOT HAPPEN without volunteers, and even though June feels far away, graduation is really "just around the corner!" Please reach out if you are willing to help with this.

***The next PTG Meeting** will be Wednesday, February 2nd, at 7pm, on Zoom, with a possible in person option depending on COVID case numbers. Please join us!

The third Monday of every January is a federal holiday honoring the achievements of Dr. Martin Luther King, Jr.

Dr. King was instrumental in the passage of the Civil Rights Act in 1964 which outlawed discrimination in employment, public accommodations and facilities.

Jefferson families are encouraged to help children learn more about this amazing man and the ongoing struggle for civil rights and equity in America.



FROM YOUR FAMILY CALENDAR & HANDBOOK

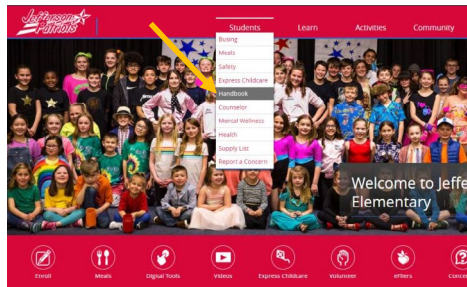
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Weather

When the weather is severe, please be careful to ensure that your child arrives at the regularly scheduled time. To avoid after-school confusion, please have a foul weather plan if your child walks or rides a bike. This helps keep your child safe and keeps our phone lines free in emergencies.

Please check our district website for information on school closures or listen to major radio and TV stations beginning around 5:30 a.m.

Fresh air and exercise are important parts of a child's development. We make every effort to provide this to scholars each day while they are at school. Scholars should come dressed appropriately for the weather and be prepared to be outside for recess. During cold weather, the principal will assess current conditions and review weather charts to ensure that it is safe for scholars to be outside. As a general rule, scholars will be kept inside when temperatures move in to the single digits.



Note: An electronic copy of the Handbook can be found on the Jefferson Website in the Students dropdown menu.

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