

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,

Last week, I shared the concept of Habit Stacking to create a new habit. This concept, from James Clear's book *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*, helps the new habit ride the wave of a previous habit that you have already ingrained in your day-to-day experience.

Another concept that Clear surfaces is "temptation bundling." With temptation bundling, we pair an activity that we need to do, with one that we want to do. This allows us to harness the cravings in the brain to complete tasks that we may not naturally be drawn to. Perhaps you hope to exercise more, but find that social media feeds are often calling. Temptation bundling would look something like this:

- After pulling out my phone, I will do 10 squats (the need). After I do 10 squats, I will set an alarm for 10 minutes of social media scrolling.
- After sharing one thing I am grateful for (need), I will eat the dinner I have prepared (want).


For your young scholar, it might look like this:

- After I read for 30 minutes (need), I can play video games for 30 minutes (want).
- After walking the dog (need), I will have an afternoon snack (want).

Like habit stacking, temptation bundling can help build habits you wish to maintain for yourself and your children.

Take care,

Brent


Brent A. Perdue (he, his, him)

Principal, brentp@spokaneschools.org

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



JANUARY 24, 2022

CALENDAR

January 28

Early Release
1:45 pm

January 31

No School
Semester Break Day

February 4

Early Release
1:45 pm

Thursdays Are T24 Spirit Days

Join your fellow Jefferson scholars and staff each week in celebrating going beyond high school graduation with T24! Every Thursday wear any T (technical school) 2 (community college) 4 (university) gear and let everyone know that you know the importance of learning plans beyond high school!



Like us on Facebook

CLASSES OF THE WEEK

Mrs. Wollberg's
6th Grade



Mrs. Norris' 4th Grade



JEFFERSON TEACHER AWARDED JANUARY CERTIFICATED STAFF MEMBER OF THE MONTH AWARD

Misty Kirn, who teaches a multi-age class of 3rd through 6th graders, was surprised at a recent Jefferson staff meeting by district leaders and family members who awarded her with the January Certificated Staff Member of the Month award. Mrs. Kirn was initially nominated by Jefferson colleagues for the award.

EMPLOYMENT OPPORTUNITIES AT JEFFERSON AND SPS

When paraeducators and teachers are out, due to illness, trainings or other reasons, there is a need for guests to fill in. Each day, many of those positions go unfilled due to a shortage of substitutes. In fact, from the beginning of the year until Winter Break, Jefferson has had 34 teacher substitute days go unfilled and 50 paraeducator days.

Substitutes can choose to work as many, or as few, days as they wish. And can select which positions and which schools they wish to work in. More information can be found by visiting the web addresses included below.

Substitute Paraeducator

- Rate of Pay
General Education: \$14.73 per hour
Select Positions: \$15.73 per hour
- Job Requirements
Must have high school diploma (or equivalent)
Must have 72 quarter credits or 48 semester credits from an accredited college, AA or BA degree, OR pass an academic assessment.

More information at <https://www.schooljobs.com/careers/spokaneschools/jobs/3327985/paraeducator-substitute-classified>

Emergency Substitute Teacher

- Rate of Pay
\$150 per day
- Job Requirements
Must hold bachelor's degree

More information at <https://www.schooljobs.com/careers/spokaneschools/jobs/3328061/emergency-substitute-teacher>

Safety tips for student drop off and pick up

The 10 minutes right before and after school can be quite a challenge. Busy and congested may be inconvenient, but it doesn't have to be unsafe. Please do your part to keep our students, staff, and other parents out of harm's way.

- ✓ **Park and walk. Avoid the chaos!** Park down the block and walk with your student. It's safer and healthier. If you park across the street, take the time to walk with your young student(s), and show them how to use the crosswalk correctly.
- ✓ **Park only in designated areas.** Parking inappropriately or in a No Parking zone puts students and other drivers at risk.
- ✓ **Watch for and follow crossing guard instructions.** Help them keep our students safe!
- ✓ **Use curbside arrival/departure:** Have your student(s) exit the vehicle at the curb, not into or across traffic.
- ✓ **Slow down!** We get it. It's been a hectic day. But the school zone is where you need to slow down and practice patience.

Please do NOT:

- ✗ **Park in bus areas.** While this may seem convenient, it creates all kinds of student safety issues.
- ✗ **Drive in the wrong direction or make U-turns.** Besides being illegal, these actions put students and other drivers in danger.
- ✗ **Block crosswalks, sidewalks, or driveways.** This forces students and others to walk around your vehicle into traffic. It also makes neighbors mad.
- ✗ **Use your phone.** Distracted driving puts everyone in danger.
- ✗ **Back up in school zones.** This can be extremely dangerous in areas with many younger students.

Questions? Ask your school's principal or call SPS Safety Services at 354.7320.

Spokane Public Schools
excellence for everyone

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