

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,

This week, I will finish with our journey through some of the interesting tenets of James Clear's book *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*.

One of Clear's laws is to make a new habit easy. The key is repetition, not perfection. This stems from a brain concept called long term potentiation which refers to the strengthening of neural pathways in the brain due to repetition. Hence, the amount of time you perform a habit is not as important as the number of times you have performed it. It is really about getting the ball rolling. So, if you want to run a marathon, just getting in the habit of putting on your workout clothes and running shoes as you enter the house after work is the start. And if you only have time to run a few miles, or even go up and down the stairs for 10 minutes before the end of the evening, you are building the habit of being the type of person who exercises.

Clear suggests that with any new habit, it should take no more than two minutes to do. The idea is to make the habit as easy as possible to start. For your young scholar this might look like:

- "Read before bed" becomes "read three pages."
- "Study for Friday's test" becomes "open my notes and review one page."

And for you, it might look like:

- "Run three miles" becomes "tie my running shoes and step out the door."
- "fold the laundry" becomes "fold two pairs of socks."

"The more you ritualize the beginning of a process," Clear suggests, "the more likely it becomes that you can slip into the state of deep focus that is required to do great things."

Make it a great week,

Brent


Brent A. Perdue (he, his, him)

Principal, brentp@spokaneschools.org

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

CALENDAR

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

JANUARY 31, 2022

DREAMBOX AT HOME

Strong math skills are the key to your child's confidence and success. DreamBox transforms the way students learn math at school and at home by delivering a completely individualized learning experience designed to help every student excel.

With DreamBox your child will:

- become a more confident, engaged math student
- receive a completely individualized learning experience
- develop a strong math foundation so he/she can master more advanced concepts



Lexia



Dreambox

To Log on:

Go to Clever from the district webpage or go to: <https://clever.com/in/spokaneschools>

Use the same login information you use to logon to your school computer:

- Username: last name + last 4 digits of SPS student Identification # + @sps81.org
- Password: 8 digit birthday (MMDDYYYY)

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



Are You Not Receiving Communications from Jefferson or Spokane Public Schools?

Jefferson, and all schools in Spokane Public Schools, utilize Blackboard Messenger to send recorded phone calls, text messages and emails to families. This is the main form of communication if an emergency arrives.

If you are not receiving emails, it is possible that the email on file is incorrect or that you have unsubscribed in the past.

If you are not receiving text messages, it can mean the phone number Jefferson has in the system is incorrect or that texts from the school and district have been blocked. To ensure that texts have not been blocked, simply text the word "START" to 60680.



CLASSES OF THE WEEK TAKES A WEEK OFF

With the week of January 19-21 consisting of only 3 school days before classes of the week are selected Jefferson did not select a class this past week.

Two classes of the week are identified each Friday morning with the two Patriot Pride Puppies moving on to new homes. The puppies stay with the winning class until the next Friday when new classrooms are chosen. Classes of the week also are awarded with some extra time playing a game or doing an activity with Mr. Perdue or Mrs. Gage to celebrate.



Classrooms are chosen based on their collective ability to meet PRIDE expectations during their specialist classes (Art, Fitness and Health, Library and Science) and how well they keep their room clean during the week. Jefferson's School-Wide PRIDE expectations include:



- P**ositive problem solver
- R**esponsible citizen
- I**ndependent learner
- D**oing my best
- E**arn and give respect



THE PTG SCOOP

1. The February PTG meeting is Wednesday, February 2nd at 7pm on Zoom! Please email the PTG or check social media for the link.
2. The Variety Show: In order to have the Variety Show this year, we need a committee of 2-3 people to organize it. This year's event, if it happens, will need to be virtual, so it will likely be less complex than previous years. Please reach out by February 15th if interested.
3. Sixth Grade Memory Book: We need 2-3 volunteers (parents of 6th graders!) to help collect pictures and put together the 6th grade memory book! If we don't have volunteers, we won't be able to offer this to our wonderful 6th Graders! Please reach out if interested.