

# 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

Jefferson family,

Today was the first day that wearing a mask in school buildings and on school buses became optional. It is important to note that all other mitigation measures, including social distancing of 3' between scholars in classroom workspace seating, washing hands frequently, and wiping down high touch areas are still in place.

In last week's Principal's Corner, I asked families to have conversations with their scholars at home about the change and how to approach differences in opinion on mask wearing. That same day, an article written by Treva Lind appeared in *The Spokesman-Review* about the same topic and how to support children at home. It is worth the read and included below.



### MASK ON, MASK OFF

By Treva Lind

#### THE SPOKESMAN-REVIEW

For young school children, the changes in COVID-19 safety policies at schools can be confusing, said a Seattle child development expert. More transition is expected, as Gov. Jay Inslee set a March 12 target to end the state's indoor mask mandate.

It's good now for parents to discuss this with children, suggested Cailin Currie, psychologist with the Seattle-based nonprofit Committee for Children. She offers several tips on how to talk to elementary students about the changes in protocols to help them understand.

"I think that for younger kids who are probably going to need repeated exposure to swallow some of these complex ideas, the earlier the better," Currie said. "For early adolescents and high schoolers, talking openly and honestly with them is effective, but it's really the younger elementary-aged kids where it's going to be harder."

Young children still are developing cognitive skills and have more rule-based, black-and white thinking that make it more difficult to understand nuances, she said. "That includes their conceptions of morality and rules. Kids have an all-or-nothing or a right-or-wrong way of thinking, so the more you can talk to them about it, the better."

Adults have developed critical thinking and coping skills that help with understanding complexities and change. But there are strategies to relate nuances to children.

"I think a great way would be tying an explanation of what's happening to things they are familiar with because this is kind of complex for them, so when explaining that mask rules have changed, I would suggest likening it to when a routine or a rule in your household has changed to let them tie it to something they understand.

## CALENDAR

**March 18**

Early Release  
1:45 pm

**April 4-8**

Spring Break

**April 22**

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

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 unable to fit in an issue of *The Jefferson Journal*. This QR code can take you right there!

 Like us on Facebook



*Continued on Next Page*

**MARCH 14, 2022**

## Principal's Corner Continued

It can be, 'Now you have a later bedtime or more screen time because you've proven you can get your schoolwork done,' or 'Now, you can walk down the street to the bus stop by yourself because you've proven you can follow the safety rules.' It's connecting the change of a rule to a change they've experienced to help them understand it."

Children need routines and predictability to feel safe, so these days, it helps to keep consistent routines at home as a buffer against unknowns elsewhere, Currie said.

She also suggested repeated check-ins because children might not be able to express their confusion or fear. For kindergartners and first-graders, the transitions can seem abrupt because masks have been the norm for them.

"My niece is in first grade, and she takes these rules more seriously than anyone else because they've been there the whole time; she's not known a world without it," Currie said.

"It's just talking to children about the change and even helping them point out the differences so they don't feel overwhelmed. Like, 'Now at school, you can see everyone's mouths – is it easier to see when your friends are happy because you can see them smiling?' "It's going to be a new thing for them, and all we can do is try to run alongside them and point things out and try to help them understand. Ask them what's happening at school, what's different now? Is it more like home where no one wears masks?"

### Currie offers other tips:

- Watch that children are adjusting to changes and not acting out as a sign that they're struggling. Another warning signal might be recurring headaches or stomach aches.
- Talk to kids about how some children and their families might still choose to wear a mask in public settings. A goal would be to avoid bullying or exclusion in school if students are singled out for use of a face covering at school, she said.
- All humans but especially young kids have that innate tendency to form in groups and out groups, and if we get heightened forms of this, that might lead to bullying and exclusion at school, which is the last thing anyone needs to be exposed to after the last two years. I think when the wearing of masks is no longer a rule, it becomes a family decision.
- Use examples again by relating to things with which children are familiar. "I would suggest that we would explain optional mask wearing the same way you'd explain any other family decision or cultural differences. So, you can say, 'Some of your friends may wear a mask, and some of them won't the same way some of your friends like to wear hats, and some of them don't, or like in our family, we don't watch TV on school nights, but at your friend's house, they do, and that's OK because families have different rules,'" she said.
- Realize that kids model adults, so parents should pay attention to how they talk about other people regarding their mask wearing or vaccinations. Be mindful of language that shows kindness and perhaps ties into your family's rules, such as, "We don't make fun of people, do we?"

Currie has a background in kids' well-being, mindfulness and student motivation and engagement. She serves as a research scientist at Committee for Children. The nonprofit focuses on kids' social and emotional well-being. Currie said in working with social-emotional learning programs, anything that adults can do to support those skills such as communication and empathy is only going to help children in their development.

"These are unprecedented times, and we're not really sure how this is affecting kiddos, so it's important to support their successful development and help them develop critical-thinking skills overall," she said. Currie also reminds parents that this is a stressful time for them, as well, so remember to have a little adult self-compassion.

*Make it a great week. And as always, thank you for your partnership!*

Brent

Brent A. Perdue (he, his, him)

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

## CLASSES OF THE WEEK



Mrs. Norris' 3rd Grade



Mrs. Reed's 5th Grade



Check out this month's edition here: [March 2022 final by Shannon Dayton - Flipsnack](#) And on page 2, you will see that Jefferson's amazing office staff were recognized as the office staff of the month!



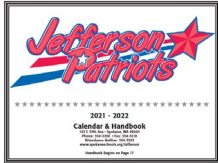
## THE PTG SCOOP.

1. The next PTG meeting is Wednesday, April 13th, at 7pm via Zoom with a possible in person option. Watch social media for the link!
2. 6th Grade Parents: we are still in need of volunteers for the memory book! And even if you can't help create it, please start looking through your child's baby pictures for some fun options, and watch for the photo permission form coming home!



## From Your Family Calendar & Handbook

Page 27: Parent-Teacher  
Conferences



### Parent-Teacher Conferences

Parents will be invited twice during the school year to meet with their youngster's teacher to discuss the child's progress. We hope you will make every effort to keep the appointments for the time they are made. In many cases, teachers have as many as 25 sets of parents to schedule in a short period of time. Your assistance in keeping the appointments will be most appreciated. Many classroom teachers request that students attend the conference as well, and in some cases, the student is involved in leading portions of the conference.

Conferences are an integral part of the school's reporting program and as such are intended to be more than informal visits. Conferences are designed to give parents an accurate and objective report of a student's progress and behavior. Parents should not hesitate to ask questions about any concerns they may have. Parents are encouraged to bring to the teacher's attention any information which may assist the teacher in meeting a child's individual needs.

**Note:** An electronic copy of the Handbook can be found on the Jefferson Website in the Students dropdown menu. Conferences will be coming up the last week of March. Look for conference sign-ups beginning March 16.



### March Madness.....Dreambox style!

March Madness is here, and whether you are a Zag fan or not, March is always an exciting month. Here at Jefferson, scholars began a mathematics Dreambox March Madness challenge today that will last the rest of the month. Families are encouraged to cheer on their youngsters, and provide Dreambox time at home if needed, as they work to score for themselves and for their classroom team! Here is the gameplan:



1. If a scholar meets the goal of completing 5 Dreambox lessons a week for two weeks in March, they will win a basketball stress ball!
2. For every week each student meets their 5-lesson goal, they earn one point for their class. The two classes with the most points (averaged) at the end of each week will receive an extra recess and a **Smart Snack** treat from Mr. Perdue and Mrs. Gage.
3. The class with the highest percentage over the entire competition will win a mystery prize to be announced at the end!

The MADNESS begins today and ends on Friday, April 1st.

### Kindergarten Registration is Now Open

Do you have a young scholar who will turn 5 before August 31st? If so, registration begins tomorrow. Families are encouraged to register online at [Enroll / Register \(spokaneschools.org\)](https://spokaneschools.org). After your online registration is complete, you will be contacted about visiting Jefferson to complete the process. You will need to bring the following with you to the school:



1. A **birth certificate** or other official verification of age (such as a passport or visa) is required for students who have not previously enrolled in school. Kindergarten students must be 5 on or before Aug. 31; first graders must be 6.
2. **Medically verified immunization records** for new students.
3. **Part B Health Record** filled out for new students.
4. Proof of residency. This can be a current utility bill.

### Music Fills the Halls

Many 4th and 5th grade students worked with Mrs. King, Jefferson's music teacher, to put on a T24 music fair.

Beginning in January, 5th grade students learned to play the C scale and chords on the ukulele. 4th grade students learned to play several chords as well. Then in February, both 4th and 5th graders were given the assignment to write an original song using chords or known notes that they learned on the ukulele.

Students busily created, collaborated and peer reviewed original music written by each other. They then signed up to share their music with visiting staff and classrooms throughout the hallway, multi-purpose room and gym.

Check out more pictures from the event and a special production completed by the district's communication department on [Jefferson's Facebook Page](#).

