

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,

I hope this message finds you well as we venture into a new academic season filled with excitement and opportunities for growth at Jefferson. I am thrilled to share some wonderful news with you all! Our school is taking an important step to support our scholars' emotional well-being and self-regulation skills by implementing 'The Zones of Regulation' program.

As educators and caregivers, we understand the significance of fostering emotional intelligence and self-regulation in our children. The Zones of Regulation is an evidence-based framework designed to help children recognize, understand and manage their emotions and impulses effectively. By categorizing feelings into four color-coded zones, this program equips our scholars with invaluable tools to navigate their emotions in a healthy and constructive manner.

Let me introduce you briefly to the four zones:

- **The Blue Zone:** This zone represents feelings such as sadness, boredom and feeling tired or sick.
- **The Green Zone:** Scholars in this zone experience feelings like calmness, happiness and focused attention. It's the zone where optimal learning and social interactions often occur.
- **The Yellow Zone:** Feelings of excitement, frustration, anxiety or silliness are encompassed in this zone, signifying a heightened state of alertness.
- **The Red Zone:** This zone embodies intense emotions like anger, rage or extreme anxiety, where a child may feel out of control.

At Jefferson, our goal is to create a supportive environment where

December 11, 2023

CALENDAR

December 11

Board Game Club
3-4pm

December 12

Music & Movement
Class 3-4pm
KG & 1st Graders

STEM Academy
3-4:15pm

PTG Meeting 6:30pm
Jefferson Library

December 13

Music & Movement
Class 3-4pm
KG & 1st Graders

December 14

Last Day to Bring your
Generation Alive
Donations to School

Music & Movement
Class 3-4pm
KG & 1st Graders

The **ZONES** of Regulation®

| | | | |
|-----------|------------|-------------|----------|
| | | | |
| BLUE ZONE | GREEN ZONE | YELLOW ZONE | RED ZONE |

our scholars feel safe to explore, understand and regulate their emotions. By introducing the [Zones of Regulation](#), we aim to provide them with valuable tools to recognize their feelings, understand the triggers behind these emotions and equip them with effective coping strategies.

Our dedicated team of educators are slowly integrating this program into our daily routines, classroom discussions and activities to ensure that our scholars have ample opportunities to practice these crucial skills. Additionally, we encourage you, as parents and guardians, to engage in conversations at home about emotional awareness and regulation, reinforcing what your child learns at school.

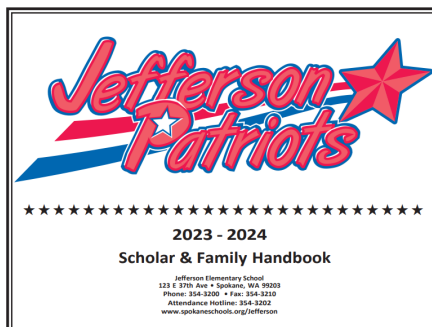
We believe that by collaborating with you, we can create a unified support system that nurtures our scholars' emotional growth holistically.

Wishing you well,

Brent



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



- Moyer D.
- Hayward A.
- Henry W.
- Jayce S.
- Olin P.
- Dylan E.
- Levi S.
- Randal M.
- Brody D.
- Asher R.
- Addy V.
- Emme F.
- Lucy C.

FROM YOUR

Jefferson Scholar & Family Handbook

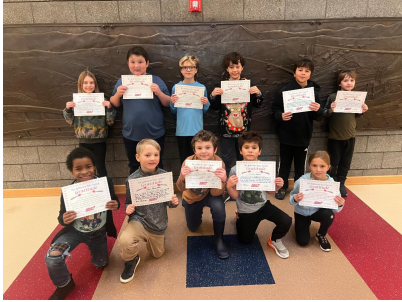
(located on the Jefferson Website in the "Students" dropdown menu or [click here](#))

Weather-page 24

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.



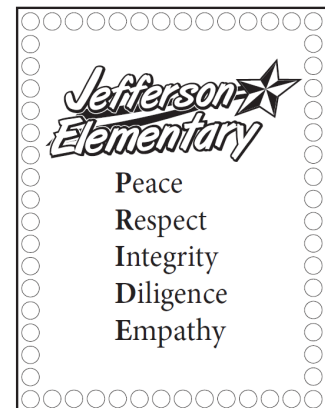
Please check our district website for information on school closures or listen to major radio and TV stations beginning around 5:30 a.m.



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 into the single digits.



Congratulations to **Mrs. Mazzola/Deesten's 4th graders, Ms. Mahoney's 5th graders and Mrs. Olson's Kindergarteners** for recently filling up the 60 spaces on their classroom PRIDE posters! Classrooms at Jefferson can earn stickers for their PRIDE posters when they collectively meet PRIDE expectations across the building. When their poster is filled with stars, a class receives a Smart Snack compliant treat and extra recess with Mr. Perdue or Mrs. Gage and Millie, Jefferson's emotional support dog.



Like us on Facebook, Follow us on Instagram

Family and community members are encouraged to like Jefferson on Facebook (www.facebook.com/jeffersonelementaryspokane) and follow Jefferson on Instagram (www.instagram.com/jeffersonelementaryspokane) to keep up on the latest happenings and to see many more pictures of events than can fit in an issue of The Jefferson Journal.

Thank you for supporting our students as they work to serve the Spokane community through Generation Alive! So far, Jefferson has raised \$2,132.06. Classroom leaders are Mrs. Mazzola/Deesten, Ms. Tinney and Ms. Mahoney. There is ONLY one more Thursday before our food packing event on 12/21/23. Let's keep the momentum going! If you prefer to donate online, use this link to the flyer: [Generation Alive Information Sheet and QR Code](#) or direct link to donate at [QR Code Landing Page](#).



Jefferson Preschool is Enrolling!

Contact:
HollyA@spokaneschools.org

Snow creations made by students during recess!

THE PTG SCOOP



[BAND PTG Mobile App Link](#)

PTG Meeting

Please join us for our December PTG meeting tomorrow, December 12, at 6:30pm in the Jefferson library or on Zoom. We hope to see you there!

[PTG Meeting Zoom Link](#)

Family Glow Dance

Save the date for our Family Glow Dance on Friday 1/19 at 6-7:30pm.

Gift Wrap Sale Items

Gift wrap sale items went home with students last week. Please check that you received your orders. Thank you for your support of the gift wrap sale!

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.

The following Civil Rights Compliance Coordinators have been designated to handle questions and complaints of alleged discrimination:

•Civil Rights Coordinator and Title IX Coordinator: Jodi Harmon, 509.354.7344

•Section 504 Coordinator: Melanie Smith, 509.354.7284

Spokane Public Schools | 200 N. Bernard, Spokane, WA 99201

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