

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

April 8, 2024

CALENDAR

April 8

Unicycle Club 3-4pm

April 9

Leadership Club 3-4pm

Sign Language 3-4pm

Girls On The Run
3-4:15pm

Variety Show Dress
Rehearsal 3-5pm, Gym

Variety Show Cast Party
5-6:30pm
Multi-Purpose Room

PTG Meeting 6:30-8pm,
Jefferson Library & Zoom

April 10

Unicycle Club, 3-4pm

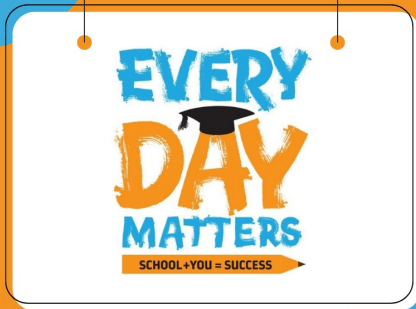
April 11

Welcome Spokane Ballet
Ensemble!

Girls On The Run
3-4:15pm

April 12

Read2Ride Reading Logs
Due into the Office



Hello Jefferson Families and community,

This week, I wanted to pick up where I left off in the last issue of The Jefferson Journal. In that issue, I provided some information from [Attendance Works](#), a national non-profit that

focuses on improving school attendance across the country, regarding health guidelines for being at school when a child is ill. There was one additional difference between the Attendance Works document and Spokane Public School beyond the need to be fever-free for 24-hours. Please see the information on Head Lice later in this issue (in the "From Your Jefferson Scholar & Family Handbook section").

This week, I'd like to share some general guidelines from them about how to keep your child healthy and in school. Here's to a healthy finish to the school year and to building habits that will lead to strong attendance in future school years and in life.

Enjoy!

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

Keep Your Child Healthy and in School!

A regular attendance routine is important for your child's well-being, learning and long-term success. Below are tips to keep your child healthy and avoid unnecessary absences from school.

Nutrition, Sleep and Exercise

- Ensure your child eats a good breakfast every morning or check if your school serves breakfast.
- Maintain a regular bedtime and morning routine.
- Keep screens out of the bedroom and limit use prior to bedtime.
- Encourage your child to stay active for at least 60 minutes a day.



Hygiene

- Stress hand washing, particularly before eating, and after using the restroom.
- Remind your child to brush their teeth twice a day.
- Avoid close contact with individuals who are sick. Don't share cups, utensils, hair brushes or combs.
- Cover coughs and sneezes with a tissue, or cough/sneeze into an elbow.



Safety

- Make sure your child wears a seatbelt and/or appropriate car seats during car rides, and a helmet when using a bike, skateboard or scooter.
- If your child walks to school, help them find a safe route to school and to travel with at least one friend. Have a backup plan in case of bad weather.



Keep Your Child Healthy and in School!

Wellness

- Ensure your child visits their health care provider for:
 - A physical once a year.
 - All recommended Immunizations, including Flu and COVID-19.
 - Chronic health issues such as asthma or diabetes.
- Visit the dentist twice a year.
- Try to schedule non-urgent medical appointments outside of school hours.
- If your child doesn't have health or dental insurance, reach out to your school's nurse or social worker or other staff member to help connect you with resources.
- Complete your school's annual health form.
- Agree to allow your child to participate in health and vision screenings offered at school.
- If your child has a chronic health issue such as asthma, make sure that your child's health care provider completes appropriate school forms that allow your child to keep/carry any necessary medications at school.
- If your child has a disability, work closely with the school and your child's health care provider to ensure appropriate supports and services.
- If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school (school nurse if available) about developing a plan with you and your child's health-care provider to keep your child healthy and safe while attending school.
- If you are concerned that your child may have a contagious illness (including COVID-19), call your child's health care provider or school nurse for advice.
- If your child needs to stay home for a prolonged period due to illness, talk to your child's teacher to find out about resources they can use at home to keep learning once they feel well enough.



Engagement

- Make sure your child feels safe and connected at school. Involve them in afterschool activities.
- If you are worried that your child may be suffering from anxiety, talk with your teacher, the school nurse, social worker or other school staff to discuss the challenge and identify what can help your child. If your child is missing class because of challenges with behavioral issues, contact the school and/or your child's health care provider for support and resources.
- Ask the school about health-related policies including about COVID-19.
- Monitor your child's attendance and academic progress and seek support when needed.



Arianna T.
Emberly T.
Max H.

Jefferson Patriots

2023 - 2024

Scholar & Family Handbook

Jefferson Elementary School
123 E 37th Ave • Spokane, WA 99203
Phone: 354-3200 • Fax: 354-3210
Attendance Hotline: 354-3202
www.spokaneschools.org/jefferson

Azzy P.
Ryan S.
Henry B.
Lucille G.
Emma M.
Josie M.
Audrey V.
Bailey H.
Sansa H.
Laney S.
A'Dante B.
Henry N.

FROM YOUR

Jefferson Scholar & Family Handbook

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

Head Lice - p. 14

There are many myths that exist when thinking about head lice. Here are a few facts to help dispel some of these myths:

- Anyone with clean or dirty hair can get head lice.
- They spread from person to person but do not spread disease.
- They are a nuisance but not considered a health risk.
- Head lice need human blood to live. They'll die within 48 hours if they can't get it.
- They are dependent on a person's body temperature and moisture.
- Lice do not jump or fly, but they are fast crawlers.
- They only live on humans. Pets do not carry human head lice.
- They are almost always transmitted by head-to-head contact.
- It can be hard work to get rid of them.
- An itchy scalp is the most common symptom of having head lice and may continue for a while after treatment.
- Families are encouraged to contact Jefferson's School Nurse for resources or information.

A scholar who is found to have nits only is not required to be picked up. Only students with live lice are required to be picked up from school.



Pick Up and Drop Off in Front of School



Families are asked to use the crosswalk directly in front of the school when crossing the pick-up loop. This both ensures the safety of everyone, but also teaches children the importance of crossing at designated crossings at school and in the community. Student safety patrol members typically man this crossing, adding an additional level of safety.

Playground Closed for One Hour After School Each Day

The Jefferson playground is closed for 60 minutes after school lets out each day. The playground is reserved for after-school activities and for Jefferson's Express Childcare program. Families are asked to remind their scholars that they are to go straight home after school. Families picking up students are also asked to help by having their children stay off the equipment until after 4pm.



THE PTG SCOOP

PTG Upcoming Events

Variety Show Dress Rehearsal

April 9, 3-5pm
8-9am

Variety Show Performance

April 19, 5:30pm

Volunteers needed!

jeffersonvarietyshow@gmail.com

Urgent: 5th Grade Memory Books

5th Grade Parents please submit photos, baby pictures & parent letters or advice to jeffersonpatriotmemories@gmail.com

April PTG Meeting

Tuesday 4/9

6:30pm

Jefferson Library or on Zoom

[PTG Meeting Zoom Link](#)



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, to the use of a trained 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.

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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