



Jefferson Journal

Principally Speaking

January 2024

Dear families,

Thank you for everything you've done and continue to do to support Jefferson Elementary. You are one very important reason that our hearts are filled with gratitude during this wonderful time of year!

The holidays remind us to make moments that matter and enjoy every little thing – every smile, every laugh, every heartbeat. It's also important that we know what an emergency heart event looks like and be ready to help someone in need.

About 70% of cardiac arrests happen in homes and many – far too many – family members are not prepared for a cardiac emergency. That is why our school is supporting the Kids Heart Challenge. It's a service-learning program that raises awareness and funds for the mission of the American Heart Association, while teaching our families how to save a life.

On January 23rd, 2024, students at Jefferson Elementary will assemble to hear about Finn's story and how we can help raise funds to help in bringing awareness to the importance of learning CPR.

Please take a few minutes to register your student(s) for the Kids Heart Challenge under our school and learn the lifesaving skill of Hands-Only CPR as a family over break at www.heart.org/schools. Students that complete Finn's Mission will earn an entry for two tickets to Super Bowl LIX in 2025 and our school will be eligible for a \$10,000 fitness equipment makeover for every 18 students who complete Finn's Mission.

This is a moment that matters.
Gratefully,
Mr. Decker

Special Points of Interest:

- ☺ Jan. 2nd - School Resumes
- ☺ Jan. 3rd - PTO meeting @ noon @ Jefferson
- ☺ Jan. 15th - Martin Luther King Jr Day- No School
- ☺ Jan. 18th - Report cards finalized. Check Parent Portal
- ☺ Jan. 19th - in service: 12:20 Dismissal



Remember to wear your hat, mittens, coat, boots, and snow pants every day. Don't forget to bring your tennis shoes for physical education class.



(Jan 8- Jan 18)

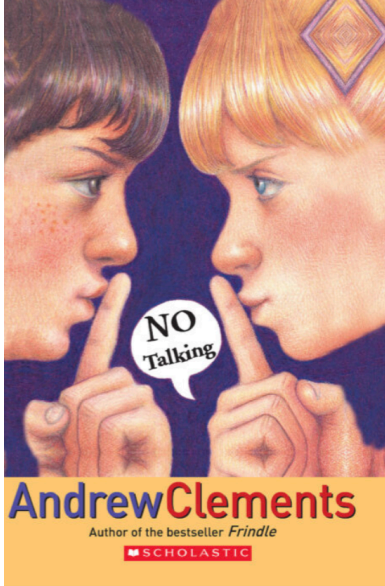
Giving Criticism

1. Look at the person
2. Stay calm
3. Say something positive or “I understand”
4. Describe exactly why you are criticizing
5. Tell why this is a problem
6. Listen to the person. Be polite.

KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP

The Knights of Columbus organization invites students age 9-14 (age as of January 1, 2024) to participate in the **Knights of Columbus Free Throw Championship** to be held at **1:30 PM, Sunday, January 7, 2024 in the Watertown Middle School Gym**. Warm-ups and registration will begin at 1:00 PM. Registration at the event.

Contact Nick Kranz @ (605) 886-7799 for further information.



SCHOLASTIC Book of the Month- NO Talking by Andrew Clements

It's boys versus girls when competitive fifth graders see who can go longer without talking. "Feel-good story"-Kirkus, starred review



CHARACTER TRAIT of the MONTH- RESPONSIBILITY

"You can count on me!" We've all said it – and we meant it at the time. But have we always carried through?

Responsibility means:

- Doing what you are supposed to do
- Persevering; keep on trying
- Doing your best
- Using self-control
- Being self-disciplined
- Thinking before you act and considering the consequences

As you can see from the list of traits, responsibility is an important aspect of character.

Help your child understand that being responsible means choosing his words and actions carefully. It also means he is responsible for his actions and must take responsibility for the consequences of his choices.



GRADING SCALE Kindergarten - 4th grade: 3 Proficient 2 Approaching Proficient 1 Below Proficient Blank=Not Assessed at this time

IMMUNIZATIONS: ALL students entering school for the first time are required to have proof of immunization. Failure to do so will result in the student being excluded from school. If you are in the process, you will have 30 days from the start of school to complete this process.

INCLEMENT WEATHER CLOSINGS: It is the right and responsibility of parents to decide if a student should attend school under abnormal conditions. In bad weather, parents may pick up their child from school at any time during the day. In the early morning hours during inclement weather, radio stations will begin carrying announcements before 7:00am that school will be closed and buses will not operate. Worsening weather conditions may force the early closing of schools. If this should happen, radio stations will carry this information. On such a day, our phone lines become jammed. DO NOT plan for your child to contact you by phone. Be prepared in advance. "Operation Blizzard" (a plan for rural bus students to stay with friends in the city) will be announced on radio if necessary.

INTERNET: The Watertown Public School District 14-4 provides internet services for all of its students. This service helps prepare students for their future. The Internet provides a unique opportunity for students to begin to explore the incredible wealth of information that will continue to enhance their learning. This educational opportunity also requires some responsibility by the students. Although we cannot control how members of the Internet community use their computers, we can and do monitor what students do on the school's computers. Having Internet access is a privilege, not a right, so students are expected to follow these guidelines when using the Internet at school: 1. Be under direct supervision and observation of a school staff member. 2. Use the Internet for education purposes only. 3. Report to the teacher immediately any sites/emails that make them feel uncomfortable 4. Behave in the online world the same as they are expected in the classroom.

JAG BRAG-CAUGHT BEING GOOD: Students who show exceptional behavior could receive a JAG BRAG from any staff member. Once a week a name will be drawn and a prize will be awarded. A student may receive more than one JAG BRAG throughout the year.

JAG OF THE WEEK: Each child will be chosen by grade levels to be showcased as the Jag of the Week. They will be identified on the Friday prior to their recognized week. They will bring home an information sheet and asked to bring it and anything they wish to place in the showcase next to their name. Grades 1-4 will have the opportunity to eat lunch with the principal. During lunch we discuss attributes of good character and our STAR pledge.

"This day has been given to me fresh and new.
I can learn from it or throw it away.
Today, I will do my BEST in thought, words, and actions.
Today, I will be a STAR.
I WILL Stop, Think, and Act Responsibly."



Parent Resource Sites:



[ParentGuidance.org](https://www.parentguidance.org)



<https://www.pbs.org/parents>



**FREE ONLINE
TUTORING FOR
K-12 STUDENTS**

[https://ourdakotadreams.com/
elementary-middle-school/
online-tutoring/](https://ourdakotadreams.com/elementary-middle-school/online-tutoring/)



<https://sdsfec.org/>

Give Kids a Smile 2024



Coming to Watertown on February 2nd, 2024!

Watertown area dentists are hosting Give Kids a Smile on **February 2nd, 2024** for children ages 0-18 in Codington and Hamlin. This event focuses on families who lack dental insurance, Medicaid, or the finances to receive dental care. If you are interested in signing up for this event or have questions, please contact Kay at Lake Area Pediatric Dentistry (605)753-5437.

Deadline for sign-up is: January 25th, 2024



Christmas Tree Fundraiser

*'Tis the season for giving and for Christmas trees!
Join in an event that incorporates both.*

Watertown Area PACH Program will have a Christmas tree on display along with fourteen other local non-profit organizations at the Watertown Regional Library starting November 27th, 2023 to December 31st, 2023. Visit the library and donate to your favorite organization. **Vote for the Watertown Area PACH Program Christmas tree.** The Watertown Area Community Foundation will match up to \$300 for each organization's total donations and the organization with the most donations will receive an additional \$500 grant from the Foundation.

Here's How to Vote for the Watertown Area PACH Program Christmas tree: Mark Watertown Area PACH Program on the slips provided at the library counter and turn it in with your donation (\$1 per vote) to a library staff member at the counter. **Please make checks payable to Watertown Area Community Foundation.** Please share this information with your family and friends and have them support a worthy cause and enjoy the Christmas trees.

Thank you for your support and Happy Holidays!



Love is in the air: teaching kids through love languages



Love is a small word that can mean many things to different people. What love looks like for one family may be completely different from another family. How a parent shows love to one child can be very different from how they show it to their other children. To understand what love means to your family, you can think about what each person's love language is. A love language is simply how we prefer to receive love.

There are five love languages: **words of affirmation, acts of service, receiving gifts, quality time, and physical touch**. First, words of affirmation are simply saying supportive things. For instance, encouraging your child that fell off his bike: "I know that learning to ride a bike is hard, but you can do it." If your child's love language is acts of service, which refers to doing something helpful, you can actively teach your child how to ride a bike and running next to them as they peddle down the street can be a sign of love. Many children and people see love as receiving gifts. Giving your child a gift for learning how to ride his bike, like a new nametag for the bike. The love language that builds children's brains is quality time, which refers to spending time together and is usually in combination with other love languages such as words of affirmation. Doing an activity that you both enjoy or just relaxing together are quality times. Finally, physical touch has been shown to activate calming chemicals in the brain, which can reduce stress and improve mood. Giving your child a hug or a high five can show love in a way that can be felt physically.

In showing love to children and other family members, we must understand and respect the other person's love language and remember that sometimes people have more than one love language. Some children prefer physical touch and quality time, while others may prefer words of affirmation. Pay attention to what your child's love language is in order to show love daily that is meaningful for them. Wishing you and your family a life of love.

Monet Somerville, MS **Parent Educator**

Monet received her Bachelor's of Arts in Psychology from North Carolina Wesleyan College. She then went on to receive her Master's in Science in Psychology with a Concentration in Child and Adolescent Development from Capella University. She is currently pursuing her PhD in Developmental Psychology with a Concentration in Child and Adolescent Development. Monet is also a licensed Trust Based Relational Intervention Practitioner.



Report to PARENTS

Building Social and Emotional Skills at Home

Educators help students learn all sorts of new things, including social and emotional skills. Social-emotional learning helps kids:

- Develop healthy identities;
- Manage emotions and achieve personal and collective goals;
- Feel and show empathy for others;
- Establish and maintain supportive relationships; and
- Make responsible and caring decisions.

Here are six ways you can help your child develop social and emotional skills to bridge learning from the classroom to the home.

1. **Encourage connection.** Over summer and during the school year, encourage your child to check in with friends and family in person, via video chat, or over text. Especially if your child tends to experience social anxiety, a little regular practice connecting with others can go a long way. After the playdate, check in with your child. These quick conversations can be a helpful learning experience for your child.
2. **Think out loud.** When your child hears your thinking process, it helps them understand how to cope with frustration and solve problems.
3. **Read bedtime stories.** This end-of-the-day routine is an ideal time for talking about feelings. Discuss the characters



and events in the story. Invite your child to share their thoughts and feelings by asking questions.

4. **Work together.** Instead of asking your child to do a chore alone, do it with them. Together, you might fold laundry, set the table, rake leaves, or paint a room. Help them join in by shortening the handle of a broom to make it child-size or providing a small paintbrush or roller.
5. **Play games.** Card and board games and outdoor games such as tag or hopscotch offer built-in opportunities for helping children learn to take turns, cooperate, handle frustration, and more. While playing games together, focus on fun instead of winning or losing.
6. **Have fun with emojis and memes.** Get your child together with friends, including new friends who will be in class with them, to talk about how they all feel about starting the new year. Have them take turns sharing what they're looking forward to the most and what hesitations they might have.



DEVELOPMENTAL SCREENINGS

Watertown School District 14-4

Early Childhood



SCREENING INFORMATION ★

- Developmental Screenings are for children ages 3-5 years old
- They must reside in the Watertown School District
- Screenings are conducted for potential delays in speech/language, motor, cognitive, and social/emotional development
- Must schedule an appointment
- Screenings will be held at Mellette Elementary School



SCREENING DATES:

September 22, 2023

November 17, 2023

January 26, 2024

March 8, 2024



CONTACT INFORMATION

To schedule an appointment please call Kara at (605) 882-6350

Consistent with Federal and State regulations, the Watertown School District engages in ongoing "Child Find" services to locate, identify, and evaluate all students with disabilities residing within its jurisdiction, age birth through 21 inclusive.



January 2024

Menu is subject to change according to availability of product – check online menu for updates

***Fruit and Milk(11g,19g) is offered at ALL Breakfast Meals,**

***Veggie Bar, Fruit Selection and Milk Selection(11g,19g) are offered on ALL Lunch meals!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	1 NO SCHOOL	2 Breakfast: Mini Donuts (20g, 26g), Egg Lunch: BBQ Sandwich – 29g Waffle Fries – 18g	3 Breakfast: Waffle (36g), Sausage Lunch: Popcorn Chicken – 14g Mashed Potatoes – 25g Dinner Roll – 17g	4 Breakfast: Mini Bagels (42g), Yogurt (19g) Lunch: Chicken Alfredo – 19g Breadstick – 17g Strawberry Cup – 21g	5 Breakfast: Lemon Bread (45g), String Cheese Lunch: Pizza – 24g Green Beans – 4g	6
3	7 Breakfast: Poptart (76g), String Cheese Lunch: Chicken Patty Sandwich – 45g Baked Beans – 30g	8 Breakfast: Mini John (12g, 28g), Yogurt (19g) Lunch: Walking Taco – 20g, 28g Assorted Toppings Peach Cup – 21g	9 Breakfast: Pancake Stick – 17g Lunch: Cheeseburger – 29g Fries – 20g	10 Breakfast: Cinni Mini (40g), Go-gurt (8g) Lunch: Orange Chicken Fried Rice	11 Breakfast: Breakfast Sandwich (27g) Lunch: Mini Corn Dogs -20g, 30g Mac & Cheese – 19g Sidekick – 22g	12
4	14 NO SCHOOL	15 Breakfast: Funnel Cake, Go-gurt Lunch: Spaghetti w/ Meat Sauce – 25g Garlic Toast – 12g Strawberry Cup – 21g	16 Breakfast: Breakfast Pizza (22g) Lunch: Chicken Nuggets – 16g Baked Beans – 30g Rice Krispy Treat – 30g	17 Breakfast: Pancake (13g), Sausage Lunch: Meatball Sub – 30g Tator Tots – 14g	18 *Early Out Breakfast: Brekkie (51g), Yogurt (19g) Lunch: Lunch: Wow Butter Sandwich – 29g Chips – 24g Apple Slices – 19g	19
1	21 Breakfast: Cereal (24g), String Cheese Lunch: Chicken Strips – 12g, 18g Carrots – 5g Chex – 20g	22 Breakfast: French Toast (37g), Sausage Lunch: Super Nachos – 21g, 31g Refried Beans – 18g	23 Breakfast: Benefit Bar (47g), Yogurt (19g) Lunch: Italian Dunkers – 34g, 51g Marinara Sauce – 10g Corn – 17g	24 Breakfast: Cinnamon Roll (17g, 33g), Egg Lunch: Hamburger – 29g Fries – 13g	25 Breakfast: Muffin (32g), Go-gurt (8g) Lunch: French Toast Sticks – 38g, 50g Sausage Hashbrown Patty – 22g	26
2	28 Breakfast: Cereal Bar (28g), String Cheese Lunch: Pulled Pork Sandwich – 29g Waffle Fries – 18g	29 Breakfast: Mini Donuts (20g, 26g), Egg Lunch: Popcorn Chicken – 14g Mashed Potatoes – 25g Dinner Roll – 17g	30 Breakfast: Waffle (36g), Sausage Lunch: Pizza – 24g Green Beans – 4g	31		