



# Jefferson Journal

## Principally Speaking

March 2024

### Special Points of Interest:

- ☺ March 5th - 2nd grade Spring Concert at 2:30 and 6:00 pm
- ☺ March 6th - PTO meeting at 12:00 @ Jefferson
- ☺ March 13th, 14th & 15th - Spring Break - NO SCHOOL
- ☺ March 28th - 3rd quarter report cards will be available through the Parent Portal in Campus
- ☺ March 29th - Good Friday- NO SCHOOL
- ☺ April 1st - Easter Monday- NO SCHOOL
- ☺ April 3rd - PTO meeting at 12:00 @ Jefferson

### Kids Heart Challenge

An amazing thank you to all who participated in this meaningful event. Our school raised \$18,718.28. We had 186 students register, 78 students complete Finn's Mission, and 96 families learning hands-on CPR. This knowledge is now able to save hundreds of lives. On March 12th, students who raised over \$100 will participate in a pizza party with Mr. Heiser and Mr. Decker. Then, on March 26th, Miss Julie from the American Heart Association will be recognizing our school as the top fundraising school in the state of South Dakota. Also, we will have the pie-throwing event with Mr. Heiser, Mr. Decker and special guests. Oh! We're not done. Mr. Heiser will be spending a night up on the school's roof in April and at the end-of-the year picnic, Mr. Heiser, Mr. Decker and Dr. Danielsen, the Superintendent of Schools, will be participants in the DUNK TANK.

We are proud of our students!!!

### Read Across America Week

We are thankful to the Jefferson PTO for their support of supplying books for daily classroom winners and Dr. Seuss dollars to our top three classroom place winners. The winners get to choose what they wish to do as a class with the money. 1st= \$100, 2nd= \$60, 3rd= \$40. It was a fun week of themed days and celebrating the birthday of Dr. Seuss!!!



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.



(continued from page 1)

## SCHOOL ATTENDANCE

Each month we continue to reward the grade level classroom that has the highest attendance % with the JJ. The classroom with the highest attendance % in K-2, 3-4 is rewarded with a donut party. The South Dakota Department of Education continues to stress the importance of attendance matters. The Watertown School District was fortunate to obtain a grant from the SDDOE, in which, we have hired three Family Support Specialists. These individuals will work with families to ensure better attendance. Chronic absenteeism is considered to be an attendance percentage below 90%, this is approximately 18 days. Research has shown that being on time and attending school regularly indicates a habit that will carry over as an adult in the work force. Please remember to CALL the school (882-6390) if your child is going to miss school.

Sincerely,

John J. Decker

[john.decker@k12.sd.us](mailto:john.decker@k12.sd.us)



(Feb. 26- Mar. 8)

Talking with Others (Having a Conversation)

1. Look at the person
2. Use a clear, pleasant voice
3. Listen to what the other person says
4. When there is a break in the conversation, ask a question or share your thoughts

(Mar. 11- Mar. 22)

Giving Compliments

1. Look at the person
2. Smile
3. Speak clearly and enthusiastically
4. Tell the person exactly what you like

(Mar. 25- Apr. 5)

Accepting Compliments

1. Look at the person
2. Use a pleasant voice
3. Say "Thank you"



SCHOLASTIC Book of the Month: The Smart Cookie by Jory John and Pete Oswald

This cookie has never felt like a smart cookie no matter how hard she tries, especially in comparison to all the clever cupcakes and brilliant rolls in the bakery. Will a dash of creativity and a sprinkle of confidence be enough to help her learn that perfect scores and having all the answers aren't the only ingredients for intelligence?



*CHARACTER TRAIT of the Month- CARING*

*Caring people love, help, give, and are kind. They are caretakers of people, pets, plants, possessions, and the planet. Caring people show their concerns for others in active ways.*

- *Be kind.*
- *Be compassionate and show you care.*
- *Express gratitude.*
- *Forgive others.*
- *Help people in need.*



### **JEFFERSON SCHOOL NEWS**

A monthly school newsletter, “**Jefferson Journal**” is sent home at the beginning of each month. This newsletter includes a calendar, lunch menu, recent school news, upcoming events and other school related information. Other news related items are sent as needed to highlight Jefferson activities. The newsletter is accessible on our web site.

### **LOST AND FOUND**

All items that are found in school will be placed on the lost and found table located in the front entry. Unclaimed items will be given to a charitable organization two weeks after the official end of the school year.

### **LIBRARY/GUIDED READING BOOKS**

Curriculum and library books are issued to students to practice their reading at home throughout the school year. Students who lose or damage GR books or library books will be charged replacement costs. Parents are responsible for the replacement cost payment. Failure to pay could result in future books not being sent home until the book is returned or replaced.

### **MAKE-UP WORK**

When a student has been absent from school, it is likely that there will be some work to be done at home or after school. Although the school is willing to cooperate with parents in these cases, it should be understood that each teacher cannot duplicate all missed assignments (ex: lectures, field trips, experiments). It is asked that parents make requests for missed work prior to 9:00 AM to give the teacher time throughout the course of their day to prepare the missed work. Requests for homework will be delivered to the office by 3:00. Advance notice of a student absence is greatly appreciated.

### **MEALTIME ACCOUNTS**

Lunch and/or breakfast money can be paid in the office. This will be applied to the student’s account. A notice will be sent home when the account is down to one and two meals. A phone call or email from school personnel will also be made as a courtesy reminder. The regular lunch for students is \$2.80 and the price for an adult is \$5.10. Breakfast prices are \$1.80 for students and \$2.95 for adults. The price for an additional milk is \$.40.





# COUNSELOR'S CORNER: BUILDING RESILIENCY IN CHILDREN-

## TIPS TO HELP YOUR CHILD BE STRONG IN THE FACE OF OBSTACLES

### Stress & Resilience

Resilience is the ability to bounce back from stress, difficult situations, failure, or even trauma. All children are capable of working through challenges and coping with stress. It's not something that kids either have or don't have; it's a skill that develops as they grow.

All kids encounter varying degrees of stress as they grow. Despite their best efforts, parents can't protect kids from obstacles. Kids get sick, move to new neighborhoods, have friendship drama, stress over taking tests, and deal with changes within the family, to name a few.

Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they realize they are strong and capable.

Resilient kids are more likely to take healthy risks because they don't fear failure. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves outside of their comfort zones. This helps them reach for their goals and solve problems independently.



Help your child build resilience in the face of obstacles including moving, divorce, and anxiety with these tips:

### Build a Strong Emotional Connection

Kids develop coping skills when they feel safe, so it's important to spend one-on-one time with them. This means you need to put down the smart phone and focus on your child. When kids know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek guidance and make attempts to work through difficult situations. Positive connections allow adults to model coping and problem-solving skills to children.

### Promote Healthy Risk-Taking

It's important to encourage kids to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm- even if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.





### **Resist the Urge to Fix It and Teach Problem Solving skills**

Parents can help build resilience by teaching kids to solve problems independently. While your gut reaction might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. By bouncing the problem back to the child with questions, the parent helps the child think through the issue, learn how to work through it and develop their own problem-solving skills.

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions with kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.



### **Label Emotions**

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labeling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

### **Demonstrate Coping Skills**

Deep breathing exercises help kids relax and calm themselves when they experience stress or frustration. This enables them to remain calm and process the situation clearly.

### **Embrace Mistakes-Theirs and Yours**

Children who avoid failure lack resilience. In fact, failure avoiders tend to be highly anxious kids. When parents focus only on end results, kids get caught up in the pass/fail cycle. This causes risk avoidance. Embracing mistakes (your own included) helps promote a growth mindset and demonstrates that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.

### **Promote the Bright Side-Every Experience Has One**

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, work on teaching your child to reframe his thoughts to find the positive.

### **Go Outside**

Exercise helps strengthen the brain and make it more resilient to stress and adversity. Encourage your child to engage in physical activity to keep the mind and body healthy.

### **Model Resiliency**

The best way to teach resilience is to model it. We all encounter stressful situations. Use coping and calming strategies. Label your emotions and talk through your problem-solving process. Be optimistic and focus on a growth mindset when facing challenges.

Resilience helps kids navigate the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.

Article adapted from Katie Hurley, LCSW @ Psychom.Net



## 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/)



Resource for Families with  
Disabilities

[www.sdparent.org](http://www.sdparent.org)



<https://sdsfec.org/>





## Report to **PARENTS**

# 5 Fun Ways to Instill a Love of History in Kids

Studying history helps us understand our society, consider perspectives from different cultures, improve critical thinking, build citizenship, learn about our identities, and even grow reading and writing skills. It's the story of how we got to where we are today as a society—and it's chock full of lessons that inspire us to make a difference in the world around us. It's never too early to instill a love of history in kids. Use these fun ideas to help your child learn about history.

### 1. Visit a Museum or Historical Site

No matter where you live, there's sure to be a museum or historical site nearby. Large or small, your town's history tells a piece of the puzzle of how we got to where we are today. Was an inspiring historical figure born in your town? Is your town known for something famous? Whatever makes your town unique, there's bound to be a museum or historical site to celebrate it.

### 2. Listen to Kid-Friendly Podcasts

You name it, there's a podcast for it—including podcasts for budding history buffs. Listening to discussions on all aspects of history is a great complement to lessons kids learn in schools, and it helps them explore topics that are interesting and important to them. Make it a family affair: Ask questions about a favorite thing they learned, how it makes them feel, and why the topic interests them.

### 3. Read About Historical Figures

So many people in history have made a lasting impact on society—and books about



these historical figures offer a way for kids to expand their view of the world. Learning about these powerful forces in history also enables kids to see themselves in others, learn about different cultures, be inspired, and grow their minds.

### 4. Celebrate Your Family History

Everyone has a story—your family included. Encourage your child to learn about your family's history and culture. Create a family tree or picture book with family members. Have your child ask them questions and listen to stories so they can learn about where they came from and what it was like to live in a different point in history. Explain how important it is for them to share their family's story and history with others, too.

### 5. Cook Up a History Lesson

Nothing tells the story of history and culture like food. Pick a country or a culture to learn about, and find a recipe that is meaningful to that country or culture. Learn about things like how the ingredients connect to the country or culture of origin, how the meal is traditionally prepared and presented, and when the dish is traditionally served. Then, eat up!





# 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.



# PRESCHOOL SCREENING

This screening is for children who reside in Watertown  
and turn 4 on or before September 1, 2024.

Screenings will take place at Mellette Elementary on  
Friday, March 8, and Friday, March 22.

**Appointments are required!**

**Scan the QR code to schedule your appointment.**



**PLEASE BRING YOUR CHILD'S BIRTH CERTIFICATE TO YOUR  
APPOINTMENT.**

Please call 605-882-6398 if you  
need assistance or have any  
questions.



# KINDERGARTEN



## ROUND UP

APRIL 4 & 5, 2024

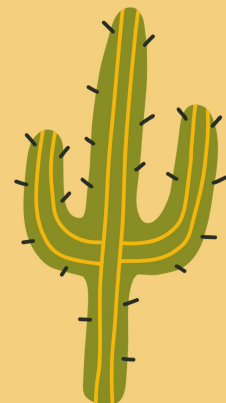


Kindergarten Round-Up is for children in the Watertown School District who will be 5 years of age on or before September 1, 2024. This is the registration process for children going into all-day Kindergarten or Jr. Kindergarten and will include a short screener.

Screenings will take place at Roosevelt Elementary on Thursday, April 4, and Friday, April 5, 2024.

**Appointments are required! Scan the QR code to schedule your appointment.**

**Please bring your child's birth certificate and vaccination records to your appointment.**



**Call 605-882-6398 if you need assistance or have any questions.**



# March

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
					1 NO SCHOOL	2
3	4 Breakfast: Poptart (76g), String Cheese Lunch: Chicken Patty Sandwich – 45g Baked Beans – 30g	5 Breakfast: Mini John (12g, 28g), Yogurt (19g) Lunch: Walking Taco – 20g, 28g Assorted Toppings Peach Cup – 21g	6 Breakfast: Pancake Stick Lunch: Cheeseburger – 29g Fries – 20g	7 Breakfast: Cinni Mini (40g), Go- gurt (8g) Lunch: Orange Chicken – 26g Fried Rice – 27g	8 Breakfast: Breakfast Sandwich (27g) Lunch: Italian Dunkers – 34g, 51g Marinara Sauce – 10g Green Beans – 4g	9
10	11 Breakfast: Muffin (32g), String Cheese Lunch: Pizza – 29g Green Beans – 4g	12 Breakfast: Funnel Cake, Go- gurt Lunch: Spaghetti w/ Meat Sauce – 25g Garlic Toast – 12g Strawberry Cup – 21g	13 NO SCHOOL	14 NO SCHOOL	15 NO SCHOOL	16
17	18 Breakfast: Cereal (24g), String Cheese Lunch: Chicken Strips – 12g, 18g Carrots – 5g Chex – 20g	19 Breakfast: French Toast (37g), Sausage Lunch: Super Nachos – 21g, 31g Refried Beans – 18g	20 Breakfast: Benefit Bar (47g), Yogurt (19g) Lunch: Chicken Nuggets – 16g Baked Beans – 30g Dinner Roll – 17g	21 Breakfast: Cinnamon Roll (17g, 33g), Egg Lunch: Hamburger – 29g Fries – 13g	22 Breakfast: Muffin (32g), Go-gurt (8g) Lunch: Pancake – 13g/26g Omelet Sidekick – 22g	23
24	25 Breakfast: Cereal Bar (28g), String Cheese Lunch: Pulled Pork Sandwich – 29g Fries – 18g	26 Breakfast: Mini Donuts (20g, 26g), Egg Lunch: Popcorn Chicken – 14g Mashed Potatoes – 25g Biscuit – 30g	27 Breakfast: Waffle (36g), Sausage Lunch: Pizza – 24g Green Beans – 4g	28 Breakfast: Mini Bagels (42g), Yogurt (19g) Lunch: Scalloped Potatoes & Ham Dinner Roll – 17g Strawberry Cup – 21g	29 NO SCHOOL	30