

JEFFERSON JOURNAL

SEPT 2025

- **1st-** Labor Day (no school)
- **24th-** Early dismissal at 12:20 pm for Inservice
- **26th -** Early dismissal at 1:20 for Homecoming

MR. DECKER'S NOTES

So many things our students are learning as they begin the new year. But what about parents? Please take time to read our Student/Parent Handbook. There are many questions that can be answered in advance. These are expectations set forth by our school district and school which we feel are important to ensure success for your children.

Safety is a **PRIORITY** for all of our schools. We ask that whenever you come to our school you buzz in at the East entry door. Please report to the office to receive a sticker if planning to stay or to take care of business.

Students should not be bringing items from home unless it is part of a classroom request. Please check your child's bookbag. Often times, toys, Pokémon cards, electronic devices are brought to school. These can be lost or disappear in which the school is not responsible.



WE ARE ALL



MR. DECKER'S NOTES

All of our classrooms have a drinking fountain. However, if your child chooses to bring a container, we ask for it to be clear. Content of the water bottle should be water (flavored is ok). However, please refrain from colored juices, energy drinks, coffee drinks, or soda. Students may be asked to pour them out.

Communicating with the office when your child is absent is important. Please contact the office at 882-6390. You cannot rely on texting or e-mailing the teacher, especially if they get busy or are gone for the day. Someone will contact you if we do not hear of your child's whereabouts by 9:00 AM. Please read the new attendance expectations. Thank you for your cooperation!

Sincerely,

John J. Decker
john.decker@k12.sd.us
605-882-6390

REMINDERS

PEANUT SAFE SCHOOL

We are a Peanut Safe facility. This means that we do NOT serve anything with peanuts due to the vast number of students with some type of peanut allergy ranging from minor to life-threatening. We cannot control what students may bring for lunch, but we do ask that if your child/children only eat Peanut Butter sandwiches, please make the teacher aware, so if any classmates are allergic to peanuts, we can make sure they are placed safely apart. We also ask that if you bring treats for the class, to be mindful of any fellow classmates that may have an allergy and choose something peanut free. If you have any questions, please feel free to contact Ann, the school nurse at Jefferson.

SCHOLASTIC BOOK OF THE MONTH

Dog on a Frog

"You know the rules," said cat. "Cats sit on mats, frogs sit on logs, and dogs sit on FROGS!" "Well, I'm changing the rules," said the frog. In this hilarious sequel to Frog on a Log?, frog decides that he does not want to sit on a log, and he definitely does not want a dog to sit on a frog! So he changes the rules. Now, dogs sit on logs, and cats sit on gnats! But what will frog decide to sit on now? Chock-full of absurd animal rhyme pairings, Dog on a Frog? shows young readers that every animal has many special places to sit. Reminiscent of Dr. Seuss's Beginner Books, this sequel is a fun, educational read-aloud story that helps build reading skills!

LATEX FREE SCHOOL

We do not allow latex balloons at school. We restrict as many items as possible being used at school.



ATTENDANCE MATTERS



ATTENDANCE WORKS

In the 2020-21 school year, at least 10.1 million students nationwide were chronically absent. We estimate chronic absence has more than doubled from the more than 8 million students, pre-Covid-19, who were missing so many days of school that they were academically at risk. Chronic absence — missing 10 percent or more of school days due to absence for any reason—excused, unexcused absences and suspensions—can translate into students having difficulty learning to read by the third-grade, achieving in middle school, and graduating from high school.

Key Research: <https://awareness.attendanceworks.org/wp-content/uploads/Research2016.pdf>

Help Get Kids Back to School

<https://www.attendanceworks.org/chronic-absence/the-problem/>

ATTEND TODAY, ACHIEVE TOMORROW

GOOD SCHOOL ATTENDANCE MEANS...



ELEMENTARY STUDENTS
read well by the end of third grade



MIDDLE SCHOOLERS
pass important courses



HIGH SCHOOLERS
stay on track for graduation



COLLEGE STUDENTS
earn their degrees



WORKERS
succeed in their jobs

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.



(August 21 - September 12)

Following Instructions

1. Look at the person
2. Say "Okay"
3. Do it right away

(September 15th- September 26th)

Getting the Teacher's Attention

1. Look at the Teacher
2. Raise your hand. Stay calm.
3. Wait until the teacher says your name.
4. Ask your question.

Pick ups & drop offs

Thank you for working with Jefferson Staff to keep safety at a premium. For families that are new to dropping off and picking up your child in the circular, please park on the west side of the circular and have your child/ren exit on the west side of your car onto the sidewalk. Please move down the circular until you reach an opening and park. Once your child/ren has been dropped off, then you may pull out into the moving lane (on the east side of the circular). It is imperative that you are parked by the sidewalk before you let your child out of the car. It is a safety issue.

Also, please discuss with your child about staying on sidewalks and not walking in-between cars. There have been accidents in our town where students have darted between cars. If we run with or without our children darting between cars, we are modeling poor behavior.

Thank you for not parking and the staff parking lot before or after school. This area is reserved for the busses only. We do not want our children darting in and out of the bus area. This is for everyone's safety.



POP TABS

Your child should have brought home a note explaining the changes in the Ronald McDonald Pop Tab Program. They should have also brought home a POP TAB house to fill and return to school as many times throughout the year. Once they bring it to school they will dump it in our large container, keep the house, and receive a coupon for a free ice cream coupon from McDonalds. The act of giving and generosity to help others is the lesson learned.



Report to **PARENTS**

Attending school regularly helps children feel better about school—and themselves. Even as kids grow older and more independent, families play a key role in making sure students access learning opportunities and understand why attendance is so important for success in school. Families can use these strategies to help kids build a habit of good attendance.

Did You Know?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 2 days a month can make it harder for kids to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- By 6th grade, absenteeism is one of three signs that a student might drop out of high school.

What You Can Do

1. **Set a regular bedtime and morning routine.** A structured routine helps kids feel safe and secure because they know what to expect.
2. **Prepare the night before.** Help your child pick out an outfit for the next school day and set it out so it's ready to go when they wake up. Pack backpacks then, too.
3. **Keep your child healthy.** Make sure your child has the required immunizations and is practicing healthy habits to stop the spread of germs and illnesses.
4. **Ease anxieties.** If your child seems anxious about going to school, talk to

9 Tips to Build a Habit of Good Attendance



teachers, school counselors, and other parents for advice on how to make your child feel comfortable and excited about learning. Focus on the positives about the school day, and do what you can to ease their anxieties, like introducing your child to their teachers and classmates before school starts.

5. **Develop backup plans.** If something comes up and you're unable to take your child to school on time, make plans with a family member, a neighbor, or another parent to take your child to school.
6. **Limit out-of-school time.** Try to schedule medical appointments and extended trips when school isn't in session.
7. **Seek advice.** If your child is sick, call your school for advice about whether they should come in or stay home.
8. **Know that perfect attendance isn't the goal.** There are times when your child should stay home due to illness. When this happens, ask the teacher for resources and ideas to continue learning at home.
9. **Communicate with schools.** Oftentimes a barrier that exists for you exists for other families in the community. Work together with the school to address systemic barriers that might be causing kids to miss more days of school than they should.

Report to **PARENTS**

Life skills like cooking, budgeting, and problem-solving help kids navigate daily life challenges, manage emotions, build relationships, and make informed decisions. Families can incorporate these strategies into daily routines and activities at home.

Kitchen Skills

Teaching children kitchen skills instills confidence, creativity, and responsibility.

- **Basic Cooking:** Introduce simple recipes and proper measuring techniques.
- **Meal Planning:** Involve kids in grocery shopping and meal planning to foster budgeting skills and teach the importance of nutrition.
- **Food Safety:** Demonstrate proper food handling and storage to prevent foodborne illnesses and maintain a healthy household.

Financial Literacy

Financial literacy is key in adult independence.

- **Budgeting:** Introduce a chore-based allowance system. This teaches the correlation between work and earnings and the importance of saving.
- **Banking:** Open a savings account for your child. This practical experience demystifies banking and encourages saving habits.
- **Shopping:** During shopping trips, have kids calculate costs and make change.

Personal Care and Hygiene

Good personal care habits are essential for health and social interaction.

- **Daily Routines:** Establish consistent hygiene routines to build discipline and self-care habits.
- **Self-Care:** Encourage physical and mental health practices to promote overall well-being.
- **Basic First Aid:** Teach kids how to handle minor injuries. This builds confidence.

Household Chores

Involving children in household tasks teaches valuable life skills and work ethic.

Learning Life Skills at Home



- **Chore Chart:** Implement a chore system to teach time management and responsibility.
- **Cleaning:** Teach proper cleaning techniques to foster a sense of pride in one's living space.
- **Laundry:** Teach the entire laundry process. This practical skill promotes independence and care for personal belongings.

Communication and Social Skills

Effective communication is key to success in life.

- **Active Listening:** Encourage attentive listening and thoughtful responses. This skill is crucial for building strong relationships.
- **Conflict Resolution:** Teach peaceful and respectful problem-solving. This skill is invaluable in personal and professional settings.
- **Empathy:** Foster understanding of others' feelings. This emotional intelligence is fundamental to social success.

Problem Solving and Decision Making

Equip kids with tools to navigate life's challenges.

- **Real-Life Scenarios:** Encourage creative solutions to everyday problems to build confidence in tackling real-world issues.
- **Critical Thinking:** Guide kids in analyzing situations and making informed decisions.

By incorporating these life skills into daily life, children can develop the abilities they need to thrive in the future.

W **MANNERS MATTER** *W*

Shows **GRACIOUSNESS** by:

1. Saying "please, thank you, you're welcome, excuse me, pardon me, I'm sorry"
2. Never interrupting, or apologizing if it is absolutely necessary to interrupt.
3. Covering mouth when sneezing, coughing or yawning.

Shows **COURTEOUSNESS** by:

1. Apologizing.
2. Greeting people.
3. Opening and holding doors for others.
4. Assisting others when they need help.
5. Never lying or exaggerating.

Shows **CONSIDERATION** by:

1. Not whispering in front of others.
2. Keeping secrets when asked to do so.
3. Not calling people names.
4. Not gossiping or tattling.
5. Never using foul language.
6. Picking up things that don't belong on the floor or ground.
7. Listening when someone else is speaking.

Show **RESPECTFULNESS** by:

1. Showing respect for elders and all others in authority.
2. Not staring or pointing at others.
3. Not begging, demanding, pestering or whining.
4. Not pushing, shoving, tripping or cutting in line.
5. Never making fun of others who are different.
6. Applying the Golden Rule.

PARENT RESOURCES



[HTTPS://WWW.FACEBOOK.COM/
PROFILE.PHP?ID=61556781784403](https://www.facebook.com/profile.php?id=61556781784403)



[HTTPS://SDSFEC.ORG/](https://sdsfec.org/)



[HTTPS://WWW.FACEBOOK.COM/
GROUPS/781453261913514](https://www.facebook.com/groups/781453261913514)



[PARENTGUIDANCE.ORG](https://parentguidance.org)



[HTTPS://WWW.PBS.ORG/
PARENTS](https://www.pbs.org/parents)



[HTTPS://
CODINGTONCONNECTS.COM/](https://codingtonconnects.com/)



Counselor's Corner

with Mrs. Flemming



Tips for Returning to School

Whether their summer was packed with activities or filled with complaints about being bored with nothing to do, kids can have a tough time making the back-to-school transition. Here are some tips for students and parents.

Getting Ready

As with any new or unsettling situation — like starting school for the first time, entering a new grade or a new school — give kids time to adjust. Remind them that everyone feels a little nervous about the first day of school and that it will be an everyday routine in no time. While levels of anxiety and stress may be high, parents play an influential role in helping children cope. These tips can help encourage a positive back-to-school transition and help to reduce you and your child's anxiety.

- **Focus on the positive things about going back to school**, such as hanging out with old friends, meeting new classmates, buying cool school supplies, getting involved in sports and other activities. Remember to follow up with your child at the end of each school day to see how things went.
- **Listen**. Take the time to understand what your child is feeling anxious about and offer support. Are they afraid they won't make new friends or get along with their teachers? Is the thought of schoolwork stressing them out?
- **Let your children know you care**. Children absorb their parent's anxiety, so model optimism and confidence for your child. Reinforce your child's ability to cope. Give your child a few strategies to manage a difficult situation on his or her own (breathing exercises, thinking about a happy memory or counting). Maintain open lines of communication with the school.
- **Be available**. Your children may react to changes in the school in various ways. Be ready for some behavior changes — such as acting out. Remember that pillow time before bed is a good time to listen to your child recount events and feelings from the day.

Set Up Routines

During summer it is easy to get away from the routine we have during the school year. As the school year begins, it is a great time to return to our routines and/or to create new ones. Here are some tips that can help in this effort:

- **Get enough sleep (8-9 hours).** Set a reasonable bedtime so that they'll be rested and ready to learn in the morning. Consistent bedtime routines go a long way in helping kids have a great day at school.
- **Eat a healthy breakfast.** They're more alert and do better in school if they eat a good breakfast every day.
- **Stay informed and connected.** Monitor emails from your school to stay up to date on school information. Stay connected to your child's teacher to know how your child is coping in his or her new classroom and if you need to reinforce any additional structure or learning at home.
- **Organize and set out what they need the night before.** Folders and books should be put in their backpacks by the door and clothes should be laid out in their bedrooms.

Most of all, whether it's the first day of school or the last, make sure your kids know you're there to listen to their feelings and concerns, and that you don't expect perfection — only that they try their best.

ARROW DAYS 2025



24th – Hat Day



25TH – TEAM JERSEY DAY



26TH – ARROW DAY



SEPTEMBER 2025

MENU IS SUBJECT TO CHANGE

FRUIT AND MILK IS OFFERED AT ALL BREAKFAST MEALS

VEGGIE BAR, FRUIT SELECTION AND MILK SELECTION ARE OFFERED AT ALL LUNCH MEALS.

MON	TUES	WED	THURS	FRI
<p>NO SCHOOL 1</p> <p>HAPPY</p> <p>★ LABOR ★</p> <p>DAY</p>	<p><u>BREAKFAST:</u> 2</p> <p>MINI DONUTS 20G-41G</p> <p>YOGURT CUP</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>WALKING TACO 22G/30G</p> <p>FR. FR. CUP 21G</p>	<p><u>BREAKFAST:</u> 3</p> <p>BREAK. BITES 20G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>CHICKEN NUGGETS</p> <p>13G/16G</p> <p>CURLY FRIES 23G</p> <p>SNACK 15-32G</p>	<p><u>BREAKFAST:</u> 4</p> <p>WAFFLE STIX 28-37G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>CHILI 10G</p> <p>CIN. ROLL 33G</p> <p>APPLESAUCE CUP 14G</p> <p>STRING CHEESE 1G</p>	<p><u>BREAKFAST:</u> 5</p> <p>BREAD SLICE 45G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>CH. ALFREDO 16G/26G</p> <p>BROCCOLI 5G</p> <p>BREADSTICK 14G</p>
<p><u>BREAKFAST:</u> 6</p> <p>CARAMEL/CINI MINI 41G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>CHEESEBURGER 28G</p> <p>FRIES 13G</p>	<p><u>BREAKFAST:</u></p> <p>MINI JOHN 13G</p> <p>GOGURT 8G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>SUPER NACHOS 19G/30G</p> <p>REFRIED BEANS 36G</p>	<p><u>BREAKFAST:</u></p> <p>BREAKFAST PIZZA 27G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>POPCORN CHICKEN 14G</p> <p>MASHED POT. 20G</p> <p>GRAVY 4G</p> <p>DINNER ROLL 23G</p>	<p><u>BREAKFAST:</u></p> <p>GRAPE/CHOC. CRESENT 38G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>TATOR TOT HOTDISH 22G</p> <p>BISCUIT 24G</p>	<p><u>BREAKFAST:</u></p> <p>STUFFED H.B. 24G</p> <p>YOGURT CUP 15G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>ITALIAN DUNKERS 34G/51G</p> <p>MARINARA CUP 7G</p> <p>H.S. BKFT PIZZA</p> <p>CORP</p>
<p><u>BREAKFAST:</u></p> <p>MUFFINS 21G-31G</p> <p>STRING CHEESE</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>HOT DOG 21G</p> <p>SMILE FRIES 20G</p> <p>TOTS 16G</p>	<p><u>BREAKFAST:</u></p> <p>APPLE FILLED DONUT 33G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>PANCAKE 13G/26G</p> <p>OMELET</p> <p>FRUIT JUICE 15G</p>	<p><u>BREAKFAST:</u></p> <p>PANCAKE STICK 17G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>BREADED CHICKEN</p> <p>SANDWICH 44G</p> <p>BAKED BEANS 30G</p>	<p><u>BREAKFAST:</u></p> <p>FRENCH TOAST 37G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>SLICED BEEF/GRAVY 4G</p> <p>MASHED POTATOES 20G</p> <p>DINNER ROLL 23G</p>	<p><u>BREAKFAST:</u></p> <p>BISCUIT/GRAVY 24G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>PIZZA CRUNCHERS</p> <p>21G/42G</p> <p>GREEN BEANS 4G</p>
<p><u>BREAKFAST:</u> 22</p> <p>POPTARTS 33G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>CORN DOGS 30G</p> <p>BAKED BEANS 30G</p>	<p><u>BREAKFAST:</u> 23</p> <p>F. TOAST STICKS 38G</p> <p>SAUSAGE PATTY</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>CHICKEN OR CHEESE</p> <p>QUESIDILLA 33G</p> <p>H.B. COINS 21G</p>	<p><u>BREAKFAST:</u> 24</p> <p>BAGEL 31G OR</p> <p>BURRITO 29G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>ORANGE CHICKEN 26G</p> <p>FRIED RICE 27G</p> <p>FRUIT CUP 21G</p>	<p><u>BREAKFAST:</u> 25</p> <p>PANCAKE MINI 31G/MAX 36G</p> <p>OMELET 13G/26G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>CHICKEN TENDERS 12G/18G</p> <p>MASHED POT. 20G</p> <p>GRAVY 4G</p> <p>DINNER ROLL 23G</p>	<p><u>BREAKFAST:</u> 26</p> <p>BREAD LOAF 34G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>SPAGHETTI/MEAT 36G</p> <p>GREEN BEANS 4G</p> <p>GARLIC TOAST 12G</p>
<p><u>BREAKFAST:</u> 29</p> <p>APPLE OR CHERRY</p> <p>FRUDEL 38G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>HOT HAM & CHEESE 29G</p> <p>BAKED BEANS 30G</p>	<p><u>BREAKFAST:</u> 30</p> <p>FUNNEL CAKE 38G</p> <p>M.S/H.S.</p> <p>VARIETY ITEMS</p> <p><u>LUNCH:</u></p> <p>TACO PIZZA 28G</p> <p>FRUIT CUP 21G</p>			