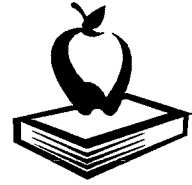


# Jefferson Intermediate Newsletter



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**Date:** February 20, 2009  
**To:** Jefferson Intermediate Families  
**From:** Annette Weise

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- Lunch menu:

Monday, February 23	Hamburger on a bun
Tuesday, February 24	BBQ Meatballs
Wednesday, February 25	Fish Sticks
Thursday, February 26	Macho Nachos
Friday, February 27	Toasted Cheese Sandwich
- **YEARBOOK ORDERS** – Don't miss out on getting your copy! If you would like to order a copy, please send \$15.00 to school with your child on Monday, February 23. Make checks payable to the Fairbury PTA.
- **GIVE THE GIFT OF READING – PANCAKE SUPPER PLANNED** – Support your local Kiwanis Club in their goal to provide each child at Central Elementary and Jefferson Intermediate Schools with brand new books! An "All You Can Eat" Pancake Supper is planned for Monday, March 2<sup>nd</sup>, from 5:00-8:00 p.m., at the Fairbury Jr./Sr. High School. Admission to the Pancake Supper is \$5.00 per person. Children 5 and under EAT FREE! Each paid \$5.00 admission purchases a book for one child (PreK-6 grade).

This celebration is being held in conjunction with the 12<sup>th</sup> Anniversary of the NEA's (National Education Association) "Read Across America" event that celebrates reading, as well as recognizes the birthday of Dr. Seuss. Event activities will include celebrity guest readers, FHS Cheerleaders, and photo opportunities with the "Cat in the Hat" as well as "Thing One and Thing Two!"

Make plans now to join friends and neighbors in support of the Fairbury Kiwanis as they GIVE THE GIFT OF READING!
- **McTEACHER NIGHT AT McDONALD'S** – Tuesday, March 3, will be McTeacher Night at McDonald's. Jim Pike will be donating profits from 4:00-8:00 p.m. that evening to Jefferson Intermediate. Teachers and staff will be working at McDonald's from 4:30-7:30 p.m. Hope to see many of you at McDonald's!!!
- Third Quarter Parent/Teacher Conferences will be held on March 10 & 12. More information will be sent home with your child next week.

- **READING CLASSICS TEAMS** – The Division I (grades 3 & 4) team members are: Jacob Johnson, Britney Sheetz, Paige Arnold, Paul Mach, Patrick Ondrak, and Justin Peterson. Division I members will meet with Mrs. Barber on Tuesdays from 3:30-5:00 P.M.

The Division II (grades 5 & 6) team members are: Ryan Umland, Kelsey Snyder, Erin Simmerman, Cheyenne Adkins, Trevin Likens, and Bryce Schouboe.

March 16 is the date for the County Reading Classics competition.
- **WEATHER RELATED SCHOOL CLOSING** – In the event that school will be closed due to inclement weather, information will be broadcast on television station KOLN/KGIN (Channels 10 and 11), as well as on radio station KGMT (1310 AM) /KUTT (99.5 FM) in Fairbury. You can always log on to fairburyjeffs.org for any announcements and you can also sign up for the “Jeffs Red Alert” notification system for a voice message, text or e-mail. In the event that school will have a “late start” due to inclement weather, information will be broadcast in the same manner. Regular dismissal times will occur and bus transportation will adjust and run accordingly. **Please do not call school personnel when there is no closing announcement broadcast on television or ro.**
- Colder weather has arrived. Please be certain that your child leaves for school with appropriate cold weather wear (coat, hat, and gloves).

The following guidelines have been set up for wearing coats for recesses:

  - \* If the temperature is 50 or above, students do not need to have coats on nor do they need to go back to their classroom if forgotten
  - \* In between the 45-50, if students ask to get their coats, they will be able to do so
  - \* If the temperature is below 45, **they must have their coats to go outside** – they will be allowed to go back to their rooms to get them
- **ALUMINUM CAN TABS** – Congratulations to Mrs. Boeckner’s third grade class for bringing in the most tabs for the month of January! Please continue to save tabs and send them to school with your child. The class bringing in the most tabs each month will earn a party for their room.
- **DRINK PURE LIFE PRODUCTS!** - Our school will be collecting labels through the end of the school year. So the next time you’re out shopping, choose any Nestle Pure Life products, save the labels, and send them to school with your child. If you would like to learn more about this great program for schools, visit [www.goplaylabels.com](http://www.goplaylabels.com)
- **BOXTOPS FOR EDUCATION** – Please send your Box Tops for Education labels to school with your child.

# TEAMMATES™

MENTORING PROGRAM

## TEAMMATES MENTORING PROGRAM STARTING IN FAIRBURY:

TeamMates is a one to one school mentoring program that matches caring adults with youth. Mentors can be a wise and trusted guide and help you be your best. While we require a year commitment to this program, our goal is that the student has a TeamMates mentor until they graduate from high school. TeamMates Mentoring Program has been around for more than fifteen years and there are thousands of young people that participate in the program.

TeamMates of Fairbury has started finding mentors and asking for student nominations for this beneficial program. During the month of December, students in grades 4-6 will have the opportunity to learn more about the TeamMates program during their guidance class and can choose to bring home an informational brochure at that time. If you are interested in having your student be a part of the TeamMates Mentoring Program or would like to learn more about TeamMates, please contact Cathy Simmerman at Jefferson School 729-5041.

TeamMates of Fairbury will also be looking for additional mentors at all times! If you are interested or know someone who would be a great positive role model in the life of a student, please contact Jefferson School.

We appreciate all the family, community and school support for this program that can tremendously help our students become better leaders and be successful in all that they do.

# Firm, Fair & Consistent<sup>®</sup>

Jefferson Intermediate School  
Annette Weise, Principal

Guiding Students for School Success

## Build respect at the dinner table

Being polite is a way to show respect. And dinnertime offers you a daily chance to reinforce this lesson. First, explain how being polite makes life more pleasant for everyone. Then:

- **Start with the basics.** Have everyone wash hands before dinner and do not allow toys at the table. Everyone should sit up straight, use polite words and—when excused—carry dishes to the sink.
- **Teach extra skills.** Kids are proud to learn “grown up” rules. For example, it’s polite to wait until everyone is served before starting to eat. Also teach the proper way to use utensils.
- **Practice communicating.** Dinnertime is about more than eating. It’s about talking, too. Set a great example by avoiding lectures and arguments. Try to ignore the phone and other interruptions.
- **Set guidelines.** Decide which rules are most important to your family, such as having everyone there for dinner. Choose rules that everyone can follow. (But don’t require your child to “clean his plate.” It’s best to stop when he’s full.)
- **Use consequences.** Require a *please* when asking for a dish to be passed. Impose a consequence for leaving the table without asking to be excused. In general, though, mealtime should be fun!



Source: “Teaching table manners to your school-age child,” ParentCenter.com, [http://parentcenter.babycenter.com/0\\_teaching-table-manners-to-your-school-age-child\\_1429037.pc?articleId=1429037&showAll=true](http://parentcenter.babycenter.com/0_teaching-table-manners-to-your-school-age-child_1429037.pc?articleId=1429037&showAll=true).

Uh oh. You see your child doing something wrong and you think he might deny it with a lie. You can prevent this by how you approach the situation.



Instead of saying, “Alex, did you eat an extra cookie?” you might say, “I see you ate a cookie without asking. Let’s talk about it.” Then, instead of having two problems (misbehavior and a lie), you only have one.

## Turn misbehavior into a lesson on respect

Your child tries to provoke you by calling you a name. What do you do? Don’t take the bait!

Instead, respond calmly. “We don’t call people names in this family. If you want my attention, speak to me politely.”

Using this approach, you can demonstrate the kind of respect you’d like your child to show.

Source: Mary VanClay, “The respectful child: How to teach respect,” BabyCenter.com, [http://parentcenter.babycenter.com/0\\_the-respectful-child-how-to-teach-respect\\_67920.pc](http://parentcenter.babycenter.com/0_the-respectful-child-how-to-teach-respect_67920.pc).



## Stop being a referee for sibling conflicts

Is your children’s constant bickering driving you nuts? To get a handle on sibling squabbles:



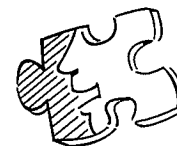
- **Refuse to take sides.** Don’t leap to one child’s defense when they’re both fighting.
- **Spend one-on-one time** with them. Just a few minutes of daily “alone time” with each child can ease tensions between siblings.
- **Teach them to resolve** their own conflicts. Offer some ways to make peace that don’t involve screaming and fighting.

Source: Kyla Boyse, R.N., “Sibling Rivalry,” University of Michigan Health System, [www.med.umich.edu/1libr/yourchild/sibriv.htm](http://www.med.umich.edu/1libr/yourchild/sibriv.htm).

## Open the lines of communication

Of course you speak with your child, but how well do the two of you communicate? To make sure you’re communicating effectively:

- **Speak her language.** Use words your child understands.
- **Stay calm.** Even if you’re angry, try not to yell at her.
- **Watch your body language.** When it comes to communicating with your child, your non-verbal cues speak volumes.

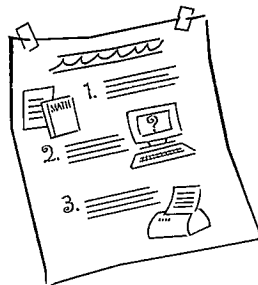


Source: “Communicating with Children,” KidsBehaviour.co.uk, [www.kidsbehaviour.co.uk/CommunicatingWithChildren.html](http://www.kidsbehaviour.co.uk/CommunicatingWithChildren.html).

## Promote self-discipline at homework time

Children need help developing self-discipline when it comes to homework. You can make a difference when you:

- **Create a homework schedule.** Your child may procrastinate about studying, so it's best to stick to a daily routine.
- **Are upbeat about assignments.** Show that you believe homework is very important and interesting.
- **Help your child make a to-do list.** Talk about the order in which she'll do tasks. Tell her to try doing the hardest assignment first.
- **Stay nearby.** You can't study for your child, but you can offer guidance when she has questions. Also, encourage short breaks to help her refocus and reenergize.



Source: Lambeth Hochwald, "The right start," *Scholastic Parent & Child*, September 2008 (Scholastic Inc., 1-800-724-6527, www.scholastic.com).

## Questions & Answers

**Q:** When it comes to discipline, I'm great as far as being firm and fair. But I don't do so well with the consistent part. Any advice?

**A:** Yes—hang in there! Like everything else about parenting, good discipline is a process. It's not something you can master overnight. Still, you're right to be concerned about consistency, since it's a big part of effective discipline. To become more consistent, ask yourself if you are:

- **Realistic.** Is it possible to enforce all the rules you've set? For instance, if you insist that your child finish his schoolwork by five o'clock, but you don't get home until six, there's no way to consistently enforce that rule.
- **Committed.** Do you always take the idea of consistent discipline seriously, or do things tend to slip when you're tired or stressed? If your child knows he isn't allowed to eat in front of the TV, but also knows he can munch away if you're preoccupied, then it may be time to revisit the "no food in front of the tube" rule.
- **Flexible.** Are you willing to adjust your rules if they don't work in your daily life? If your child's bedtime is eight o'clock, but he's rarely in the sack by then because soccer practice, dinner and homework keep him up until nine, you may need to reevaluate. It's pointless to set a bedtime—or any other rule—that you know can't be enforced regularly.



## Nurture your child's moral growth

Your role is vital when it comes to nurturing character and values.

In addition to being a good role model, promote your child's moral development by:

- **Joining her** in some meaningful activities. This could be anything from volunteering to camping.
- **Talking with her.** Explain why values matter.
- **Supporting her passions** and interests in things like sports, music or theater.



Source: Susan Gilbert, "Scientists Explore the Molding of Children's Morals," *The New York Times*, <http://query.nytimes.com/gst/fullpage.html?res=9B0CE7D71731F93BA25750C0A9659C8B63&sec=&spon=&pagewanted=1>.

## Learn the facts about spanking

Spanking isn't just painful—it may be harmful. According to research, corporal punishment:

- **May stop** a bad behavior momentarily, but doesn't teach a child how to behave better in the future.
- **May spark** feelings of revenge or hatred in a child.
- **May prompt** a child to continue the bad behavior, but to do it when the parent isn't around.
- **May encourage** a child to lie or sneak in order to avoid being hit.

Source: Lynne Namka, Ed.D., "What The Research Literature Says About Corporal Punishment," *AngriesOut.com*, [www.angriesout.com/parents10.htm](http://www.angriesout.com/parents10.htm).

### Firm, Fair & Consistent®

*Guiding Students for School Success*

Publisher: John H. Wherry, Ed.D.

Managing Editor: Pat Hodgdon.

Editor: Erika Beasley.

Writers: Susan O'Brien, Holly Smith.

Illustrations: Maher & Mignella, Cherry Hill, NJ.

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P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525

www.parent-institute.com • ISSN 1541-437X