



Jefferson Intermediate Newsletter



Date: November 7, 2008
To: Jefferson Intermediate Families
From: Annette Weise

- Lunch menu:

Monday, November 10	NO SCHOOL
Tuesday, November 11	Mini Corn Dogs
Wednesday, November 12	Beef Sticks
Thursday, November 13	Hot Dog on a Bun
Friday, November 14	Hamburger on a Bun
- **ELEMENTARY PLANNING DAY – MONDAY, NOVEMBER 10** – Students in PreK-6 will not have school on Monday, November 10. This day was approved by the Fairbury Board of Education as a planning day for teachers. Please note that school will be in session for students in grades 7-12 attending the Jr./Sr. High School.
- **MONDAY, NOVEMBER 10** – Fairbury Public Schools Board of Education Meeting ('47 Building Conference Room – 7:00 P.M.)
- **MAGAZINE SALES** – Magazine sales will end on Thursday, November 13.
- On Monday, November 3, our students attended a PTA sponsored program, “Sparkling Science”, at the '47 Building.
- Progress Grade Reports will be sent home with your child on Wednesday, November 12.
- More seasonable weather has begun to arrive. Please be sure that your child brings a jacket to school with them each day.
- The Yearbook Committee is busy gathering pictures for the yearbook and we are in need of your help. We are in need of pictures of preschool through 6th grade. For parents attending field trips or visiting your child at school: If you take any pictures, please share them with us so we may include them in this year's yearbook. You can send them to school with your child labeled “yearbook pictures”. We would prefer that you submit your pictures on a CD or print off an extra copy. We have found that e-mail reduces the quality of the pictures a little and would prefer to avoid that if possible. If you have any questions, please contact Andrea Davis at 729-2604 or davisaal@yahoo.com. Thanks for your help!

(over)

- **ALUMINUM CAN TABS** - Within the mission statement of Fairbury Public Schools it talks of teaching “civic responsibility”. Jefferson Intermediate has chosen to do a yearlong community project to teach students about civic responsibility. We will be collecting aluminum can tabs for the Ronald McDonald House. The Ronald McDonald House Charities in Omaha helps children and their families. They lend a hand to children who are sick and need medical attention, dental care, or a temporary home for families that bring sick children to the community for medical care. Each year they recycle millions of aluminum can tabs that have been collected and use that money to help defray their operational costs. Saving the tabs is easy. Simply remove the tabs off of your cans and send them to Jefferson. Each classroom will have a container to collect these tabs in. Tabs for classrooms will be weighed on a weekly basis. The class bringing in the most tabs each month will earn a party for their classroom (popcorn, movie, doughnuts, pizza, etc.) **Please help support this project – you can help make a child’s life better!**

Mr. Gerth’s classroom was the winner for the month of October.

- **VISITORS TO THE SCHOOL** – Parents/Guardians and other patrons of the district are always welcome to visit school. Parents are encouraged to visit their child’s classroom throughout the year. Visitors who wish to confer with a teacher are asked to arrange for an appointment at a time outside regular class hours. **All visitors to the school are expected to report to the principal’s office to notify staff they are in the building or on school grounds.** A sign-in form and visitor’s badges are available in the school office.

Parents taking students out of school early for doctor appointments, etc., must report to the office and wait for their child to meet them there.

- Now that the first quarter of school has passed, it is time for families to update their child’s student information and emergency contacts. People move...addresses and phone numbers may change. Please contact the school office (729-5041) or send a note with your child to school indicating any new family information including: address; home, work, and cellular numbers; emergency contacts (two contacts are needed); and any new health issues or medications. Thank you for keeping the school informed and helping us to maintain a secure and supportive learning environment.

November

Fun Facts

Healthy Food Choices and Your Kids

One of the best ways to help your kids make nutritious food choices is to *focus on what to eat instead of what not to eat*. Teach your kids to choose nutrient-rich foods like these. Nutrient-rich foods provide high amounts of beneficial nutrients compared to the calories they provide and include:

- Brightly colored fruits, vegetables, 100% fruit juices
- Whole-grain foods
- Low-fat and fat-free milk, cheese and yogurt
- Lean meats, skinless poultry, fish, eggs, beans and nuts

Did You Know...?

A nutritious snack of a smoothie made with berries and low-fat yogurt actually has more fat and calories than a diet soda and baked chips; however, it is far better for you because it has many beneficial nutrients that kids need for growth and health. The reason why? It's a snack of nutrient-rich, Five-Food-Group foods.

Kids' Corner:

Thanksgiving on Plymouth Plantation
by Diane Stanley and Holly Berry (Illustrator)
Join the Time-Traveling Twins at Plymouth Plantation in 1621 and find out what it was really like to be a pilgrim.

The Peterkin's Thanksgiving
by Elizabeth Spur
Celebrate a Victorian Thanksgiving with Mr. and Mrs. Peterkin and a cast of silly characters! This year, the beautiful turkey is stuck in the dumbwaiter!

Turkey Tetrazzini with Cheddar and Parmesan

Turn left-over Thanksgiving turkey into a completely new meal with this easy, delicious and nutrient-rich casserole.

- 4 cups (12 ounces) whole-wheat ziti or penne pasta cooked according to package directions
- 2 tablespoons butter
- 1/4 cup flour
- 3 cups low-fat milk
- 1 1/2 cups fat-free chicken broth
- 2 cups sliced, white button mushrooms
- 1/3 cup grated Parmesan cheese
- 2 cups diced, cooked turkey breast (1/2 inch dice)
- 1/3 cup frozen peas
- 1/2 cup shredded, reduced-fat Cheddar cheese
- 1/2 teaspoon pepper (optional)

Preheat oven to 350 degrees F. Spray a shallow, 2- to 3-quart baking dish with cooking spray; set aside. In a large saucepan over medium heat, melt butter and stir in flour. Cook, stirring constantly; about 2 minutes. Whisk in milk, chicken broth and pepper (optional); bring mixture to a boil. Stir in mushrooms, reduce heat and cook, stirring frequently, about 10 minutes or until mixture thickens and mushrooms are softened. Stir in Parmesan cheese, pasta, turkey and peas. Spoon into the prepared dish. Sprinkle Cheddar cheese on top. Cover loosely with foil. Bake about 45 minutes or until bubbling at edges and heated through.

Makes 6 servings

Source: 3-A-Day™ of Dairy

Nutrient-Rich Foods and Your Budget

In today's trouble economic times, nutrient-rich foods, such as milk, are an economic and nutritional bargain. Per serving, they are relatively inexpensive and provide a powerful nutrient package. Check labels to find choices that provide beneficial vitamins and minerals, but are moderate in calories.



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Jefferson Intermediate School
Annette Weise, Principal

Guiding Students for School Success

Teach kindness by experience —and example!

True kindness involves more than being nice. It requires *empathy*—understanding how others feel. It takes time for your child to build this skill—and you can help right from the start. Think back to when your child was a baby. When you smiled at her, sometimes she smiled back. She noticed your emotions. Now that your child is older:



- **Keep setting an example.** Seeing your kindness raises *her* chances of being kind. Do family activities that involve compassion, such as volunteering.
- **Be understanding.** Research shows that parenting with empathy is good for kids' emotional development.
- **Listen well.** Ask questions about your child's day. "How did that make you feel?" Then show that you listened. "It sounds like you were really relieved."
- **Explain feelings.** Describe them in words your child will understand. For example, "When you told Joey he couldn't come over, he felt left out."
- **Reward empathy.** Say things like, "You read a book to your little sister to help her feel better. Thank you! Your kindness really helped."
- **Imagine together.** Read and talk about people's emotions. "How would that make you feel?" "What would you do in that situation?"
- **Learn from mistakes.** No one is perfect. Practicing empathy is a lifelong process. Promoting this trait makes a big difference.

Source: Linda Morgan, "Teaching kindness and empathy to children," Parent Map, www.parentmap.com/content/view/73.

You know you should complement your child.



But use your glowing words carefully. For example, if you tell your child he's "perfect" or "a genius" too often, he may expect impossible things of himself.

Instead, use words that match your expectations, like "hardworking" and "kind."

Source: Dr. Sylvia Rimm, *How to Parent So Children Will Learn: Strategies For Raising Happy, Achieving Children*, ISBN: 978-0-910707-86-2 (Great Potential Press, Inc., 1-877-954-4200, www.giftedbooks.com).

Hold your child accountable

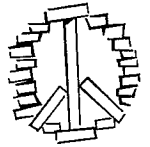
Try not to think of discipline as punishment. Think of it as being about *accountability*. That is, focus on holding your child accountable for her actions when she misbehaves—not merely on punishing her. "I asked you not to put your dirty hands on the wall, but you did anyway. Now you need to clean it up. Would you prefer a sponge or paper towels?"



Source: "Solutions to Parents' Top Discipline Problems," FamilyEducation.com, <http://life.familyeducation.com/discipline/parenting/29452.html>.

Approach discipline in a stepfamily as a team

Discipline is just one of the tricky issues new stepfamilies may face. To handle discipline issues smoothly:



- **Let the biological parent** do the correcting when possible.
- **Explain the house rules** as a couple. Show your child that you're a team.
- **Don't expect peace right away.** Becoming a family is a process. It takes time to build love and respect between kids and their stepparents.

Source: Virginia Molgaard, "Parenting in Stepfamilies," Iowa State University Extension, www.extension.iastate.edu/Publications/PM1547C.pdf.

Get the facts on TV violence

Do you know how much violence your child sees on television? According to research:



- **Nearly two out of three** TV shows portray violence.
- **Two hours of daily cartoons** show roughly 10,000 violent acts in a year.
- **Kids' programs contain** twice as many violent acts as other programs.

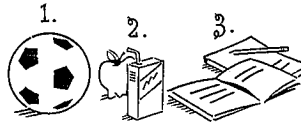
What should you do? Set limits on TV time and know what your child is watching. Talk about the consequences of violence with your child.

Source: "Violence & Aggression," CommonSenseMedia.org, www.commonsensemedia.org/parent_tips/health_survivalguide/violenceaggression.php.

Homework builds discipline skills

Homework can seem like drudgery, but it teaches lessons that go far beyond reading and math. Homework builds responsibility, self-discipline, pride and organization. To make the most of study time:

- **Stick to an after-school routine.** For example, your child might play outside for 30 minutes, have a snack and then do homework.
- **Find a comfortable spot.** Choose a place where your child can concentrate and relax. Make sure he has needed supplies.
- **Set reasonable expectations.** Not sure how long homework should take or how much to help? Ask the teacher for advice.
- **Provide supervision.** Stay nearby in case your child has questions. Do some work of your own. Pay bills or read the paper.



Source: Judy Molland, *Straight Talk About Schools Today: 101 Q&As for Parents*, ISBN: 978-1-57542-219-0 (Free Spirit Publishing, 1-800-735-7323, www.freepirit.com).

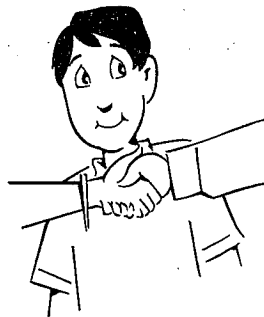
Questions & Answers

Q: My fourth grader is a good kid, but he sometimes acts up at school. How can I let him know that I expect proper behavior at home *and* in class?

A: You can do it by staying connected to his school and partnering with his teacher. The more he sees you and his teacher “on the same page” as far as his behavior goes, the less tempted he may be to push the boundaries at school.

To demonstrate that you and his teacher are a team:

- **Take school-related misbehavior seriously.** If your child gets in trouble at school, there should be consequences at home, too. And make sure they’re logical consequences. For instance, if he kept talking during the film in science class, maybe he should lose some “screen time” at home.
- **Don’t get defensive.** If your child’s teacher tells you about something he’s done wrong, don’t leap to defend him. Instead, get all the facts and listen carefully to what she’s saying. Once you’ve heard her out, ask questions to clarify the issue. It will show your child that you respect the teacher—and that he should, too.
- **Follow up.** A few days after a behavior issue crops up, check in with your child’s teacher to make sure it’s been resolved. Don’t just forget about it and hope the problem went away.
- **Be available.** Let your child’s teacher know that you’re always willing to discuss discipline issues. Give her your phone number and email address. Encourage her to contact you when necessary.



Banish the bad words!

If your child occasionally curses, it’s time to stop the swearing habit. Here’s how:

- **Break your own habit.** Be sure your child isn’t learning “bad words” at home.
- **Enforce a penalty.** Consider imposing a small fine each time your child swears. If you slip up, fine yourself, too.
- **Remind your child** that words matter. Names—and words—can hurt people, and your child needs to understand that.



Source: Jessica Pegis, “How to Get Kids to Stop Swearing,” *EzineArticles.com*, <http://ezinearticles.com/?How-To-Get-Kids-To-Stop-Swearing&cid=1194921>.

Tame your tattletale

Not sure how to handle your little tattletale? Try these ideas:

- **Ignore her.** Some kids tattletale to get attention or to get another child in trouble. Ignoring your tattler keeps her from getting the payoff she wants.
- **Boost her problem-solving skills.** Teach your child to handle small issues on her own. It may make her feel empowered.
- **Get involved if necessary.** Is your child tattling about another youngster’s dangerous behavior? Then you must step in.

Source: June Portnoy, “Tattling Versus Telling,” *MetroKids*, www.metrokids.com/august06/tattling0806.html.

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