

Respect
Others, Self, and Environment *by being*
Courteous
Kind *and*
Safe



Week at a Glance

for October 10th to October 14th 2022
Jefferson Elementary School



<p>10</p> <p>No School Staff PD Day</p>  <p>Practice a Mindfulness Strategy at Home 😊</p>	<p>11</p> <p>Happy Birthday: <i>Kaitlyn Merrill</i> <i>Thomas Merrill</i></p> <p>Early Dismissal 1:40pm</p>  <p>Parent Teacher Conferences 2:00-3:30</p>	<p>12</p> <p>Early Dismissal 1:40pm</p>  <p>Parent Teacher Conferences 5:00-7:00</p>	<p>13</p> <p>Happy Birthday: <i>Cooper Morris</i></p> <p>Early Dismissal 1:40pm</p> <p>National Breast Cancer Awareness Day: Wear Pink</p>  <p>Book Fair Parent Teacher Conferences 2:00-3:30</p>	<p>14</p> <p>Happy Birthday: <i>Bennett Rueter</i></p> <p>Early Dismissal 1:40pm</p>  <p>Parent Teacher Conferences 2:00-3:30</p> <p>Have a wonderful Weekend 😊</p>
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Upcoming Events

- October 10th: School Closed-PD Day for staff
- October 10th: World Mental Health Day
- October 11-14th: Early Dismissal 1:40pm
- October 11-14th: Parent Teacher Conferences 2-3:30
- October 11-14th: Scholastic Book Fair
- October 12th: Parent Teacher Evening Conferences 5-7pm
- October 17th: National Pasta Day
- October 19-20th: Classroom Mindfulness Visits
- October 24th-28th: Red Ribbon Week

Keep up-to-date with our School Events
[Jefferson School Calander](#)

October 2022						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
					1 Walk or sit in silence for five minutes. Focus on your breath. What else do you hear?	2 Call a relative (grandparent, aunt, uncle, cousin) and ask them to tell you a story about when they were your age.
3 Think about three places that you have visited that have made you feel happy.	4 Compliment a friend.	5 Write or color kind notes for your family. Leave them around the house to be found.	6 Ask someone about his/her culture. Ask about traditions and/or holidays that his or her family participates in.	7 Take a minute to enjoy the way something nice smells. Maybe smell a flower, a cookie or fresh air.	8 Watch a movie with your family and talk about the emotions your favorite character felt.	9 Exercise. Try going for a walk, practicing yoga, small bike ride or a short jog.
10 Tell a friend why you appreciate him or her.	11 Ask parents / guardians about their jobs. What do they enjoy about their career?	12 Build something with your hands. For example: play-doh, Legos, a fort, etc!	13 Help someone.	14 Listen to a song that brings you happiness.	15 Read a "feel good" story with someone you love.	16 Enjoy your favorite meal or dessert. Think of three words to describe it.
17 Say something nice about yourself out loud and give yourself a hug. For example: "I am kind."	18 Play with someone new at recess.	19 Tell someone that you are thankful for him or her because... Finish the sentence.	20 Name three reasons why you love your life.	21 Perform a small act of kindness.	22 Visit a neighbor (with parent/guardian). Bring your neighbor something that will make him or her smile.	23 Help someone in your family with a chore. Talk about your weekend together.
24 Ask for help with something. Say thank you.	25 Make a card or picture that will bring a smile to your teacher. Give it to him or her.	26 Say this ten times today. "I love me."	27 Go to bed early. Listen to calming sounds to fall asleep today. For example, the beach, nature sounds, etc.	28 Dance or sing for ten minutes (or more).	29 Print an updated picture of you with a friend or family member to keep in your room.	30 Offer someone a hug. Tell that person that he or she is doing a good job.