



Principal's Corner

Hello and Happy November!

This month our character focus at Jefferson will be gratitude. November is traditionally a month to give thanks, and as we move through the month, we will work on the multiple ways our students can show gratitude to friends, teachers, and families. We will once again launch the Look for the Good campaign at all elementary schools in Corvallis. Look for the Good is a nationwide campaign that unites teachers, parents, and students around the ideas of kindness and gratitude. All of our schools will spend the month sharing stories of what they are grateful for.

"The real gift of gratitude is that the more grateful you are, the more present you become."
- Robert Holden

I am feeling very grateful for the four days in October I spent in the city of Philadelphia where I attended the National Summit for Courageous Conversation with a few colleagues from our district. My four-day experience was unlike any I have ever had in my 25-year career. The summit was part education, part celebration, and part call to action.

The summit focused on racial equity and brought together over 1,000 people from across the country and around the world to discuss issues of racial justice and what we need to do to as leaders to promote racial equity in the classroom and in our communities. My time was spent becoming more racially literate, learning about intersectionality, and understanding the impact that race has on the experience of our students.

I traveled to the summit with a recent graduate of Crescent Valley High School, Yannie Reyes-Alvarez, so that she could receive the Ruby Bridges Student Leadership and Courage Award for her equity work both at CVHS and at the district level. Yannie is an amazing young person and represented our community well as she spoke to an audience over 1,000 people to tell her story as a young Latina who, through this equity work, "...finally felt heard."

My time at the summit was also time spent with leaders from schools, businesses, and local governments whose focus on racial justice was simply inspiring. Every session and every speech finished with a call to action that encouraged me to do more for my school and my community. Positioned alongside those calls to action, was the historic presence of Philadelphia, the city where our founding fathers wrote the U.S. Constitution.

"You must never be fearful about what you are doing when it is right." - Rosa Parks

My experience in historic Philadelphia processing issues of racial justice reminded me how important participation in our democracy is and that a simple but profound way to participate is to vote. I am grateful that I have the right to vote, and I will be exercising that right this month. I encourage you to do the same.

Go Jaguars!

Melissa

Message from the JPAT President

At Jefferson, we are fortunate to be able to provide a wide range of enrichment opportunities for all of our kids. With the school year picking up momentum, evidence of JPAT's support is visible throughout the school.

Jefferson's fourth and fifth grade JagBand is now underway with Band Director Mark Bacon guiding participating students through rehearsals and performances throughout the year. All fourth and fifth grade students are invited to join JagBand, which is funded 100% through JPAT.

Third, fourth, and fifth graders have also started to get ready for the Oregon Battle of the Books, which is being organized and managed by school librarian Kathryn Melvin. JPAT provides 100% of the funds for OBOB coordination, a role Ms. Melvin has taken on. Thank you, Ms. Melvin!

Last month, the first Walk/Bike/Bus to School Day (WB2S) of the year got us started on the right foot with great participation. Many thanks to Jesse Wegner, Karen DeWolfe and Jeff Ginalias for co-chairing this monthly event!

Many students have gone out on field trips over the last few weeks. The 5th grade went on the celebrated Salmon Watch trip, lots of students visited pumpkin patches, 3rd grade went to OSU Discovery Days, 2nd and 3rd grade got a preview of Miracle Worker at CHS and more! JPAT funds help support these field trips.

These are just a few of the recent and upcoming activities that take place at Jefferson all year long to help create a wonderful sense of community and a rich environment for all Jefferson students. Some of these events require volunteer time, and many of them require money. We are able to provide so many wonderful enrichment activities because of your generous giving.

One of JPAT's three major annual fundraisers is underway now: the Direct Donation Drive. As of today, we are just over 30% of the way toward our fundraising goal of \$10,000. Please consider giving what you can. The DDD is set to wrap up by December 31st and every little bit helps!

Go Jaguars!

Camille Nelson
JPAT President

Mark Your Calendar

November

1-2 NO SCHOOL (Grading/Conferences)

5-9 Fall Scholastic Book Fair

7 WB2S Day

12 NO SCHOOL

13 Jefferson Java, 5:45 pm, Library

13 JPAT Meeting, 6:30 pm, Library

14 Dine Out—Papa's Pizza

18 Wildlife Stewards Work at the Creek, 11-1

21-23 NO SCHOOL

December

5 WB2S Day

7 2-Hour Early Release 12:40pm

11 Jefferson Java, 5:45pm, Library

11 JPAT Meeting, 6:30 pm, Library

11 Dine Out—Block 15

21 NO SCHOOL (possible weather make-up day)

24-Jan 4—Winter Break, NO SCHOOL

JPAT BOARD

PRESIDENT: CAMILLE NELSON
VICE PRESIDENT: REBECCA BADGER
SECRETARY: JILL STEIN
TREASURER: POLLY WEGNER

Direct Donation Drive

Jefferson's Parents and Teachers (JPAT) currently helps the school provide some of the educational enhancements we love, like JAG Band, the 5th grade musical, Oregon Battle of the Books (OBOB), and over 16 clubs. To continue this level of support next year, we must raise the funds NOW. The Direct Donation Drive (DDD) is one of JPAT's largest fundraisers. As of October 25th, we've received \$3,100 in donations.

Can you help us reach our fall goal of \$10,000?

- To make a credit card contribution, visit the Jefferson website at <https://jefferson.csd509j.net>. Select FUNDRAISERS from the JPAT drop-down menu and then click "Donate" to give securely through PayPal.
- Check donations should be made out to "JPAT" and placed in the secure white mailbox just inside the school doors.

Thanks you, Jaguars!

Laura Power and Gabi Snyder
DDD co-chairs

Book Fair – November 5th-9th, 2018 – 7:45 am- 3:30 pm

Visiting the Book Fair is like going to a bookstore set up in our school. Your child will have time during the school day to buy with the help of parent volunteers.

Book Fairs are important! Not only do they help raise funds for our library (over \$6,000 raised last year), but they open up the wonderful world of reading to our children!

You can help the event in several ways:

- **-Volunteer-** The only way the Book Fair can happen is with the help of parent volunteers. We urgently need volunteers to help before, during and after school. Please sign up. We need all the help we can get. Visit <http://signup.com/go/vhJetJw> for more information and to sign up to volunteer.
- **-Shop online –** <http://www.scholastic.com/bf/jeffersonelemsch10> From Oct 31st to Nov 13th, 2018, anyone can shop our online book fair, so share the link with family and friends. Books ordered online are shipped free to the school and sent home with your child.
- **-Visit the Fair-** The Fair is open 7:45am-3:30pm in the Library, so bring your child and shop before or after school. Or come in and shop on your own anytime during the day.

Contact **Melanie Eigel** at mormon_mel@yahoo.com with any questions.

Wellness Committee

5 Ways to Combat Stress

Our long summer days are well behind us. As we move deeper into the season of cold and darkness, Seasonal Affective Disorder can be a real thing here in the Pacific Northwest. Add to that the demands of busy parenthood and our stress levels can begin to rise. Are you someone who doesn't realize how stressed you are until it hits a peak level? Or who gives yourself permission to rest only when you are REALLY sick? Stress looks different for each of us, but it is something we all experience at one time or another.

Here are five reminders that can help combat stress as we move into winter and the busy holiday season.

1. **Get Sleep.** This seems like the most obvious, but are you getting enough sleep? Most humans need 7-9 hours of shut-eye. Sometimes we don't realize we aren't actually sleeping that well. Do you wake up feeling refreshed, or do you want to keep hitting your snooze button two or three more times? Going to bed even a little bit earlier can make a big difference in your stress level.
2. **Check Your Bevvies.** Getting enough fluids in the winter is a little less obvious here in the Willamette Valley because we are surrounded BY water. One simple method to consume enough water is drinking half your body weight in ounces per day. For example, a 100 lb. person would aim to drink 50 ounces of water each day. You can have fun with this by adding fresh fruit or herbs to your water. Lemon, rosemary and cucumbers can add a touch of indulgence.
3. **Block Schedule Self-Care.** Often as parents we run ragged for everyone else, and at our own expense. When was the last time you really did something just for yourself? Give yourself permission to write time into your calendar for just you. Every week! Maybe every day! This can be anywhere from 15 minutes to hours. Do what feels right for you.
4. **Keep It Movin'.** Not necessarily exercise, but movement that you enjoy. Do you remember being a kid? Most likely you went outside and found a way to move your body. Ride your bike. Play tag. Dance. You probably had an activity you really enjoyed doing. . . so why not now? If it has been awhile since you have enjoyed exercise, get out and move your body doing something that is FUN.
5. **Keep Routine.** When all of these are built into a routine, and specifically YOUR routine, it can really help curb anxiety, forgetfulness, busy-ness and stress.

When you build in water breaks, movement, and schedule time for self-care, you will feel full and have more to give to your family.

Cheers to a healthy and rich-feeling fall season,
Jefferson Wellness Committee



We had a fantastic start this year on our first WB2S day! Many Jefferson Elementary students walked, biked, or rolled to school! The bike racks were overflowing with hardly any room for more parking! Great job and let's keep it going for our next WB2S day this Wednesday, November 7th. We look forward to seeing everyone again!

We had a lot of fun and look forward to seeing everyone this Wednesday.

Reminder: As the days get shorter and darker, stay safe and be seen!

Jesse Wegner, Karen DeWolfe & Jeff Ginalias
WB2S Co-Chairs



Art Room News!

Jefferson Artists were busy this month. Jojo has been in Mexico!

- Kindergartners are learning the color wheel. Ask your artist about primary and secondary colors and what the color mice have been up to.
- First graders learned about Mexican Folk Art while making symmetric folk art mirrors with embossing foil. Ask them about warm and cool colors.
- Second graders learned about Dia De Los Muertos and symbolism. Ask your artist what symbols in their life represent their story.
- Third graders studied the Aztec people and their relationship with the sun. Ask your artist how they personified their sun with embossing foil.
- Fourth graders learned the Mexican Folk Art tradition of Amate Bark Painting with chalk pastels. Ask your artist how Amate Bark paper is made and what their birds look like.
- Fifth graders finished up their impressionism painting from France and started a Frida Kahlo study on symbolism.

Comic Book Illustration Club coming to Jefferson for 4th/5th graders on Wednesdays during lunch recess. Stay tuned for more details.

Enjoy these beautiful fall colors!

Take care,
Dana Monroe

Dine Out

JPAT's November Dine Out fundraiser is Wednesday, Nov. 14th, at Papa's Pizza. Papa's has graciously agreed to give us 50% of the proceeds from the entire day! Eat pizza and support JPAT all at the same time. Simply mention Jefferson Elementary at the checkout.





Jefferson Elementary Helping Hands Club



Want to help our community?
Mrs. McQueen's Classroom, Room 4
1st Tuesdays of the month, 2:45-3:15

Meet after school and make new friends as we help make our school, town, and world a better place. All students K-5 are welcome!

2:45 - 3:15 Nov. 6, Dec. 4, Jan. 8,
Feb. 5, Mar. 5, Apr. 2, May 7
Questions? Ask Mrs. McQueen...

Lost & Found

Please stop in and claim your coats, sweatshirts, sweaters, etc.

Remaining items will be donated on November 20th.

Box Tops

Great job with the October Box Tops turn in. We were able to collect over 2,000 box tops!!! Please continue to collect Box Tops and have your child drop them off in the red classroom collection box. Every Box Top helps Jefferson Elementary!



*Sarah Bastian, Erin Wallace, and Kim Graham
Box Tops Committee*



Mr. Yeh's Music Corner

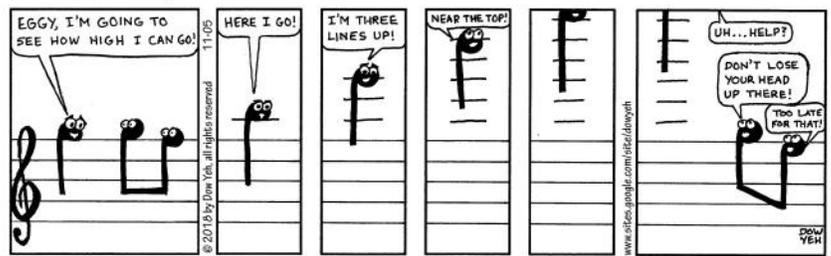
Hello Jefferson Jaguars,

Lots of fun stuff this past month. Here's a summary:

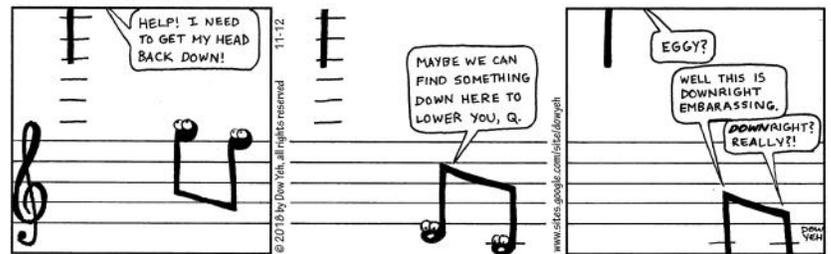
- 5th graders have been challenged to sing the "Fifty Nifty United States" as a way of learning all fifty states in alphabetical order. I just ran into a former student who can still do it!
- 3rd & 4th grade have been playing "boomwhackers" to songs in class. They are colorful tubes that produce different tones and we work together to play songs and riffs. 4th grade has done "Li'l Liza Jane" has 3rd grade did "The Happy Wanderer."
- 2nd grade has been playing various percussion instruments to the Percy Grainger tune, "Country Gardens."
- 1st grade has been learning some Spanish songs, including "La ranita Cri" and "Mi Cuerpo."
- Kindergarten has done some fun acting to the songs, "The Old Gray Cat" and "See the Pony Galloping."

Cheers,
Mr. Yeh

HIGH NOTES by Dow Yeh



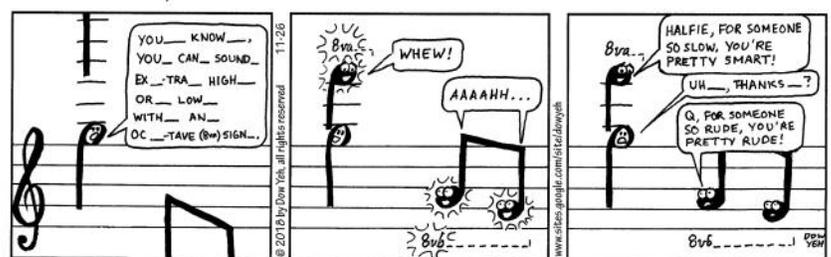
HIGH NOTES by Dow Yeh



HIGH NOTES by Dow Yeh



HIGH NOTES by Dow Yeh



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