

JEFFERSON PK-8 NEWSLETTER



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Top Ten Relaxation Tips to Sooth your Mind and Body During the Holiday Season

During the holidays we are often surrounded with images of people who are happy, in love and enjoying the whirlwind of their lives. However, in reality this time of year can be tiring or bring up painful feelings. Wouldn't it be nice to get through the season with just a little less stress and a few more moments and calm and peace?

The following tips are designed to help you find relaxation.

- Find Meaning in the Season.** Focus on the positive aspects of the holidays and the season.
- Muscle relaxation:** Sit down and relax your muscles by tensing and relaxing each large muscle group, starting with your hands and arms, going to your head and then working down.
- Do only *One Thing* in the moment:** Focus your entire attention on what you are doing now. Let go of the mental list making, worrying, party planning, etc.
- Give yourself a *Vacation*:** You don't need to go to Bermuda to take a vacation this time of year. Give yourself a brief break from all the hubbub.
- Contribute:** Give something to someone else, do volunteer work or do a surprising, thoughtful thing.
- If you're feeling down,** do something *Opposite* to how you feel. Change your mood and how you're feeling by engaging activities that are opposite to how you are feeling.
- Self Soothe with *Taste*:** Instead of going to a holiday party and grazing on appetizers without really tasting anything, choose one and slow down and really taste it. Or at home have a good meal or favorite soothing drink. Really taste the food or drink.
- Comfort yourself:** Do something nurturing, gentle and kind for yourself. Surround yourself with soothing comforting smells, like the smell of pine, cookies baking or cinnamon.
- Deep Breathing:** As your breath in, allow your stomach to rise. Exhale fully pushing all the air out of your lungs. Continue for 10 breaths.
- Clean the house:** The holidays often bring extra chores and cleaning. Use them as an opportunity to self soothe, rather than as an additional stress.

The staff here at Jefferson would like to wish our student's and families a blessed holiday season! We hope you have a relaxing break and come back on Jan. 2, 2018 refreshed and ready for the other half of the year.



Holiday Shoppe

The annual Holiday Shoppe will begin Monday, Dec. 4 and will end Thursday, Dec. 7. Students will have the opportunity to shop during school hours. Gifts are priced from \$0.25 to \$10. A shopping budget envelope will be sent home with your child to help them determine who they are shopping for and the amount for each person on their list. The Holiday Shoppe will be open during the PK-2 Family Night for your convenience.



Jingle Bell Ball

The 6-8 students will have the opportunity to attend the Jingle Bell Ball if they achieve the behavior criteria, on Wednesday, Dec. 20, 4-5:30 p.m. Student's who are eligible to attend must stay after school. Refreshments will be served at a small cost.



Interims

We are in the middle of the second nine weeks already. Please look for your child's interim, which will be sent home on Tuesday, Dec. 5.

Snowflake Ball

Jefferson will be holding it's annual Snowflake Ball on Dec. 20. Students must earn snowflakes to be able to participate in the ball. Snowflakes are given based on behavior. **Parents are invited to come to the building between 12-12:30 pm to take pictures of your student. Parents are not permitted to enter the ball.**



Pk-2 grade families please join us on Thursday, Dec. 7 at 6 p.m. for our annual Christmas family night. Your night will be filled with many fun activities and a visit from Santa. We hope to see you there!!!



Special points of interest:

- Dec. 5 - Interims go home
- Dec. 7 - PK-2 Christmas Family Night @ 6pm
- Dec. 13 - Kg. field trip to Miracle on Easy Street @ 9:15am
- Dec. 14 - 7th gr. field trip to Phantom Hockey game @ 10am—4th gr. field trip to Butler Art @ 10am
- Dec. 19 - Band/Choir concert @ 6pm
- Dec. 20 - 3-5 Snowflake Ball @ 12:30pm—6-8 Jingle Bell Ball @ 4pm—6-8 Incentive YSU girls basketball game
- Dec. 21 - 2nd gr. Making gingerbread houses @ 9:30am
- Dec. 22-Jan. 1 - Winter Break
- Jan. 2 - Students return to school

At any time you have any questions please feel free to call the school at (330) 675-6960 or e-mail:

- Ms. Boyer at carrie.boyer@neomin.org,
- Ms. Marshall at sonya.marshall@neomin.org,
- Mr. Guthrie at joshua.guthrie@neomin.org

JEFFERSON PK-8

CARRIE BOYER—PK-2 PRINCIPAL
SONYA MARSHALL- 3-5 PRINCIPAL
JOSHUA GUTHRIE- 6-8 PRINCIPAL
 1543 Tod Ave.,SW
 Warren, Ohio 44485

Phone: 330-675-6960
 Fax: 330-675-6961

****If you are in need of extra support during the holiday season, please call us, parent liaisons and school counselors have many resources that can be of help.**

November conferences were a great success. Thank you to all who came out for a conference. The bake sale, raffle basket sale and hot dog sale raised approximately \$400 for the student's at Jefferson, which will be used for various activities through out the year. Thank you for your support!!

www.warrenschoools.k12.oh.us