JEFFERSON JOURNAL

SEPT 2026

- **1st-** Picture Day
- **7th**- Labor Day- No School
- **23rd-** Early dismissal at 12:20 pm for Inservice
- **24th & 25th**- Arrow Day Button sales. $2 a button.
- **Oct 2nd-** Homecoming (early dismissal at 1:20 pm)

MR. DECKER'S NOTES

Thank you to the PTO and Social Committee for providing snacks and treats for the staff the first week of school. I would encourage parents to get involved with school and classroom activities. Your donation of one hour a year will have a lifetime impact for your child.

We are very grateful to have air conditioning. Parents, staff, and students have commented on the quality of the air and with the hot days to start the school year, a comfortable atmosphere to learn in.

There are so many things to be reminded of and consider when your children start school. Getting to school on time is a great place to start. This year we are focusing on "alibis", reasons we can't do something. Learning to be on time sets a great habit for a lifetime skill as our kids grow into adults preparing for the job force. Please let us know what we can do to help you.

MR. DECKER'S NOTES

ATTENDANCE will continue to be a point of emphasis. Our Chronic Attendance continues to go the wrong direction. Chronic absenteeism is considered to be two or more days a month. The state considers student who has a 90% attendance percentage or higher to be proficient.
We understand that illnesses and major medical situations arise. Parents have a right to excuse their child from school, however, multiple vacations, going shopping, just because reasons that impact academic progress are concerning and will be addressed.

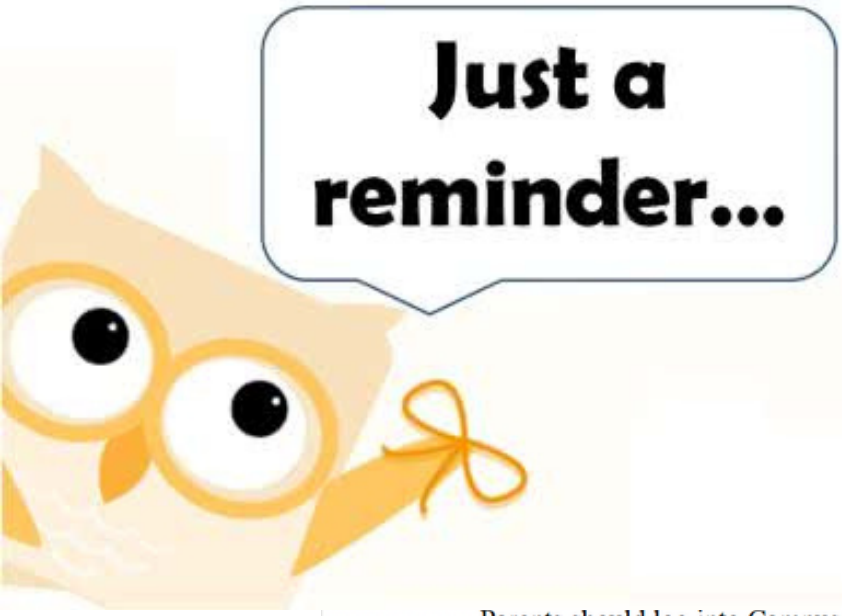
TREATS- we ask that all treats and snacks be prepackaged. Candy is not a snack. Water bottles should contain ONLY water unless the liquid is prescribed by a doctor.

Pickup after school- when school is dismissed, we ask that you wait for your child outside. Please do not wait for the door to unlock and head to your child's classroom. You are expected to check into the office from 7:30 AM to 4:00 PM. If you do not have a badge on, you will be asked to go to the office. This is an effort to maintain our consistency in our safety practices.

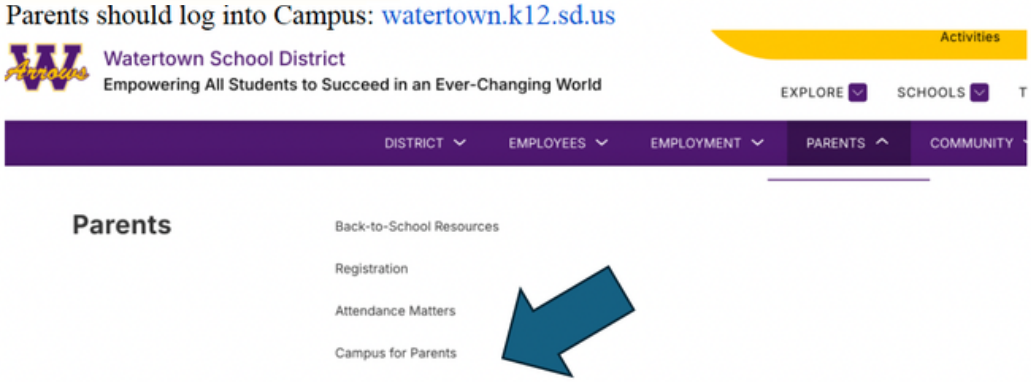
Lastly, communication between parent and teacher is vital. Many misperceptions occur. I strongly encourage parents to CALL the school and have a voice-to-voice conversation when there is a concern. Teachers are advised to call parents and not use e-mail when there are concerns. Misinterpretations and tone are often mis-construed, WE want this to be a great year for your child.

Sincerely,

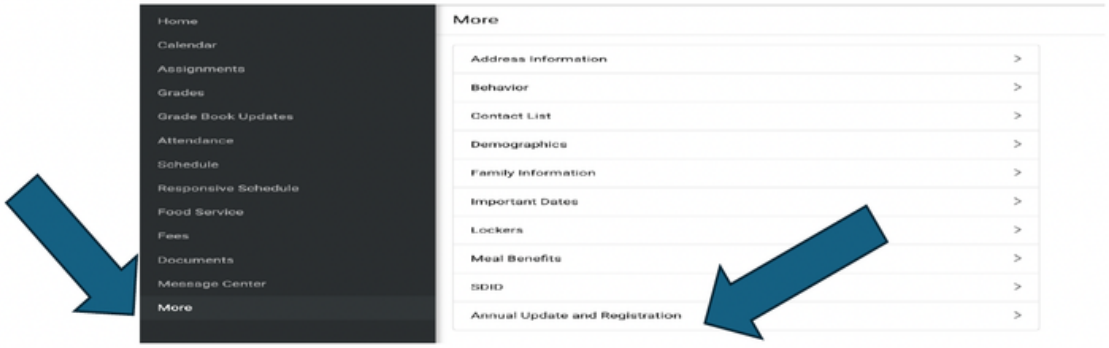
John J. Decker
john.decker@k12.sd.us
605-882-6390



Parents should log into Campus: watertown.k12.sd.us



Step 2: Once logged in to Campus - on the far left click on the bottom tab "more" and select "Annual Update and Registration"



Step 3: If you are registering an existing student select "incomplete" if you are registering a new student select "start"



Step 4: Follow prompts clicking "next" and then "save/continue"

DOWNLOAD THE WATERTOWN SCHOOL APP



WATERTOWN ARROWS ACTIVITY PASSES

GET YOUR PASS TODAY!

Quick • Easy • Online

SCAN TO PURCHASE ACTIVITY PASSES

Support the Arrows. Be there for the action.

Use your phone camera to scan the QR code and view available passes.

gobound.com/sd/schools/watertown/tickets

GO ARROWS!

REMINDERS

PEANUT SAFE SCHOOL

We are a Peanut Safe facility. This means that we do NOT serve anything with peanuts due to the vast number of students with some type of peanut allergy ranging from minor to life-threatening. We cannot control what students may bring for lunch, but we do ask that if your child/children only eat Peanut Butter sandwiches, please make the teacher aware, so if any classmates are allergic to peanuts, we can make sure they are placed safely apart. We also ask that if you bring treats for the class, to be mindful of any fellow classmates that may have an allergy and choose something peanut free. If you have any questions, please feel free to contact Ann, the school nurse at Jefferson at (605)882-6390 or ann.schell@k12.sd.us



LATEX FREE SCHOOL

We do not allow latex balloons at school. We restrict as many items as possible being delivered to school.





(August 25th - September 4th)

Following Instructions
1. Look at the person
2. Say "Okay"
3. Do it right away

(September 8th- September 25th)

Accepting Criticism or a Consequence
1. Look at the person
2. Say "Okay"
3. Stay calm

Pick ups & drop offs

Thank you for working with Jefferson Staff to keep safety at a premium. For families that are new to dropping off and picking up your child in the circular, please park on the west side of the circular and have your child/ren exit on the west side of your car onto the sidewalk. Please move down the circular until you reach an opening and park. Once your child/ren has been dropped off, then you may pull out into the moving lane (on the east side of the circular). It is imperative that you are parked by the sidewalk before you let your child out of the car. It is a safety issue.

Also, please discuss with your child about staying on sidewalks and not walking in-between cars. There have been accidents in our town where students have darted between cars. If we run with or without our children darting between cars, we are modeling poor behavior.

Thank you for not parking and the staff parking lot before or after school. This area is reserved for the busses only. We do not want our children darting in and out of the bus area. This is for everyone's safety.



SCHOLASTIC BOOK OF THE MONTH

WISH by Barbara O'Connor

"When a stray dog comes her way, eleven-year Charlie risks everything to give Wishbone the forever home she doesn"t have. "A warm, real and heartfelt tale"-Kirkus



Report to PARENTS

Building Social and Emotional Skills at Home



Educators help students learn all sorts of new things, including social and emotional skills. Social-emotional learning helps kids:

- Develop healthy identities;
- Manage emotions and achieve personal and collective goals;
- Feel and show empathy for others;
- Establish and maintain supportive relationships; and
- Make responsible and caring decisions.

Here are six ways you can help your child develop social and emotional skills to bridge learning from the classroom to the home.

1. **Encourage connection.** Over summer and during the school year, encourage your child to check in with friends and family in person, via video chat, or over text. Especially if your child tends to experience social anxiety, a little regular practice connecting with others can go a long way. After the playdate, check in with your child. These quick conversations can be a helpful learning experience for your child.
2. **Think out loud.** When your child hears your thinking process, it helps them understand how to cope with frustration and solve problems.
3. **Read bedtime stories.** This end-of-the-day routine is an ideal time for talking about feelings. Discuss the characters and events in the story. Invite your child to share their thoughts and feelings by asking questions.
4. **Work together.** Instead of asking your child to do a chore alone, do it with them. Together, you might fold laundry, set the table, rake leaves, or paint a room. Help them join in by shortening the handle of a broom to make it child-size or providing a small paintbrush or roller.
5. **Play games.** Card and board games and outdoor games such as tag or hop-scotch offer built-in opportunities for helping children learn to take turns, cooperate, handle frustration, and more. While playing games together, focus on fun instead of winning or losing.
6. **Have fun with emojis and memes.** Get your child together with friends, including new friends who will be in class with them, to talk about how they all feel about starting the new year. Have them take turns sharing what they're looking forward to the most and what hesitations they might have.

naesp National Association of Elementary School Principals

Sources: ASHA, CASEL, Child Mind Institute, and NAEYC

Report to PARENTS

7 Strategies to Help Kids Start the School Year Strong



A strong foundation as the school year begins sets the tone for the rest of the school year. As children gear up to head back to school, families can use these strategies to get their kids excited for school and start the year strong.

1. **Validate Feelings:** Whether students are starting a new grade or a new school, it can be scary. Give kids the opportunity to share their feelings about starting school, and validate these feelings by letting them know it's normal to feel that way.
2. **Focus on the Positive:** Starting something new can cause anxiety for kids and adults alike. Help children make a list of fun things they're looking forward to during the school year.
3. **Set Goals:** Having goals set ahead of the school year for the first few weeks helps them feel accomplished and more confident. Make goals unique to your child, but general ideas include finding a club or an activity to be part of, introducing themselves to one student they don't know, or reading a book in the first month or quarter of the school year.
4. **Visit the School:** Many schools offer tours of the school or open houses for new students. Take advantage of this to help your child become familiar with a new building or classroom and how to navigate the school.
5. **Meet With Teachers:** When students can meet their teachers ahead of the school year, it'll make them feel calmer when they show up for school the first day. Have your child write a "hello note" to their teacher that lets them introduce themselves and start building the connection that is so important to their success during the school year.
6. **Connect With Friends:** Get your child together with friends, including new friends who will be in class with them, to talk about how they all feel about starting the new year. Have them take turns sharing what they're looking forward to the most and what hesitations they might have.
7. **Set Up Accommodations and Specialized Services:** Individualized and equitable learning is a top priority in schools. This means that your child has access to individualized learning programs and specialized accommodations to help them learn in ways that maximize success for them. Connect with the school district or the school's administrators to set up these accommodations and services before the school year begins.

naesp National Association of Elementary School Principals

Sources: Teach Mama and STEAM Powered Family

Arrows MANNERS MATTER Arrows

Shows **GRACIOUSNESS** by:

1. Saying *"please, thank you, you're welcome, excuse me, pardon me, I'm sorry"*
2. Never interrupting, or apologizing if it is absolutely necessary to interrupt.
3. Covering mouth when sneezing, coughing or yawning.

Shows **COURTEOUSNESS** by:

1. Apologizing.
2. Greeting people.
3. Opening and holding doors for others.
4. Assisting others when they need help.
5. Never lying or exaggerating.

Shows **CONSIDERATION** by:

1. Not whispering in front of others.
2. Keeping secrets when asked to do so.
3. Not calling people names.
4. Not gossipping or tattling.
5. Never using foul language.
6. Picking up things that don't belong on the floor or ground.
7. Listening when someone else is speaking.

Show **RESPECTFULNESS** by:

1. Showing respect for elders and all others in authority.
2. Not staring or pointing at others.
3. Not begging, demanding, pestering or whining.
4. Not pushing, shoving, tripping or cutting in line.
5. Never making fun of others who are different.
6. Applying the Golden Rule.

PARENT RESOURCES



HTTPS://WWW.FACEBOOK.COM/PROFILE.PHP?ID=61556781784403

SOUTH DAKOTA
STATEWIDE FAMILY ENGAGEMENT CENTER

HTTPS://SDSFEC.ORG/

PTO
JEFFERSON ELEMENTARY SCHOOL

HTTPS://WWW.FACEBOOK.COM/GROUPS/781453261913514

Parent Guidance.org

PARENTGUIDANCE.ORG

PBS KIDS FOR PARENTS

HTTPS://WWW.PBS.ORG/PARENTS

CODINGTONCONNECTS

HTTPS://CODINGTONCONNECTS.COM/



Counselor's Corner

with Mrs. Flemming



Tips for Returning to School

Whether their summer was packed with activities or filled with complaints about being bored with nothing to do, kids can have a tough time making the back-to-school transition. Here are some tips for students and parents.

Getting Ready

As with any new or unsettling situation — like starting school for the first time, entering a new grade or a new school — give kids time to adjust. Remind them that everyone feels a little nervous about the first day of school and that it will be an everyday routine in no time. While levels of anxiety and stress may be high, parents play an influential role in helping children cope. These tips can help encourage a positive back-to-school transition and help to reduce you and your child's anxiety.

- **Focus on the positive things about going back to school,** such as hanging out with old friends, meeting new classmates, buying cool school supplies, getting involved in sports and other activities. Remember to follow up with your child at the end of each school day to see how things went.

- **Listen.** Take the time to understand what your child is feeling anxious about and offer support. Are they afraid they won't make new friends or get along with their teachers? Is the thought of schoolwork stressing them out?

- **Let your children know you care.** Children absorb their parent's anxiety, so model optimism and confidence for your child. Reinforce your child's ability to cope. Give your child a few strategies to manage a difficult situation on his or her own (breathing exercises, thinking about a happy memory or counting). Maintain open lines of communication with the school.

- **Be available.** Your children may react to changes in the school in various ways. Be ready for some behavior changes — such as acting out. Remember that pillow time before bed is a good time to listen to your child recount events and feelings from the day.

Set Up Routines

During summer it is easy to get away from the routine we have during the school year. As the school year begins, it is a great time to return to our routines and/or to create new ones. Here are some tips that can help in this effort:

- **Get enough sleep (8-9 hours).** Set a reasonable bedtime so that they'll be rested and ready to learn in the morning. Consistent bedtime routines go a long way in helping kids have a great day at school.

- **Eat a healthy breakfast.** They're more alert and do better in school if they eat a good breakfast every day.

- **Stay informed and connected.** Monitor emails from your school to stay up to date on school information. Stay connected to your child's teacher to know how your child is coping in his or her new classroom and if you need to reinforce any additional structure or learning at home.

- **Organize and set out what they need the night before.** Folders and books should be put in their backpacks by the door and clothes should be laid out in their bedrooms.

Most of all, whether it's the first day of school or the last, make sure your kids know you're there to listen to their feelings and concerns, and that you don't expect perfection — only that they try their best.

ARROW DAYS 2025

Sept 30th- Hat Day



Oct 1st- Team Jersey Day



Oct 2nd- Arrow Day
(no dyed hair please)



SEPTEMBER 2026

MENU IS SUBJECT TO CHANGE
FRUIT AND MILK IS OFFERED AT ALL BREAKFAST MEALS
VEGGIE BAR, FRUIT SELECTION AND MILK SELECTION ARE OFFERED AT ALL LUNCH MEALS.

MON	TUES	WED	THURS	FRI
WEEK 1				
	1 BREAKFAST: FRENCH TOAST 37G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: SUPER NACHOS 19G/30G REFRIED BEANS 36G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	2 BREAKFAST: BREAKFAST BAGEL PIZZA 31G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHICKEN TENDERS 12G/18G CARROTS 5G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	3 BREAKFAST: CINNAMON ROLL 33G OR OMELET 17G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: GOULASH 52G CORN 17G DINNER ROLL 23G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	4 BREAKFAST: BB MUFFIN 30G STRING CHEESE 15G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: PIZZA 30G GREEN BEANS 4G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK
WEEK 2				
7 NO SCHOOL HAPPY LABOR DAY	8 BREAKFAST: MINI DONUTS 20G STRING CHEESE 15G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: WALKING TACO 22G/30G FR. FRUIT CUP 21G SNACK CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	9 BREAKFAST: BREAK. BITES 20G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHICKEN NUGGETS 13G/16G CURLY FRIES 23G SNACK CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	10 BREAKFAST: WAFFLES 37G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHILI 10G CIN. ROLL 33G STRING CHEESE 15G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	11 BREAKFAST: DONUT HOLES ?G YOGURT CUP 15G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHICKEN ALFREDO 12G/26G BROCCOL 5G GARLIC BREADSTICK 14G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK
WEEK 3				
14 BREAKFAST: CINI MINI 41G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: HOT DOG 21G BAKED BEANS 30G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	15 BREAKFAST: MINI JOHN 13G GOGURT 8G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: SOFT SHELL TACO 12G/23G CILANTRO LIME RICE 19G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	16 BREAKFAST: BREAK. PIZZA 27G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: POPCORN CHICKEN 14G MASHED POT/GRAVY 24G DINNER ROLL 23G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	17 BREAKFAST: CRESCENT 38G STRING CHEESE 15G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: FR. TOAST STIX 38G SAUSAGE PATTY HASHBROWN PATTY 15G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	18 BREAKFAST: GLAZED PULL APART ?G YOGURT CUP 15G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: ITALIAN DUNKERS 34G/51G MARINARA CUP 7G CORN 17G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK
WEEK 4				
21 BREAKFAST: CHOC. MUFFIN 29G GOGURT 8G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: PANCAKE 13G/26G OMELET FRUIT JUICE 15G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	22 BREAKFAST: APPLE FILLED DONUT 33G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: TOTCHO 16G CHURRO 25G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	23 BREAKFAST: PANCAKE STICK 17G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: BREADED CHICKEN SANDWICH 44G BAKED BEANS 30G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	24 BREAKFAST: CC FRENCH TST 37G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: MEAT AND GRAVY MASHED POTATOES 20G DINNER ROLL 23G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	25 BREAKFAST: CARAMEL MINI 41G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: PIZZA CRUNCHERS 21G/42G MARINARA CUP 7G GREEN BEANS 4G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK
WEEK 5				
28 BREAKFAST: MINI DONUTS 41G GOGURT 8G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: HAMBURGER 28G BAKED BEANS 30G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	29 BREAKFAST: FR. TST STIX 38G SAUSAGE PATTY H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CRISPITOS 23G/46G HASH BROWN COINS 21G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	30 BREAKFAST: BR. BURRITO 29G H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: ORANGE CHICKEN 26G FRIED RICE 27G STIR FRY VEGGIES ?G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK		