



# Jefferson Times

SEPTEMBER 30, 2013

## Weekly Events (College Week)

### Monday:

- Minimum Day - 1:00 Dismissal
- Spirit: Anything College Related

### Tuesday:

- Spirit: Teacher's College

### Wednesday:

- Spirit: UCLA (blue & gold)

### Thursday:

- Spirit: Chico State (red & white)
- SSC Meeting after school

### Friday:

- Spirit: Assigned Grade Level College
- College Rally - 2:00 Schedule



## Upcoming Events

### October

- 7th → Sabu Abraham's B-day
- 8th → Board Meeting
- 10th → Paul Fern's Birthday  
→ PFA Meeting @ Jefferson
- 14th → Michele Vinyard's B-day
- 16th → Breast Cancer Awareness  
Day  
→ ASB Meeting
- 20th → Gary Pease's B-day
- 23rd → Red Ribbon Week Begins

## JEFFERSON CREED:

- Be Responsible    ○Put Others First    ○Avoid Conflict
- Do Your Best Each Day    ○Think Before You Speak

# SAVE THE DATE!

Parents, save the date for our 2<sup>nd</sup> annual *Jeans and Jewels* dinner and auction. *Jeans and Jewels* is one of our largest PFA fundraisers and a guaranteed good time. The event will be on Saturday, November 2<sup>nd</sup>. Keep your eyes out for invitations.

## COLLEGE WEEK      Sep.30-Oct.4

September 30<sup>th</sup> – October 4<sup>th</sup> will be College Week on the Jefferson School Campus. The staff is working together to develop an interest and an understanding of the importance of college. Whether children are interested in attending a vocational school, community college, or university they need to begin planning and working towards that goal now. The Central Valley Higher Education Consortium recommends that middle school students begin preparing for college in the following ways:

- ✦ Explore different careers.
- ✦ Find out what kind of training and education is required.
- ✦ Study hard to improve skills in language arts, math, and critical thinking.
- ✦ Visit colleges and universities that are near your home.
- ✦ Stay focused on your studies and work hard to get good grades.

The spirit days for College Week are as follows:

Monday, September 30	Wear any college spirit
Tuesday, October 1	Wear the colors of your teacher's alma mater
Wednesday, October 2	Wear blue and gold or UCLA for Dr. Bridges' alma mater
Thursday, October 3	Wear red and white or Chico State for Mrs. Tilton's alma mater
Friday, October 4	Crazy spirit for adopted college

Adopted College for this year:

5<sup>th</sup> Grade: Washington State University - Cougars (Crimson / Gray )

6<sup>th</sup> Grade: University of Washington - Huskies (Purple / Gold )

7<sup>th</sup> Grade: University of Utah - Utes (Red / White )

8<sup>th</sup> Grade: University of Colorado - Buffaloes (Black / Gold )



## **Community Health & Wellness Fair**

**Saturday, September 28, 2013**

**8:30 a.m. to 1:30 p.m.**

### Health Screenings:

**Anemia (Hemoglobin finger stick) / Asthma (Pulmonary Function Tests- PFT) / Blood pressure / Body Mass Index (BMI) / Breast exams / Cholesterol / Dental / Foot exams / Glucose / Hearing / Osteoporosis (Bone Density) / Skin cancer / Spinal / Vision**

### Flu Shots:

**Available for anyone 6 month of age and older, limited supply, first come, first served.**

### Vision Vouchers

**Full eye exam and glasses for first 200 people who qualify under VSP criteria. Visit the [website](#) for details.**

### Health Insurance Information:

**Learn more about Covered California, Medi-Cal, Medicare or get connected with one of the several low cost healthcare providers in the area.**

### Resources For a Healthy Lifestyle:

**Chat with medical professionals and agencies dedicated to helping everyone reach their personal goals.**

**Fitness / Mental Health / Nutrition / Social Services / Pain Management / Recreational Activities / Social Services / Stress Reduction**

### D.A.R.E To Pay It Forward

**Shoe collection for Third World Project – Donate shoes (new & used) to help our neighbors afar that go without.**

**Community Yard Sale – Purchase some items to support Tracy Volunteer Caregivers.**

**Youth Activities – Kids are invited to play educational games and earn prizes.**

### Entertainment

**Come check out the local talent performances that show how fun it is to stay active.**

### Food & Refreshments (for purchase)

**Eating healthy at a fair is possible! Come enjoy some tasty options that are good for you.**