



# Jefferson School

Home of the Wildcats

Alyssa Wooten, Principal  
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January 27, 2020

Dear Jefferson Families,

I recently came across an article about parenting middle school aged students and how to get them to open up and talk. As a parent and educator, I know this is important to us and it's also important for us to listen to our children and students. I've included the article below, along with the link. Take a look.

## **Parenting Middle Schoolers: How Do You Get Them Talking?**

<https://yourteenmag.com/family-life/communication/parenting-a-middle-schooler>

By Randye Hoder

Parenting a middle schooler doesn't exactly come with a manual. Every kid is different, and so is every parent. Talking about sensitive topics and keeping an open dialogue with your middle schooler is different in every family. We asked parents of middle schoolers what strategies they used to get the conversation started and maintain it.

3 Keys to Communicating with Middle School Students:

### 1. Careful listening

Parenting a middle schooler is tricky, especially when it comes to communication. Some kids just aren't big talkers, and when they do talk, they are quickly done discussing any given topic. When parents try to bring up a scary news story, for example, the tween has already moved on to thinking about other things. One Maryland family says that if their reserved 11-year-old son initiates a topic, like mentioning an invitation to a party or pointing out something he likes, then they know that's a big deal to him and they should take note. "For us," mom says, "it is less about trying to talk to him and more about really listening to what he says."

### 2. Ongoing conversation

For another family in upstate New York, the key is keeping a low-key, long-term dialogue open, especially about potentially sensitive topics. An initial conversation about, say, puberty, may result in awkwardness, but giving the space to always come back and continue the conversation later works for this family. "She usually doesn't come to me out of the blue, but if I ask her a question, I'm sure to leave it open that she can come back to me, and she often does. I'm glad she feels comfortable doing that," says mom.

### 3. No judgments

One Minnesota mom recalls her own mom. “She was not easy to talk to. She was judgmental, accusatory, and close-minded. In my mind, it was easier not to tell her things.” Because of this, she tries to keep her conversations with her own kids “very open, matter-of-fact, and non-judgmental.”

Similarly, a Kentucky family tries to listen and keep things non-judgmental. Their eldest son “shares everything in a very fast fashion in the first 15 minutes in the car ride home. I just listen.” The 12-year-old will occasionally preface something by saying, “You won’t like this,” to which mom usually responds, “I don’t have to like it. I can still listen.” She adds, “He used to lie a lot or not tell me bad things even though he knew I was going to get an email or phone call from school.” Now, she makes sure to make clear that it’s better to just talk about and handle the tough situations together, and she feels her son has become more open as a result.

Again, we truly appreciate your continued support. Please read the Jefferson Times on a weekly basis and visit our website at <https://www.jeffersonschooldistrict.com/jefferson>.

Sincerely,

Alyssa Wooten  
Principal

# Jefferson PHOTOS

*~Needed for the YEARBOOK~*

**If you have photos from the following:**

- Red Ribbon Week
  - Band
- Sports (volleyball & basketball)
  - DARE
- Winter Program
- Award Assemblies

You may email photos to Ms. Gates at [jgates@jsdtracy.com](mailto:jgates@jsdtracy.com)

OR

Upload photos to:

<https://www.hjeshare.com/eShare/index.html>

School code is: Wildcats7500

OR

Or through the app Herff Jones eShare

<https://apps.apple.com/us/app/herff-jones-eshare/id511291680>

on your phone:





JEFFERSON SCHOOL  
YEARBOOK IS ON SALE.

*UNTIL March 15, 2020*

At the **END** of  
the school year  
only **ONE** of these

**ITEMS**

will be treasured

**FOREVER!**

Take action today to save the  
big moments for years to come.

**BUY A JEFFERSON SCHOOL  
2020 YEARBOOK!**

VISIT [YEARBOOKORDERCENTER.COM](http://YEARBOOKORDERCENTER.COM)

and enter school code:6832

or call (866)287-3096



# Monticello & Jefferson Schools



*Happy New Year!*

## JANUARY 2020

## MJPFA NEWSLETTER

### PRESIDENTS MESSAGE

We hope everyone had a great Winter Break filled with family and friends! Winter Break is over and school activities are back in full swing!

Our MJPFA Meeting in December was full of fun ideas and fundraising suggestions! We want to fill as many school needs in 2020! We need your help!

Get involved, give us ideas and volunteer! Join us for a Parent MJPFA Meeting Friday, January 24th @ Pete's Coffee 9am Hope to see you there!

~Blanca Crivello, MJPFA President

### IMPORTANT DATES

- 1/17- Progress Reports
- 1/20- Martin Luther King Jr. Holiday No School
- 1/22- 100th Day of School
- 1/22- Jefferson Art Show 3:00-7:00pm
- 1/24 - MJPFA Parent Meeting @ 9:00am  
Pete's Coffee (Inside Raley's)
- 1/31- Sports Dress Up Day (Monticello)
- 2/3- Conversation Heart Candygrams Sales Start (Jefferson)

**FOLLOW US!**  
 Facebook:  
[mjpfamonticellojefferson](#)  
 Instagram:  
[monticellojeffersonmjpf](#)



**CONTACT US!**  
 We would love to chat!  
 MJPFA  
[MJPFA6@gmail.com](mailto:MJPFA6@gmail.com)

**WE WOULD LOVE YOUR HELP  
 EMAIL US TO GET ON THE  
 VOLUNTEER LIST!**



**February Fundraiser**  
 Saturdays @ Sweetarts Bakery  
 9:00am-2:00pm  
 Show our Flyer and MJPFA receives 20%

### THANK YOU!

December Fundraisers were a success!  
**Special Thanks To:**  
 The Candy Shoppe, Jolts Coffee, Paris Printing & Raley's  
**Teacher/Staff Volunteers:**  
 Mrs. Crivello & Mrs. Marchini  
**Our CandyGram Elves:**  
 Jennifer Bogetti, Erika Mallory Mattos Family, Jennifer Moore, Tamara Rivera, Ri Ann Sauers Jennifer Sibbring, Cassandra Williams, and Jefferson's ASB!

### VOLUNTEERS

**WE NEED YOU!**  
 Many ways you can volunteer!  
 As little or as much as you can!  
 Events coming up that we need help with:

Family Dance  
 Candygrams  
 Paper Drive  
 Box Tops  
 Teacher Appreciation Week  
 Car Show

### FINANCIAL NEWS

We sold over 2200 Candygrams!  
 You are making a difference!

Over \$200 in Gift Cards, Treats & Goodies were purchased for Jefferson's Creed Store.

New tables bought for Monticello Library

An entrance fee was paid for Jefferson's Band!

# **MealTime Just Got Easier!**

## **Make Deposits online\***

**Check your students account balance online\*\***

***You can still deposit cash and checks through your school site clerks***

Welcome! Jefferson School District has chosen MealTime Online to provide the opportunity for you to make credit card deposits into your student's cafeteria account or view your student's purchase history via the internet.

### **To Use MealTime Online:**

Visit Jefferson School District web site <https://www.jeffersonschooldistrict.com/> and locate the link to the Food Services department. Find the link to Meal Time or go directly to: <http://www.mymealtime.com/> .

**Step 1:** Create a MealTime Online profile. Click on the "Create new profile" link and enter a Username and Password that you will use to login to MealTime Online. The Username and Password must be at least 6 characters. For example, Username: jsmith Password: pty845.

**Step 2:** Add your student. Login to your MealTime Online account (using the Username and Password that you created in Step 1), click on Meal Account Deposits then click the "Add New Student" link and add your student by entering their first name and student ID number. You can find your students ID number through your Aeries Portal.








**Step 3:** Make a Deposit. Click on the "Make Deposit" link to make a deposit into a school account. **There is a transaction fee for making deposits.** Click on the "View Details" link next to your student's name to view their cafeteria account balance and purchase history.

### **Note:**

**Online Deposits are now processed every 5 minutes!!**

*\*Small charge from MealTime*

## ILLNESS AND SCHOOL MEMO

I NEED TO STAY HOME IF						
I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Oral temperature of <b>100°F</b> or higher.	Within the past <b>24 hours.</b>	Within the past <b>24 hours.</b>	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching and/or “crusty” drainage from eye.	Hospital stay and/or ER visit.

I AM READY TO GO BACK TO SCHOOL WHEN I AM...						
Fever free for <b>24 hours</b> <b>without</b> the use of fever reducing medication (i.e. Tylenol, Motrin).	Free from vomiting for <b>at least 2 solid meals.</b>	Free from diarrhea for <b>at least 24 hours.</b>	*Free from rash, itching, or fever. Evaluated by my doctor and have note to return to school.*	Treated with appropriate lice treatment at home and proof is provided to nurse.	*Evaluated by my doctor and have note to return to school.*	*Released by my medical provider to return to school.*

**\*To return to school, a doctor’s note must be provided to the school nurse stating the date of return.**

STEPS TO REDUCE ILLNESS						
Drink plenty of <b>water</b> , eat a <b>healthy variety of foods</b> , and get at least <b>8 hours of sleep</b> every night.	<b>Get a flu shot.</b>	Wash hands frequently using soap and water for at least 20 seconds.	Cover coughs and sneezes with tissues or by coughing into the elbow.	Keep children at home if they are sick. Separate sick family members from others.	Ensure parent emergency <b>contact information is correct.</b>	Call your doctor for: <i>high fever, prolonged illness, respiratory problems, or other severe symptoms.</i>




# REGISTER TODAY




## FOR BOYS & GIRLS AGES 5 to 14

Be a part of TRACK & FIELD in **TRACY** and help represent at Nationals

- Develop Speed
- Build Endurance & Strength
- Improve Running technique
- Have Fun With Friends
- Hill & Agility Training
- Improve coordination



TRACK WILL  
MAKE YOU A  
BETTER ATHLETE



### BOYS AND GIRLS DIVISION

**\*Parent Volunteers and coaches needed\***

KINDER & 1ST GRADE

2ND & 3RD GRADE

4TH & 5TH GRADE

6TH GRADE

7TH & 8TH GRADE

**Sign-Ups:** TRACY LIBRARY MEETING ROOM  
20 E. Eaton Ave Tracy CA  
**DATE:** TUESDAY January 21st @ 5:30pm to 7:30pm

**Practices will be every Mon/Wed or Tue/Thurs**  
**All Students, Ages 5 to 14 5:00pm- 6:00pm**

- Practice 2 Days Per Week for 1 Hour
- Local Meets on Saturdays
- Runners Compete in age Groups & gender/  
Run in Relays & Compete in Field Events
- Practice starts in February & Meets starts in March

### TOTAL FEES: \$220.00

Fees includes Registration, Uniforms, Team Dues for Feb, Mar & Apr and 5 NORTH TRACK Meets.

**\*Class fees for workout club: \$175.00 which includes Registration & Practices.**

**REGISTRATION NOTE:** Late register can be online up to the 3rd week. All students ages 5-14 are accepted. Please Pre-register on or before registration date. TRACK Meets Starts in MARCH. TRACK MEETS ARE LOCAL. There is a \$100 Mandatory Fundraiser Raffle Due at Registration **NOTE:** (Post Dated Check for Raffle excepted)

**PRE-REGISTRATION LINK:** <https://forms.gle/dMAy8xof83L197339>

For More Information Please Call ,Text (209) 276-5312, email: [Fundamentalsys@gmail.com](mailto:Fundamentalsys@gmail.com) or Log on to

**WWW.5NORTHTRACK.COM**

The Jefferson Elementary School District does not sponsor, supervise nor endorse this activity, event organization or its contend.  
Distribution of this materials is provided by the District as a community service fir non-profit organizations



TRACY PARKS & RECREATION

# WINTER & SPRING

2020 Activity Guide

CHECK OUT OUR NEW WINTER & SPRING  
CLASSES!

NEW!  
McDonald Park  
Splash Pad

REGISTRATION OPEN NOW!



What's Inside:  
Seasonal Activities, Swim Lessons,  
Educational Classes, Sports & More!

Parks  
Make  
Life  
Better!



For more information please call (209) 831-6202  
Register online at: [www.tracyartsandrec.com](http://www.tracyartsandrec.com)  
In person at City Hall, Parks & Recreation Front  
Counter 333 Civic Center Plaza, Tracy, Ca. 95376

Connect with us @playinsidethetriangle





# CITY OF TRACY PARKS & RECREATION DEPARTMENT



## SENIOR ACTIVITIES

Fitness Programs  
Special Events  
Gardening



## ADULT ENRICHMENT

Crunch at Lunch  
Dog Obedience  
CPR



## SPORTS ACTIVITIES

Soccer  
Tennis  
Tae Kwon Do



## YOUTH PROGRAMS

Aquatics  
Coding  
Archery

## STAY CONNECTED!

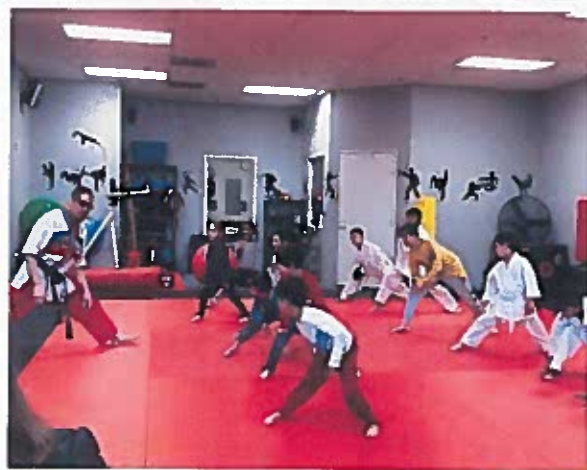
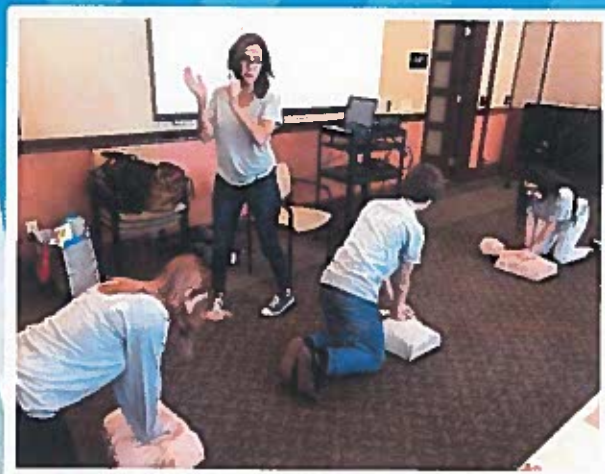


Follow us on Facebook & Instagram:  
**@PlayInsideTheTriangle**





# PLAY INSIDE THE TRIANGLE!



**REGISTER ONLINE OR IN PERSON:**  
333 Civic Center Plaza, Tracy, CA 95376



**FOR MORE INFORMATION:**  
(209) 831-6202  
[www.TracyArtsandRec.com](http://www.TracyArtsandRec.com)

**Parks  
Make  
Life  
Better!**

*Together we create memorable experiences  
that link Tracy's past, present & future!*