



Jefferson Times

OCTOBER 06, 2014

Weekly Events

Monday: Minimum Day— 12:35 Release College Week Begins - Wear any college

Tuesday: Wear your 1st period teachers college. Mr. Abraham's Birthday

Wednesday: Wear UCLA (Blue and Gold) for Dr. Bridges

Thursday: Wear Chico State (Red and White) for Mrs. Tilton

Friday: Wear your adopted college. Mr. Fern's Birthday

Volleyball Schedule for the week of 10/06/14

Monday: : 5th: Game @ George Kelly - 3:45/ 6th: Practice - 12:45 /7th: Game @ George Kelly - 4:30
& 8th Practice - 3:45

Tuesday: Game Day: 5th @ Hawkins— 3:45/ 6th @ Rivers Island 3:45/ 7th@Hawkins 4:30/
8th @ Rivers Island 4:30

Wednesday: Practice only: 5th 4:15/ 6th, 7th & 8th 2:45

Thursday: Game Day: 5th @ Monticello 3:45/ 6th @ New J 3:45 /7th @ Monticello 4:30/ 8th @New J 4:30

Friday: Practice Only: 5th @ 4:15/ 6th & 7th @ 2:45

Critical Thinking Word of the Week

Critique

Upcoming Events

October

10/13 - Columbus Day

10/14 - Ms. Vinyard's birthday

Board Meeting @ DO

10/20 - Minimum Day

Mr. Pease's birthday

10/21 - 7th/8th Spelling Bee: 1:45

10/22 - 5th/6th Spelling Bee: 1:30

10/24 - THS Homecoming Parade

10/31 - Last Day of the Trimester

November

11/3 - Minimum Day

Progress reports mailed

11/4 - Mrs. Jennings birthday

11/5 - District Spelling Bee @ D.O.

11/8 - Central CA Band Review

Merced

11/11 - No school

PFA fun night @ Taqueria
La Mexican

A note from the principal. . .

Hello Jefferson Families!

October has begun and is a busy month here at Jefferson. College Week, Red Ribbon Week, Bully prevention month are all a part of this month.

In the next couple of weeks, students will be completing benchmark assessments in Language Arts classes. These assessments will be used by our teachers to assess how we are doing as a district in implementing common core strategies and how we can improve instruction in the classrooms.

For afternoon pick-up, the back gate closes at 2:50 each afternoon. Any students who are still waiting for rides will be brought to the office to call home. You can pick up your child at the office at this time. Please remember that all students who are waiting to be picked up or who take the bus are asked to remain behind the gates until they are picked up or the bus arrives.

This week is College Week! This is a busy week at Jefferson. Students will be learning about their adopted college as well as going to college in general. This is a great time to start a conversation at home about college and making a plan to get there.

We have one month left of the first trimester. If you have concerns regarding your child's academic progress, now is the time to contact teachers for guidance and help.

Come out and cheer on our 5th-8th grade volleyball teams on Tuesdays and Thursdays each week. They are doing a great job on the courts!

Have a great week! Please don't hesitate to contact me if you have any questions or comments.

Mrs. Tilton,
Principal

College Week 2014 Poster Contest Rules

Rules

Posters should be 8.5" X 11" white or colored paper.

Media may be cut paper, pencil, ink or charcoal drawings or any suitable art materials.

Annual theme must be on the poster. The theme this year is an advertisement to promote your adopted college.

Name of student, name of teacher, grade level of student, This should be written on the back in the lower right-hand corner.

Posters which do not meet all contest requirements will be eliminated.

All posters should be submitted to the office by 3:00 p.m. on Wednesday, **October 8, 2014** with judging happening on Thursday, October 9, 2014.

Posters should **not** be laminated.

Posters **MUST** be the student's original work.

Winners will receive a beanie from their adopted college.

Divisions

5th Grade: Wellesley College (White and Blue)

6th Grade: Virginia Tech (Burnt Orange and Chicago Maroon)

7th Grade: MIT (Grey and Cardinal)

8th Grade: Cal Tech (White and Orange)

Judging

1. Clarity of Message

The message should be simple and direct. Theme – **"Attend My College"**

Points.....0 to 10

2. Artistic Merit - The art work should stimulate and spark reaction.

Points.....0 to 5

3. Neatness

Points.....0 to 5

Accuracy

All the university information must be accurate. **Advertising commercial brands is not acceptable.**

The Personal Statement
Essay Contest
College Week 2014

The student with the winning essay will receive:

5 th Wellesley Blanket	7 th MIT Blanket
6 th Virginia Tech Blanket	8 th Cal Tech Blanket

When applying to college your personal statement is your chance to tell the university who you are and what's important to you. Think of it as your opportunity to introduce yourself to the admissions officers reading your application. Be open, be honest, be real.

A couple of tips: Read the prompt carefully and be sure to respond to all parts. Use specific, concrete examples to support the points you want to make.

Instructions and Prompt

- Respond to **one of the** prompts using a minimum of 250 and a maximum of 300 words.
- Stay within the word limit as closely as you can. A little over — 312 words, for example — is fine.
- **Essays are due to the office by 9:00 a.m. on Thursday, October 9, 2014**

Prompt

- How would your friends characterize you? Look at yourself from the outside.
- Have you ever struggled for something and failed? How did you respond? Have you experienced a feeling of disappointment and dissatisfaction of yourself?
- What are the most important extracurricular or community activities? What made you join these activities?

Tips and Techniques

Start early.

Allow time for reflection, thoughtful preparation, and revision.

Compose your personal statement in a word-processing program.

Write in a natural style.

Present your information and ideas in a focused, thoughtful and meaningful manner. Support your ideas with specific examples. A personal statement that is simply a list of qualities or accomplishments is usually not persuasive.

Proofread.

Proofread Two More Times: Careless spelling or grammatical errors, awkward language, or fuzzy logic will make your essay memorable—in a bad way.

Solicit feedback.

Your personal statement should reflect your own ideas and be written by you alone, but others--family and teachers--can offer valuable suggestions. Ask them to tell you what they think you're trying to convey. Did they get it right?

Teacher's College by Grade Level

Mr. Fern	Cal Berkeley: Navy Blue and Gold
Mrs. Gleason	Wellesley College: Blue and White
Mrs. McNeel	CSU Hayward: Red and Black
Mr. Freitas	Sac State: Green, White and Gold
Mrs. Maslyar	UOP: Orange, Black and White
Mrs. Potts	University of Washington: Purple and Gold
Mr. Spikes	San Diego State: Black and Red
Ms. McRae	BYU: Navy Blue, Black and White
Mrs. Jennings	CSU Stanislaus: Red and Gold
Mr. Pease	Chico State: Cardinal Red and White
Miss DaVeiga	CSU Stanislaus: Red and Gold
Ms. Davis	CSU Hayward: Red and Black
Miss. Gieseke	UOP: Orange, Black and White
Miss. Huiras	Sac State: Green, White and Gold
Ms. Clayton	Sac State: Green, White and Gold
Ms. Gates	CSU Fresno: Red and Blue
Ms. Scott	UC Davis: Aggie Blue and Gold

GATE – OLSAT Testing Fall GATE Testing

Gifted and Talented Education (GATE) testing is open to all third through eighth graders who have not taken the OLSAT 8 in the past three years. The two possible ways to qualify for GATE for 2014-2015 will be through the Otis-Lennon School Ability Test (OLSAT) or through the teacher recommendation / portfolio process. The OLSAT test will be given to eligible 3rd -8th graders in October and eligible 2nd-7th graders in April. Testing will occur after school at your child's school site. The testing schedule can be found below. Parents are responsible for student transportation. If you would like your child to participate in the upcoming GATE testing, please contact the school office and ask for a GATE application or go to the Jefferson School District Website (www.jeffersonschooldistrict.com).

The application can be found under Academic Programs, Gifted and Talented, GATE student application or click: <http://www.jeffersonschooldistrict.com/site/default.aspx?pageid=53>

The application must be completed and returned to the school office by October 10, 2014.

Testing Schedule:

- ◆ Tuesday, October 14 GATE Testing at Hawkins (includes Jefferson 6-8th graders)
- ◆ Wednesday, October 15 GATE Testing at Traina
- ◆ Thursday, October 16 GATE Testing at Monticello (includes Jefferson 5th Graders)

If you have any questions, please contact Student Services at (209) 836-4531.

Jefferson School District is looking for anyone interested

:

Part time jobs available!

On call Substitute Campus Aides and
Sub Custodians.

Apply on Edjoin.org or call

Rhonda or Vicky at (209) 836-3388.

TRACY EXPRESS GIRLS SOFTBALL 2015 SEASON

Registration
begins
October 1st

www.tracyexpress.com



Head Lice 101

What You Should Know About Head Lice

Overview

Head lice are a common community problem. An estimated 6 to 12 million infestations occur each year in the United States, most commonly among children ages 3 to 11 years old. Children attending preschool or elementary school, and those who live with them, are the most commonly affected.¹

Head lice are not dangerous.¹ They do not transmit disease, but they do spread easily, making it a community issue.² Additionally, despite what you might have heard, head lice often infest people with good hygiene and grooming habits.^{2,3} Your family, friends or community may experience head lice. It's important to know some basics, including how to recognize symptoms and what to do if faced with an infestation.

What Are Head Lice?

Head lice are tiny, wingless insects that live close to the human scalp. They feed on human blood.¹ An adult louse is the size of a sesame seed. Baby lice, or nymphs, are even smaller. Nits are the tiny, teardrop-shaped lice eggs. They attach to the hair shaft, often found around the nape of the neck or the ears. Nits can look similar to dandruff, but cannot be easily removed or brushed off.¹

Fast Facts

- An estimated 6 to 12 million infestations occur each year among U.S. children 3 to 11 years of age¹
- Head lice often infest people with good hygiene^{2,3}
- Head lice move by crawling; they cannot jump or fly¹
- Head lice do not transmit disease, but they do spread easily¹
- If you or your child exhibits signs of an infestation, it is important to talk to your doctor to learn about treatment options

How Are Head Lice Spread?

- Head lice move by crawling and cannot jump or fly.¹
- Head lice are mostly spread by direct head-to-head contact – for example, during play at home or school, slumber parties, sports activities or camp.¹
- It is possible, but not common, to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing, hats, scarves or coats, or other personal items, such as combs, brushes or towels.¹
- Head lice transmission can occur at home, school or in the community.¹

What Are the Signs & Symptoms of Infestation?

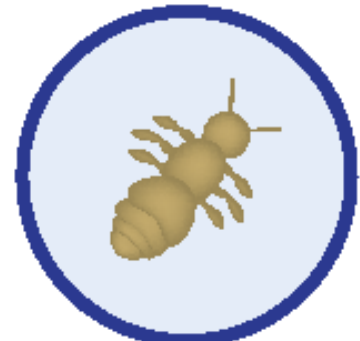
Signs and symptoms of infestation include¹:

- **Tickling** feeling on the scalp or in the hair
- **Itching** (caused by the bites of the louse)
- **Irritability** and difficulty sleeping (lice are more active in the dark)
- **Sores on the head** (caused by scratching, which can sometimes become infected)

Finding a live nymph or adult louse on the scalp or in the hair is an indication of an active infestation. They are most commonly found behind the ears and near the neckline at the back of the head.⁴



NIT



Nymph



Full-Grown Louse

Head Lice 101

What You Should Know About Head Lice



What If My Child Gets Head Lice?

If you suspect your child might have head lice, it's important to talk to a school nurse, pediatrician or family physician to get appropriate care. There are a number of available treatments, including new prescription treatment options that are safe and do not require nit combing. Other things to consider in selecting and starting treatment include:

- Follow treatment instructions. Using extra amounts or multiple applications of the same medication is not recommended, unless directed by healthcare professional.⁵
- Resistance to some over-the-counter head lice treatments has been reported. The prevalence of resistance is not known.^{6,7}
- There is no scientific evidence that home remedies are effective treatments.⁸
- Head lice do not infest the house. However, family bed linens and recently used clothes, hats and towels should be washed in very hot water.⁴
- Personal articles, such as combs, brushes and hair clips, should also be washed in hot soapy water or thrown away if they were exposed to the persons with active head lice infestation.⁴
- All household members and other close contacts should be checked, and those with evidence of an active infestation should also be treated at the same time.⁴

References

- ¹ Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Frequently Asked Questions. http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html. Accessed October 12, 2012.
- ² Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Diagnosis. <http://www.cdc.gov/parasites/lice/head/diagnosis.html>. Accessed January 27, 2012.
- ³ Meinking T, Taplin D, Vicaria M. Infestations. In: Schachner LA, Hansen RC, eds. *Pediatric Dermatology*, 4th ed. Mosby Elsevier; 2011:1525-1583.
- ⁴ Centers for Disease Control and Prevention (CDC). Parasites: Head lice: Epidemiology And Risk Factors. <http://www.cdc.gov/parasites/lice/head/epi.html>. Accessed June 30, 2012.
- ⁵ Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head lice: Treatment. <http://www.cdc.gov/parasites/lice/head/treatment.html>. Accessed October 12, 2012.
- ⁶ Burkhart CG. Relationship of treatment resistant head lice to the safety and efficacy of pediculicides. *Mayo Clin Proc*. 2004;79(5):661-666.
- ⁷ Meinking TL, Serrano L, Hard B, et al. Comparative in vitro pediculicidal efficacy of treatments in a resistant head lice population on the US. *Arch Dermatol*. 2002;138 (2):220-224.
- ⁸ Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head lice: Treatment Frequently Asked Questions. http://www.cdc.gov/parasites/lice/head/gen_info/faqs_treat.html. Accessed October 18, 2012.
- ⁹ Parison J, Canyon DV. Head lice and the impact of knowledge, attitudes and practices – a social science overview. In: *Management and Control of Head Lice Infestations*. UNI-MED, Bremen, Germany, 2010:103-109.
- ¹⁰ Gordon SC. Shared vulnerability: a theory of caring for children with persistent head lice. *J Sch Nurs*. 2007;23(5):283-292.
- ¹¹ Gordon S. Management of head lice in school settings. Presented at the Florida Association of School Nurses conference, Orlando, FL, February 7, 2009.
- ¹² National Association of School Nurses. Pediculosis management in the school setting. Position statement. January 2011. <http://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/smid/824/ArticleID/40/Default.aspx>. Accessed July 8, 2012.
- ¹³ Schoessler SZ. Treating and managing head lice: the school nurse perspective. *Am J Manag Care*. 2004;10(suppl 9):S273-S276.
- ¹⁴ Frankowski BL, Bocchini JA, Jr. Council on School Health and Committee on Infectious Diseases, American Academy of Pediatrics. Clinical report – head lice. *Pediatrics*. 2010;126(2):392-403.

Myths & Facts About Head Lice

Myth: Only dirty people get head lice.

Fact: Personal hygiene or household or school cleanliness are not factors for infestation. In fact, head lice often infest people with good hygiene and grooming habits.^{2,3}

Myth: Head lice carry diseases.

Fact: Head Lice do not spread diseases.¹

Myth: Head lice can be spread by sharing hairbrushes, hats, clothes and other personal items.

Fact: It is uncommon to spread head lice by contact with clothing or other personal items, such as combs, brushes or hair accessories, that have been in contact with a person with head lice.¹

Myth: Head lice can jump or fly, and can live anywhere.

Fact: Head lice cannot jump or fly, and only move by crawling. It is unlikely to find head lice living on objects like helmets or hats because they have feet that are specifically designed to grasp on to the hair shaft of humans. Additionally, a louse can only live for a few hours off the head.¹

Myth: You can use home remedies like mayonnaise to get rid of head lice.

Fact: There is no scientific evidence that home remedies are effective treatments.⁸ A healthcare provider can discuss appropriate treatment options, including prescription products.

Take Note...

MJPFA News:

JEFFERSON:

Representative wanted! The Monticello-Jefferson PFA is looking for a volunteer from Jefferson School to come join the MJPFA Board of Executives and be an active voice for Jefferson School in our fundraising and planning efforts. No prior experience necessary. Please contact MJPFA President Tina Bender if interested at momtosex@gmail.com

Measure J Citizens' Oversight Committee Seeking One Member

On March 8th, 2011 the first Jefferson Citizens Oversight Committee was established. The six current members are:

<u>Name</u>	<u>Term Expires</u>
Nicole Riley, Chairperson	2015
Jennifer Couch, Secretary	2015
Peggi Johnson, Vice-chair	2015
Chris Potts	2015
Kelly DeLong	2016
Terry Thomas	2016

There is currently one position available on the Citizens Oversight Committee. Please contact Grace Merritt at the Jefferson District Office for an application if you are interested in applying - gmerritt@sjcoe.net or 209-836-3388.

The Committee will meet at least quarterly and is responsible for overseeing Measure J bond projects and funds.