

# Jefferson Elementary School

## March/April Newsletter

Spring is around the corner, but please remember to bring warm clothes to play outside! Boots, snowpants, hats and gloves may still be needed in order to have fun while staying warm and dry!

### Upcoming Events:

#### March

6th and 7th—Parent/Teacher Conferences on the 6th: 4-7pm, on the 7th: 8am-7pm

6th—Build-A-Buddy Event 4-7pm

7th and 8th—No School for students

14th—Spring Picture Day

18th-22nd—No School—Spring Break

28th—4th Grade MASH 1pm-2pm, 5th Grade MASH 2pm-3pm

29th—No School

#### April

5th—No School for students

8th—no P4J

18th—Earth Day Event—5:30-7pm

19th—No School for students

23rd—Culver's Scoopie night 4-8pm

26th—5th Grade Rec Night

### **Jefferson Elementary School**

1831 Mt. Zion Ave.

Janesville, WI 53545

Attendance:743-6630

Telephone:743-6600

Don't forget to follow Jefferson Elementary on Facebook!

## EARTH DAY EVENT

Thursday, April 18th—5:30 to 7p.m.

Jefferson Elementary Auditorium

No cost to attend

Fun hands-on activities:

Plant seeds for your own garden!

Make a bird feeder for your yard! More!

Learn about Wisconsin water ways and erosion, endangered animals, and recycling.

Come for the fun!

Students must be accompanied by an adult.

Jueves 18 de abril: de 5:30 a 7 p. m.

Auditorio de la Escuela Primaria Jefferson

No hay costo para asistir

Actividades de manualidades divertidas:

¡Planta semillas para tu propio jardín!

¡Haz un comedero para pájaros para tu jardín! ¡Más!

Aprenda sobre las vías fluviales y la erosión de Wisconsin, los animales en peligro de extinción y el reciclaje. ¡Ven a divertirte!

## April is National Stress Awareness Month!

### How can I help my child handle stress?

Stress is the way our bodies and minds react to a particular challenge or situation. By recognizing the signs and symptoms of stress, you can help your child learn to manage his or her responses in a healthier way.

**Good Stress** is a normal part of healthy development, A student may feel anxious about giving a class presentation, but that “good” stress can be used to inspire him or her to focus and prepare for the challenges.

**Bad Stress** is when a child feels so overwhelmed with a problem at home or at school that it interferes with his or her ability to function normally. In these situations, the body activates a “fight-or-flight” response, resulting in heightened focus, strength, and alertness.

## Signs of stress

- Irritability and moodiness
- Anxiety and panic attacks
- Muscle tension
- Rapid heartbeat and breathing
- Difficulty separating from caregivers.
- Frequent headaches and stomach pains
- Sadness and withdrawal
- Sleep problems
- School problems
- Changes in eating patterns

## Parents can help

A moderate level of stress is normal, and learning how to manage and overcome stressful situations will enhance your children's ability to cope with stress in the future. Help them learn to be more resilient and to manage the stress that accompanies new challenges by allowing them to feel safe to express their emotions, work on problem-solving skills and practice relaxation techniques. Proper rest, good nutrition and daily routines can help boost coping skills.

## When to seek professional help

If any change in behavior persists over a period of time, causes serious anxiety, or significant physical or social problems, it's time to seek professional help.

Cognitive Behavior Therapy (CBT) is often used to help children learn stress-management skills and to teach them how to better manage their time and find healthier ways to cope.

For more health tips, visit [uclahealth.org/mattel](https://uclahealth.org/mattel)

# March

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

					1	2
3	4Hat Day	5Sports Day	6Parent/Teacher Conferences 4-7pmBuild-a-Buddy 4-7pmBook Fair 4-7pmPJ Day	7No School for studentsParent/Teacher Conferences 8am-7pmBook Fair 8am-7pm	8No School for Students	9
10	11	12	13	14Spring Picture Day	15	16
17	18No School-Spring Break	19No School-Spring Break	20No School-Spring Break	21No School-Spring Break	22No School-Spring Break	23
24	25	26	27	284th Grade MASH -1-2pm5th Grade MASH-2-3pm	29No School	30

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# April

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

	1	2	3	4	5No School for Students	6
7	8No P4J for Students	9	10	11	12	13
14	15	16	17	18Earth Day Event 5:30-7pm	19No School for Students	20
21	22	23Culver's Scoopie Night 4-8pm	24	25	265th Grade Rec Night	27

28	29	30				
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