



Jaguar Journal

March 2021

Jackson Heights Elementary School

Mr. Will Barnett, Principal

Jackson Height is trying out some New Tools through



In a constant search for new tools and strategies that our students can call upon to help them navigate their world, our school counselor Mr. Jim, is introducing the TK/K – 1st grade students to the twelve toolbox tools. These are short 15-minute trainings once a week with plenty of opportunity for practice throughout the day. As pandemic situation improves, we hope to offer a training for our parents as well.



2nd Trimester Report Cards are coming home. Please contact your teacher with any questions.



What Am I Modeling?

Children are constantly watching the adults and older children to learn how to react to problems, solve conflicts with others, recover from mistakes and so much more! Whether we like it or not children are getting their cues from the adults in their world.

While this may seem like an overwhelming responsibility there are some simple ways you can model safe, respectful and responsible behaviors to your children.

- 1) Model self-calming behaviors. When you face a frustrating event take a deep breath, encourage yourself that it will be okay and take the time to problem solve through it. This will teach your children how to manage their emotions and normalize self-calming skills.
- 2) Teach your children how to identify and manage their feelings. Questions such as, "How does that make you feel?" "How do we know we feel that way?" "What can we do now that we feel that way so we can feel better?"
- 3) Point out to children when adults are getting along, solving problems and sharing what they have. Such as, "Did you notice how they were getting upset with each other but they decided to talk it out instead of getting more mad?"
- 4) Periodically check in with yourself and reflect on your own behavior to make sure you are modeling the behaviors you want to. Ask yourself questions such as, "Would it be okay if my child reacted this way?" "Am I leading my child in the way I am proud of or do I need to make some changes?"

Dates of interest

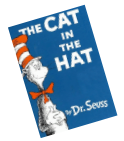
- Mar 2-PTC Meeting @ 4:30
- Mar 17-School Site Council 5:00
- Mar18-Favorite Book Character Dress Up Day
- Mar18-Mister Brown Night - Choose Well, Choose Reading
- Mar 30-PTC Meeting @ 4:30

Favorite Book Character Dress-Up Day Thursday March 18th

Students dress as your favorite book character, Dr. Seuss characters, No! David, Pinkalicious, Disney characters, Harry Potter, and so many other greats!

Also, join in on zoom that night for Mister Brown Night Choose Well, Choose Reading

You won't want to miss it!



Parent Ideas

- Read a book with your student for 10-15 minutes.
- Play outside
- Go for a nature walk
- Cooking helps them with math and measuring



Jaguar Students of the Week



Zio
February 1st



Aubrey
February 8th



Emily
February 22nd