



Jay Shideler Elementary School

Blues News

Volume 20 December 2022

js.usd437.net

4948 SW Wanamaker Rd

785-339-4600

Principal's Note

Dear Jay Shideler Families,

One look outside tells us that winter is upon us! With the recent change in weather, keep in mind that students go outside for recess if the "real feel" is above 20 degrees. Please be sure to send them with coats and gloves.

December is also the month for music concerts! Students have been working hard to learn their holiday songs and actions. Be sure to add the dates to your calendar and join us as we experience the holiday season with some musical cheer!

The end of the calendar year is also a great time to reflect on the last six months and look forward to all the great things to come in the second half of the school year. We are so thankful to be in a school community with such strong parent support and a daily commitment to give our students the best. I wish you and your families a relaxing and joyous holiday season!

Sincerely,

Sandra Cromwell, Principal
cromwsan@usd437.net

School Calendar

12/07	Early Release
12/12	2 nd Grade Concert, 6p 3 rd Grade Concert, 7:30p
12/13	5 th Grade Band/Choir Concert, 6p 6 th Grade Band/Choir Concert, 7:30p
12/16	Gift of Giving Assembly Winter Holiday Parties, 2:45
12/17	Chess Club Tourn., KSCA
12/19-1/02	WINTER BREAK
1/02	Board of Edu., 6:30p
1/03	School Resumes



Mrs. K's Counseling Corner

Dear Blue Jay Families,

Tis the season for concerts, ballgames, family gatherings, dance recitals, shopping, and lots of food preparation. It can also be that time of year where worry sets in, tempers can flare, and kids melt down. Just as we worry, our kids also worry or are anxious. This is part of being human and it's important for us to help them have some coping skills to deal with this.

The first skill is just recognizing that your emotions are getting to the angry, worried, big emotion side. This is easier the older we get and the more experiences we

have. At school we review the Zones of Regulation on a regular basis. We also talk about the fact that we have a right to all our emotions, and that all our emotions are fine – it's our actions that we have to be in control of.

The next skill is knowing what coping skills work for us. Then we need to practice them – just like we would a fire drill. The students can tell me what they do if the fire alarm goes off. First we stay calm. Then we line up. Then we follow the teacher outside. We are going to work on our own emotional fire alarm, and each student will figure out their own three or four step

process to get out of our big emotion fire. This will take time.

I am going to share the Zones of Regulation poster with you, along with a short video about what happens in our brains when we are worried or anxious. I shared this with our intermediate students. It is fairly entertaining and the narrator is Australian, so you might be saying the word “danger” in a new accent. 😊 Remember, emotional regulation takes time. Patience is the key – with our kids and with parenting these amazing, complicated human beings.

Whatever holidays you celebrate during this time, I wish you joy, relaxation, and fun with family and friends. I am looking forward to a wonder Christmas with friends and family and then I will be ready to jump into a busy, fast moving spring semester.

Much Love,

Mrs. K., School Counselor
kickhgly@usd437.net
 785-339-4615



<https://www.zonesofregulation.com/free-downloadable-handouts.html>



Video: Brain Basics: <https://www.youtube.com/watch?v=LBONLjVYJo>

President’s Pen

Last month, I shared that we met our goal of raising over \$60,000 during the Fun Run and Sock Hop this year. Thanks so much to everyone that donated and played a part in making these events incredibly successful! Because of your generosity, we will be able continue to support the many projects and programs we've supported in the past.

With our major fundraisers done, the JSE PTO budget committee will meet to review funding requests. The committee is made of parent volunteers, teachers and Mrs. Cromwell. In addition to the already existing PTO funding that is invested directly into JSE classrooms, the committee will review and select funding requests submitted by teachers and staff for special projects that the school district doesn't plan to

fund in the near future. We will let you know next semester how the budget committee decides to invest this school year's funding.

We also have another exciting project in the works. There is a portion of the money we raised from the Boosterthon Fun Run that has been allocated for outdoor spaces for learning and fun. Mrs. Cromwell and the Leadership team are looking into the best use of funds for this project.

The JSE PTO won't be meeting in December but please plan to attend our first meeting of 2022 on **Wednesday, January 11th** in the library.

And finally, December at Jay Shideler gives the JSE PTO an opportunity to reflect on how blessed it is to have strong family involvement. Without fail, JSE parents and grandparents step up to volunteer in our classrooms, to go on field trips, and to support school fundraisers. Your support of JSE enables the JSE PTO to invest in our classrooms, teachers and students. We couldn't do it without you – thank you!

Elwell and Lauren Ewald. I hope you have a great Blue Jay holiday season!

Lori Rupp, PTO President
lori@ruppurology.com

Please see an update below about Jay Shideler's Gift of Giving. If you have any questions about Gift of Giving, please reach out to our co-chairs Katie

Gift of Giving

We began our Gift of Giving Kick-Off on November 28th. Each grade level is focusing on a specific organization in our community to help during this holiday season. Students watched a video about each organization and read a short story about the importance of giving and how we can contribute to the world around us. We are collecting donated items for three weeks. See all wish lists [HERE!](#) We will have our final assembly on December 16th and will present our donations to each organization. We appreciate your donations as we work to make a difference within the Topeka community!

Kindergarten - Kansas Children's Service League
First Grade - Ronald McDonald House
Second Grade - Helping Hands Humane Society
Third Grade - Toys for Tots
Fourth Grade - YWCA
Fifth Grade - TFI Family Services - Pathways
Sixth Grade - Capper Foundation