

Jacobs School Blue Notes

For the week of November 18, 2019



A Note from the Principal

Today **Craig Wolfe**, Hull's Emergency Response Coordinator, presented **The Pillowcase Project** to third-grade students. The program teaches coping skills to help students deal with an emergency and also gives tips and tools to help prepare for emergencies. Third graders received a preparedness toolkit, which includes a 'My Preparedness Workbook' and a pillowcase that each student personalized. The workbook suggests items to keep in the pillowcase in case of an emergency.

Throughout November teachers and staff have been teaching and practicing the first two tools in our Toolbox, the **Breathing Tool** and the **Quiet/Safe Place Tool**.

The Breathing Tool icon is a traditional tape measure. The hand gesture is to mimic slowly opening a tape measure while taking a breath. Students are taught to do this motion three times and remind themselves, "*I calm myself and check-in.*"

The Quiet/Safe Place Tool icon is headphones. Students have learned to cover their ears and slightly bow their heads while thinking, "I remember my quiet/safe place," and visualizing just such a place. The safe place can be real or imaginary and is different for everyone. The idea is that quietness gives strength and the ability to think clearly. (Dovetaillearning.com)

The next tool in our Toolbox will be unveiled at the December assembly. For more information about the Toolbox program please join us for a **Parent Workshop tomorrow morning at 8:45 in the Jacobs Library**. Childcare will be provided. This workshop is being sponsored by SEPAC; all parents and guardians are welcome to attend.

—Mrs. Cappadona



Christine Cappadona, Principal

Mark Your Calendar!

Nov 15—Parent "Toolbox" Workshop 8:45am

Nov 18—School Committee 7pm @ HHS

Nov 22—End of Trimester 1

Nov 25—Parent Conference Sign-Ups Open

Nov 27—Turkey Trot Rally @ 9:30, Race @ 10:00am

Nov 27—Thanksgiving Break begins at 11:45am!

Dec 4—Report Cards Go Home

Dec 5—Early Dismissal 1:45pm

Dec 5—Parent-Teacher Conferences 2-4pm & 6-8pm

Dec 6—Spirit Day/Assembly

Dec 19—Winter Concert: PK, K, 1 & 2 @ 9:00am; PK, 3, 4 & 5 @ 1:30pm

Dec 20—Jacobs Express

Dec 20—Winter Vacation Begins at 3:15pm



Parent-Teacher Conference online sign-ups

will open on November 25 for the December 5 conference day. We will send an email with the web link once we have opened the portal.

Kyle Shaw, Assistant Principal

Turkey Trot Time!

The Turkey Trot is on November 27th—less than two weeks away! Students in 4th and 5th grade have been training hard for their 1.2 mile run/walk race in P.E. class. All students must return their signed permission slips by Thursday November 21st to Mrs. Leonard in the gym. All 4th and 5th grade parents/guardians are invited to watch the Pep Rally at 9:30am, followed by the Turkey Trot at 10:00 and the award ceremony right after that.



-Mrs. Leonard



Thanksgiving Canned Food Drive November 18-22

Each year the Jacobs School holds a **Thanksgiving Canned Food Drive** to stock the shelves at Wellspring's food pantry. To add a fun twist, the classroom that brings in the most nonperishable items next week will earn a dodgeball game with Mrs. Leonard and Mr. Taylor!

◆ WANTED ◆



PHOTOS OF RAD JACOBS PIRATES

Send photos of our pirates having fun in their Core Value T-Shirts to Mr. Shaw at kshaw@town.hull.ma.us. All new photos will be featured in the slide show at each month's SPIRIT DAY ASSEMBLY!

Happy
Thanksgiving