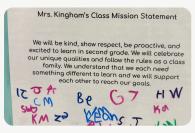
JEFFERSON ELEMENTARY

CONSCIOUS DISCIPLINE IN ACTION



Class Commitments

In CD, a class commitment is a promise students and teachers make to keep the classroom safe, kind, and helpful. It focuses on what we will do so everyone can learn and grow together.



Ritual



In July, 9 educators from Jefferson attended the Conscious Discipline Institute in Phoeniz, AZ.

The Conscious Discipline Institute provided intensive, hands-on training that equipped us with strategies to create safe, connected, and emotionally supportive learning environments. We experienced the power of Conscious Discipline firsthand, learning practical tools for self-regulation, conflict resolution, and building positive relationships. For staff who were not able to attend the institute, the practices are being introduced gradually through professional development sessions, modeling in classrooms, and collaborative learning opportunities. By rolling out the approach slowly and intentionally, we will build consistency and buy-in among the entire staff. Over time, Conscious Discipline has the power to transform our school community—shifting the focus from simply managing behavior to cultivating emotional safety, strong connections, and a culture where both students and staff thrive.

Message from Mrs. Thorpe

"Conscious Discipline is giving our teachers tools to respond to challenges with compassion and consistency. Every child and staff feel they belong. The transformation is visible."

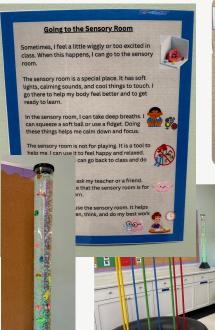


Jefferson implements a sensory space - Room 40.

Our new Sensory Room, Room 40, is designed to provide a safe and calming space where students with identified sensory and regulatory needs can manage their emotions and reduce anxiety through structured sensory experiences. Its purpose is to help students attain a calm state so they can return to learning tasks focused and ready. This space is not intended as an escape from work or behavioral expectations, but rather as a supportive environment to promote relaxation, self-regulation, and overall well-being. Before use, all students will review a social story to ensure consistent and appropriate use of the room.













Mrs. Buikema's Morning Meeting

Our teacher's are "Crushing" it!

We celebrated our staff with a dirty soda bar for their amazing work building relationships with all of our students!



Spreading the positive!

Our staff has written 115 positive referrals to date this school year.

Referrals come from teachers, custodians, secretaries, aides, and our school nurse.

Upcoming Events

- Penny Carnival October 24
- Book Fair September 22 26
- Homecoming Spirit Week Sep. 29
- Marching Band Tour October 27

Thank you to Darien Thorpe and Andrea Willey for their help in developing our sensory room!