

# Jefferson Elementary School

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# About Us

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Jefferson Elementary School is an inclusive learning environment dedicated to high standards in teaching and learning for all students. We support students in their pursuit of academic and social success. We inspire lifelong learning and develop responsible, self-confident students capable of effective communication and problem solving. Through a collaboration of staff, families, students, and the community we foster a safe and respectful learning environment embracing creativity and individuality.

# About Us

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## Core Value Statements

- **Safe** - We nurture a positive and safe learning environment based on student needs.
- **Respectful** - We recognize the value and strengths each person brings to our community.
- **Inclusive** - We welcome everyone because we all belong to our school community.
- **Creative** - We are resourceful thinkers who work together to solve problems.
- **Invested** - We actively participate in our learning by being focused and involved.

# School Improvement Plan

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## **Strategic Objective #1: Social-Emotional Well-being of Students and Staff**

To help students develop connections to school, support positive behaviors, and increase academic achievement, the Franklin Public Schools will enhance programs and practices, to enable each student to acquire the knowledge, attitudes, and skills associated with the core competencies for social-emotional learning.

*...“Take care of your staff. If you take care of them, they will take care of the students. A culture of care, support, appreciation, and encouragement is a culture where everyone can thrive.” - Dr. Brad Johnson*

# Wellness Wednesdays

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Research shows that...

- exercise significantly reduces feelings of anxiety and depression and improves self esteem and cognitive functioning
- social interactions at work can lead to better mental health



# Wellness Wednesdays

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- In an effort to honor our goal of promoting staff well-being and modeling healthy living for students, staff is invited to participate in Wellness Wednesdays!
- Staff are invited to wear athletic and comfortable clothing and are encouraged to dedicate time during the day to their own physical and mental health and well-being.



# Wellness Wednesdays

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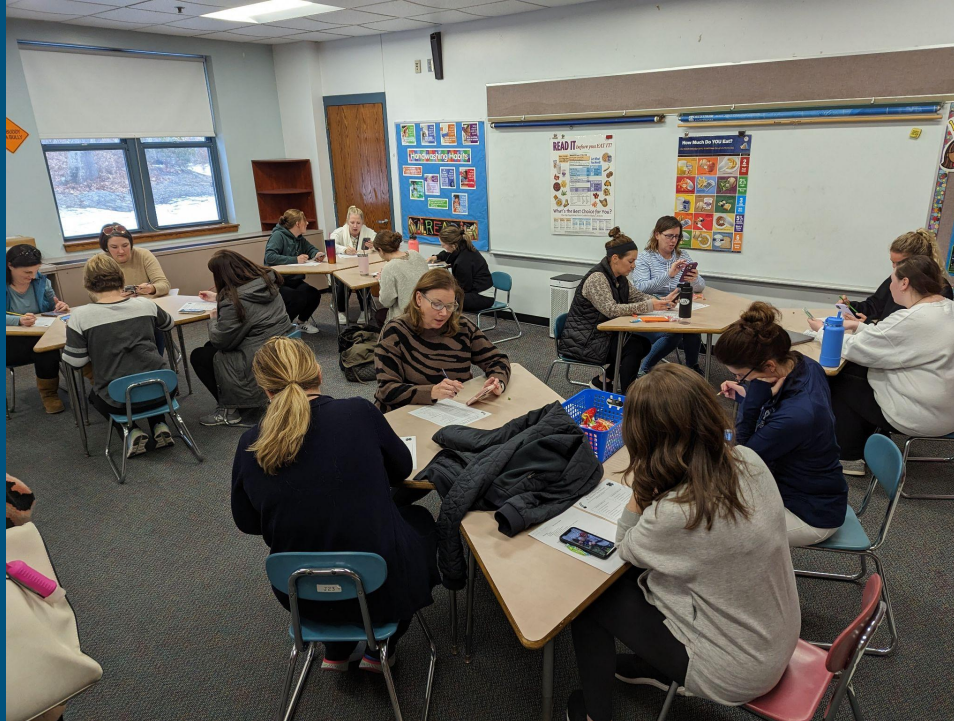


- Physical Activity
- Music and Art Activities
- Mindfulness and Meditation
- Resource Sharing
  - Podcasts, Recipes, Book Recommendations...
- Opportunities for social connections



# Wellness Wednesday Highlights

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# Wellness Wednesday Feedback

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# Thank You!

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