

Jackson Township Elementary

News from the Principal's Desk

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February

Character Qualities

- Honesty
- Perseverance
- Thriftiness
- Creativity

Upcoming Events

February 17—NO SCHOOL
Teacher Inservice
February 18—Yearbook
Pictures
February 25—Kindergarten
V.I.P. Day

IRead-3

IRead-3 will begin March 3. More information to come for second and third grade parents.

Turn Off the Screens and Grab a Book!

Reading has a well-established role in improving mental health. Research suggests that reading fiction can reduce stress by allowing individuals to immerse themselves in different worlds. A study from the University of Sussex found that reading can reduce stress levels by up to 68%, more effectively than listening to music or taking a walk.



In contrast, excessive screen time, particularly on social media platforms, is linked to higher rates of anxiety, depression, and loneliness. Studies from Pew Research Center highlight the negative effects of social comparison and cyberbullying, which are prevalent in the online space. Furthermore, the constant barrage of notifications and information overload can lead to mental fatigue, making it harder for individuals to focus or engage in deep thinking.

JTE Career Day!!!

Career Day was a huge success for our school! The entire student body chose from 13 different careers that were represented by parent volunteers. Students attended information sessions for their career choices. Our parent volunteers were awesome! We plan to continue providing JTE students with these types of educational events—it won't be long before they will have an important choice to make as they enter high school!



Valentine's Day Goodies!

What? A chocolate fountain? In Kindergarten? I hope these students know how much they are loved by their teachers!!!!

