

September 21, 2018

Dear Parents,

This week we hosted a student and a parent assembly on how to have a healthy relationship with technology. As promised, the links and email resources mentioned are at the end of this letter. Students were surprised to learn about the marketing imbedded into their favorite games and have a better understanding for the need for overall balance in their activities. Parents appreciated the practical approach from the speakers. We know there are really good, helpful aspects to technology, but as with all things, moderation is key. As a follow up to this awareness initiative, Mrs. Shain and I are putting forth a schoolwide challenge called No Tech Tuesday. Get ready, here comes the fun!

When making a lifestyle change, experts agree you must start with a realistic, attainable goal. That is our plan with this challenge. Next Tuesday, we are challenging all of you to turn off ALL your technology after 4:00pm. No television, no iPad, no computer, nothing with a screen or digital interface. Sorry Alexa. It's just a few hours, right? You can handle that, right? I think it will be interesting to see how the kids react and will certainly be fodder for good family conversation at the dinner table. We are posting a list of alternative activities with this letter—make sure to check it before Tuesday! If your family participates, fill out the family form and return it to the office for a treat. One form per family is fine and each child will earn a fabulous prize (better than a sticker, less than a free dress pass). Join the fun and encourage your friends to participate as well. This is our first, low key, attempt to help families de-tech. We have more in store as the weeks progress. Stay tuned!

Also stay tuned for a reach alert regarding conference sign ups. Teachers are currently working on their schedules and we will be posting the sign up genius by next Friday if not sooner. We appreciate your patience with this process. Per the handbook, we will not hold conferences prior to October 4 so vacation plans will need to work within the school schedule. Students who do not attend a conference will be marked absent. The scholastic book fair will be held in the library as usual and we will also have areas set up where you can complete a Google review to help boost our school search standings. We look forward to seeing you soon.

Enjoy the weekend,

Mrs. Hayslip

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Resources: <http://emotionalhealth.com/?p=502>

<https://twitter.com/AveUnlimited>