

# RI Weekly Email from Nov. 26

See email for attachments.

**HOMEWORK CLUB:** There is **NO** homework club today, Tuesday Nov. 26th.

**SURVEY:** Mental health refers to emotional, psychological, and social well-being. It affects how people think, feel, and act and contributes to how people handle stress, relate to others, and make choices. Mental health matters. In order to make decisions about future programming and resources for students and parents/guardians, the Rosendale-Brandon School District's Allies in Mental Health Education team requests that you complete this anonymous survey. This survey will close December 28, 2019. Thank you for your time.

<https://forms.gle/LAsoARttrYc75aPp9>

**INTRUDER DRILL:** We will be running a state required active intruder drill the 1st week of December. Please see the attached parent letter for full information.

**KEEP TECHNOLOGY IN CHECK:** Take a look at these reminders from Mrs. Mumm about how to raise a healthy digital citizen:

**Social Media:** As Smartphones become more and more commonplace, it's important that we step back and understand what we're putting in our kids' hands when we give them a phone. As a parent, I urge you to understand how a program works and what the 'rules' are for it before you let your child use it. For example, did you know that [SnapChat's terms of service](#) explicitly state that this program is for people **age 13 and up** and that when a user signs up, s/he agree to let the company any of the content created on the app? [Instagram](#) and [YouTube](#) users are also required to be at least 13 years old. Before agreeing to let your child use one of these services, consider why these age restrictions may be in place.

**Screen Time:** Moderate screen time so that it fits with your family's needs and lifestyle. Setting time limits is a great way to help your child find balance with their digital life and physical life. [Study after study shows that screen time can have adverse effects on your child's sleep.](#) Please establish a screen-free bedtime routine and keep screens out of your child's room.

**Tips for Getting your Kids to Put Down their Phones:** If you think your child uses their phone too much, check out [these tips from Common Sense Media](#):

- Help kids find space for face-to-face conversations.
- Model the manners and behaviors you want to see.
- Charge kids' phones in your room at night.
- Establish consequences for problematic phone use.

It's probably not your child's fault if s/he cannot put down the phone. Check out this article about "[The Sneaky Science Behind Your Kid's Tech Obsessions.](#)" It is our job as parents and educators to coach our kids to be healthy digital citizens though. Please let me know if you are struggling with this and need help ([mummpam@rbsd.k12.wi.us](mailto:mummpam@rbsd.k12.wi.us)).

**OTHER ATTACHMENTS:** Medication Letter/Consent Form, Pre-Excused forms, December Lunch Menu

**IMPORTANT UPCOMING DATES:**



Thanksgiving Break - November 27th - 29th

Early Release - Friday, December 6th (busers, 1:15 & walkers, 1:20)

Math Meet - Monday, December 16 @ RI

Geography Bee - December 20 @ 8:00

Winter Break - December 23 - Jan 1

**COMMUNITY NEWS:**



**HOLIDAY FUN NIGHT:** Come to Laconia High School Friday, December 6th from 5-7:30 for a family fun event!! There will be something for everyone! Please see the attached flier for more information.

**HOLIDAY ASSISTANCE:** The Rosendale Lions Clubs are looking for people that need assistance for the holidays. Please see the attached information and contact numbers.

**GIRL SCOUTS:** If you would like to sign your daughter up for Girl Scouts or have any questions, please see the attached contact information.

Also, come join girl scouts for a Holiday Craft Fair Event on Monday, December 9th. (See the attached information flyer for details)