

Forest View Elementary Falcon News

FOREST VIEW ELEMENTARY PARENT NEWSLETTER

January 2019



From the Principal

Dear Forest View Elementary Community,

Happy New Year Forest View! It is with great joy that I welcome you all back to school this week. I hope that your Winter Break was full of valued time with family and friends, and that you all were able to recharge – and recharge your children – for the hard and exciting work ahead of us in the New Year.

On Monday we welcomed back all 683 of our students with an all school assembly. It felt great to wish everyone a happy new year and to hear nearly 700 young voices call ‘Happy New Year!’ back. At our assembly we did a comprehensive review of our school expectations in line with our Positive Behavior Intervention & Supports (PBIS) program. Through our PBIS approach we have seen that nearly all students are able to make good choices around the building, nearly all of the time! We reviewed expectations on how to Be Safe, Be Respectful, and Be Responsible in our hallways, stairways, cafeteria, and bathrooms. This week our para educators are also meeting with each class to reteach and review additional expectations for different areas and games on the playground, and routines during lunch. Your children will also review expectations for being a learner and member of each classroom through classroom meetings this week. We have seen a significant decrease in the number of office referrals over the past two years with the implementation of PBIS: most students want to make good, safe choices – and they can do this more easily when they know what their expectations are!

During our assembly I also introduced a new system that we are going to use to celebrate our students. Beginning later this month teachers will recognize students for success in a 21st Century Skill (Communication, Collaboration, Citizenship, Creativity, Critical Thinking, Growth Mindset) or one of our three school rules (Be Safe, Be Responsible, Be Respectful) by filling out a set of postcards – one will be mailed home to you, and the other will be displayed in our cafeteria. Our goal is to be able to recognize each Falcon for excellence in at least one area by the end of the year!



The weather forecast is showing signs of snow, and while we all hope for milder weather and no snow days I would ask that you all take some precautionary steps in case school is cancelled. Make sure you know where you will check for weather/snow related delays – there is information about communication from the district below. In the event that there is snow and ice and school is in session, we will still send

Darren Larama

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January 9

PTA Membership Mtg. 7:00

January 10

LIF Early Release at 2:15

January 17

LIF Early Release at 2:15
PTA Movie Night

January 20

No School – Annual Martin Luther King Jr. Recognition Day

January 23 & 24

Parents and Pastries
Thurs AM 8:30 – 9:00 – A - L
Fri AM 8:30 – 9:00 – M - Z

January 24

LIF Early Release at 2:15

January 27

No School – Teacher Work Day

January 31

LIF Early Release at 2:15

students outside for recess. Please make sure your children wear coats, and hats and gloves are also a good idea. Please label everything with their name so we can return lost items to students promptly. The majority of our lost and found coats, jackets, and sweatshirts do not have names written inside and are never reclaimed. We return every labelled item to its owner, usually the day it is found!

Parents, once again I want to wish you a happy New Year! We are excited to be back to work with your children in 2020. Let's work together to make this a great Winter for our students!

Darren Larama
Principal, Forest View Elementary

Smartphones, Social Media, and Our Students

Over the past several months I have been involved in helping students solve several problems involving smartphones, cyber bullying, and social media like Instagram and TikTok. I wanted to share a resource that I have leaned on as a parent as I am talking to my own 5th grader about when she is ready for a cell phone. Families have many reasons for wanting their children to have a phone, but there are some great reasons to closely monitor its use and children's access to social media. I'm including below an article from the site waituntil8th.org that I hope will help you in talking to your own children about their cellphone and social media use and access.

Why Wait?

There is a reason why top Silicon Valley executives are saying no to the smartphone until at least 14 for their children. In fact, there is a long list of reasons and parents need to know them.

Smartphones are changing childhood

Childhood is changing for children. Playing outdoors, spending time with friends, reading books and hanging out with family is happening a lot less to make room for hours of snap chatting, instagramming, and catching up on YouTube. With children spending anywhere between 3 to 7 hours daily in front of a screen, many childhood essentials are pushed aside for online amusement.

Smartphones are addictive

New research shows dependence on your smartphone may produce some of the same addictive brain responses similar to alcohol, drug and gambling addictions. [Smartphones are like slot machines](#) in your children's pocket constantly persuading them to crave more. The tech industry intentionally designs smartphone apps and social media for people to use for long periods of time because this is how they make their money.

Smartphones are an academic distraction

Elementary and middle school years establish the foundation for your child's academic success. Children learn how to productively manage time, projects and homework. Introducing a constant distraction with a smartphone is paving a path for academic mediocrity. The early results of [a landmark study on brain development](#) by the National Institute of Health show children who spent more than two hours a day looking at a screen got lower scores on thinking and language tests. [Research from the University of Texas](#) suggests the mere presence of your smartphone reduces cognitive capacity and test-taking brainpower. [One study](#) demonstrated that using smartphones in classrooms can even lower a student's grade. [Another study](#) found that children who attend schools with smartphone bans did better on tests.

Excessive smartphone use is altering children's brains

Initial results from a [groundbreaking study by the National Institute of Health](#) reveal that MRI's found significant differences in the brains of children who use smartphones, tablets, and video games more than seven hours a day. Children who spent an excessive amount of time on screens were found to have a premature thinning of the cortex. That's the outermost layer of the brain that processes information from the five senses.

Smartphones impair sleep

[Studies](#) show that the use of smartphones and other portable devices with screens affects the quantity and quality of sleep in children and teens. Adolescents are likely restless because they anticipate receiving texts and social media messages from friends, which affects their nighttime routine. Some children even wake up in the middle of

the night to check texts or social media. Sleep disturbance in childhood is known to have adverse effects on health, including poor diet, obesity, weakened immune system, stunted growth, and mental health issues.

Smartphones interfere with relationships

Many parents regret allowing their child to have a smartphone because they have experienced the way the smartphone is destructive to relationships. The parent child relationship suffers. Children are often inattentive with the constant distraction the phone brings. Face to face relationships dwindle as children shift their time and energy to investing in their online "friendships."

Smartphones increase the risk for anxiety and depression

Children are not emotionally equipped to navigate tricky social media waters at such an early age. Viewing someone else's highlight reel on social media often leads youth to think they are missing out or are not enough compared with their peers. [Research](#) shows that the more time someone uses social media the more likely they are to be depressed. [A Harvard Business Review](#) showed the more you use Facebook the worse you feel. [Another report](#) demonstrated that adolescents' psychological well-being decreased the more hours a week they spent on screens.

In addition, when children overuse technology, the constant stimulation of the brain causes the hormone cortisol to rise. Too much cortisol can inhibit a child from feeling calm. The loss of tranquility can lead to serious anxiety disorders.

[Suicide rates are on the rise](#) especially for girls between the ages of 10 and 14 years old. For this age group, suicide rates have tripled over the past 15 years.

Smartphones put your child at risk for cyber bullying

Bullying is no longer limited to the playground or locker room. Bullies seek to harm children through social media and texts often making retreat for the victim impossible. The most common medium used for cyber bullying is the phone. [About one out of every four children](#) has experienced cyber bullying, and [about one out of every six children](#) has done it to others. [Only one in 10 victims](#) will inform a parent or trusted adult of their abuse. [Recent research](#) indicates that children who receive smartphones in elementary school versus later in childhood are more likely to be involved in cyber bullying. According to the researchers, the increased risk of cyber bullying related to phone ownership could be tied to increased opportunity and vulnerability.

Smartphones expose children to sexual content

Smartphones have enabled children to view pornography anywhere. Pornography marketers intentionally target youth online to lure them to dangerous images and videos. [One study](#) showed that 42% of online youth users have been exposed to online pornography. Of those, 66% reported unwanted exposure to pornography often through online ads.

Not only are children viewing sexual content with their phones but they are creating it as well. More and more children are "sexting" (sending sexual text messages and or explicit images). Also, various apps open the doors to sexual predators seeking to track, groom and harm our children.

Technology executives ban smartphones for their children

According to a [New York Times piece](#), many technology executives wait until their child is 14 before they allow them to have a phone. While these teenagers can make calls and text, they are not given a data plan until 16. [If leaders of digital giants like Google, eBay, Apple and Yahoo are delaying the smartphone](#) then should this not give us pause? Executives that flourish on the success of technology are protecting their children from the smartphone. Should we not do the same?

Arrival & Dismissal Reminders

- Students are not allowed on campus – unsupervised by a parent or guardian – before 8:55. We have more students who are walkers/bikers arriving on campus before this time, and we do not provide supervision. Please make sure that your children are not leaving home too early and arriving at school too early.
- Students must go home after school unless a parent or guardian is here to supervise them while they play on the field or playground.

January is School Board Appreciation Month

The month of January marks the annual observance of School Board Recognition – a time to salute the work of school board members and celebrate public education. You can learn more about [board members online](#). You can also watch past school board meetings on the district's YouTube channel.

Good Citizenship Day

Register
to vote
here.

Good Citizenship Day shall be observed on January 16. On that day, social studies teachers coordinate a voter registration event in each history or social studies class attended by high school seniors. Students who will be eighteen years of age or older by the time of the next general election will be given the opportunity to register to vote online in the classroom. Paper registration will also be made available in the classroom.

Delayed start or closed schools

If we must cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:30 a.m., with a brief message about the reason for closure or delay. We will also use local media and post the message on our website. **If there is no announcement about Everett Public Schools, school is on the regular schedule.** More information and resources for school closures or delays is on the district website under the *Parents* tab.

In cases of inclement weather or other emergencies, please:

- check your email or phone for district messages
- listen for media announcements
- view the district's website at <https://www.everettsd.org/>
- watch district [Facebook](#), [Twitter](#) or [Instagram](#) accounts

Food and Nutrition

This month, the Food and Nutrition Department brings you potatoes grown in the PNW! Be sure to check out our menu for dishes containing this tasty Harvest of the month!

Did you know that potatoes are the most popular vegetable grown in the US and are an excellent source of Vitamin C, B6 and potassium? Find out more by checking out the Harvest of the Month flyer on our website at <https://www.everettsd.org>

I have so many potato jokes. I just don't know where to starch.



Safety tip line

Do you or your student have a concern about someone experiencing bullying or harassment? Or have you perhaps heard a rumor about someone bringing a weapon or drugs to school? **Report it!** You can talk directly with your school's office or you can call, text or email your concern.

If there is reason for concern about safety on a designated walkway to school, call 9-1-1 immediately for authorized, quick help. We have strong partnerships with local law enforcement who share our interest in safe schools and neighborhoods.

Student safety is a priority for all of us. Working together, we can help make our neighborhoods and schools nurturing places for students to safely learn and grow.

3 easy ways

Text or call

 855-637-2095

 1350@alert1.us

 <http://1350.alert1.us>



3900 Broadway
Everett, WA 98201
425-385-4000
www.everettsd.org

Everett Public Schools does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups.

Designated to handle inquiries about nondiscrimination policies are:

- Title IX Officer/Civil Rights Compliance Officer – Mary O'Brien, MO'Brien@everettsd.org, 425-385-4106, PO Box 2098, Everett, WA 98213
- 504 Coordinator – Becky Ballbach, rballbach@everettsd.org, 425-385-4063, PO Box 2098, Everett, WA 98213
- ADA Coordinator – Randi Seaberg, rseaberg@everettsd.org, 425-385-4104, PO Box 2098, Everett, WA 98213