

Front Page News

Title One Schools



From the American Academy of Pediatrics (AAP):

"Media is everywhere, TV, Internet, computer and video games; all vie for our children's attention. Today's children are spending an average of seven hours a day on entertainment media, including televisions, computers, phones and other electronic devices."

Studies have shown that excessive media use can lead to attention problems, school difficulties, sleep and eating disorders and obesity.

The AAP recommends:

- "Parents establish screen-free zones at home by making sure there are no televisions, computers or video games in children's bedrooms.
- Turning the TV off at dinner time.
- Children and teens engage with entertainment media for *no more* than one or two hours per day.
- Kids spend time on outdoor play, reading, hobbies and using their imaginations in free play."



PASS Testing May 6-May 9

Testing Reminders for Students

- ✚ Get plenty of sleep.
- ✚ Eat breakfast.
- ✚ Arrive at school on time.
- ✚ Be ready to do your best.

Summer Learning CAN be Fun

READING

- ✚ Set aside time in the day for everyone to read silently or listen to an audio book.
- ✚ Reading and writing go hand in hand. Start a journal. Have your child draw or take a picture and write about the picture.
- ✚ Take a field trip to the zoo or the museum. Experiences build vocabulary and vocabulary strengthens reading.



MATH

- ✚ Menu Math: What's the most expensive meat on the menu? We have \$20 to spend, what can we get?
- ✚ Calendar Math: Count down the days to special events.
- ✚ Kitchen Math: Practice fractions by using recipes or reading cookbooks. Measuring ingredients is a perfect math lesson.
- ✚ Grocery Store Math: Counting, estimating and making change are good exercises.

Did You Know most libraries sponsor summer reading clubs with easy-to-reach goals for pre-school and school-age children? Check the library closest to you for special summer reading activities and events. Libraries also provide age appropriate lists for summer reading. **Visit your library regularly during the summer!**

