

MESSAGE FROM THE PRINCIPAL – Dr. Mathew Nelson

February is “I Love to Read Month,” and we had a lot of fun officially kicking it off with a gathering in the auditorium on February 1st! We will continue in our tradition of “Stop, Drop, and Read”, which is a favorite of the students. There is a good chance that your son or daughter will “get caught reading”, which is a great thing! Other planned “I Love to Read” month activities include Book Bingo, Readers Theater, Town Square Reading, Mystery Readers on the announcements, and our Read-a-Thon fundraiser. Information was sent home about our annual Read-a-thon fundraising event.

In our Read-a-Thon, each student will have a reading goal of total minutes read outside of school in the month, and by acquiring pledges/donations, the students are making a promise to do their best to reach their reading goal for the month. The funds raised in this fundraiser will be used towards the purchase of additional items for student use, including adding additional kid-friendly furniture in our Commons, technology, books, and offsetting field trip costs. The main advantages of a fundraiser like this are that the focus is on literacy and **100% of the donations benefit the students of Discovery Elementary**. Thank you in advance for your support, we are excited to kick off our annual Read-a-Thon, which is our **only school-led fundraiser** for the year.

To culminate our “I Love to Read Month ” activities, on Friday, **February 23rd** all Discovery students and staff will be invited to watch a “G” rated movie, *The Tale of Despereaux*, in the auditorium on the big screen! I do realize that it sure seems hypocritical of me to share that we are going to watch a movie together at school when in this month’s newsletter we shared a resource about limiting screen time. I shared the resource though as a general reminder because as a parent I feel this is one area that could be improved in my own house! Back to the “I Love to Read Month”culminating festivities...after the movie, we will have our school-wide book character parade in which the students will parade around Discovery dressed as their favorite book character. Additional information will be sent home later this month explaining the Character Parade. It is always such a great, fun day for our students to conclude “I Love to Read Month”.



This year, on February 7th, our entire school will participate in the Global Day of Play! The purpose of "Day of Play" is to encourage children to PLAY, HAVE FUN, and be CREATIVE. It is great to see the students organizing their own “technology-free” play activities, inviting others to join them, being problem solvers, and compromising! To be honest, I believe that in general children (including my own) don’t spend enough time engaging in technology-free play often enough, so this is a great opportunity for us to help encourage creative play. There have been numerous studies that indicated that uninterrupted playtime is very important for children’s development emotionally, socially, and academically!

Thank you for your continued support of Discovery Elementary.

“Together We’re Better”

January Community "C" Students of the Month

"Collaborate"



Winter Gear Reminder



Winter temperatures and winds come and go these days, but we still have a number of children who arrive at school without appropriate cold weather outerwear. Unless the temperature or wind chill is below -5, all students go out for recess every day. It is essential that they have gloves, mittens, hats, a warm coat and boots. Thank you!

Excused Absences for Family Vacations



We understand that time is precious and it might not always work for you to go on a family vacation when school is not in session. We are able to mark family vacations as excused absences if you let us know when they are planned. There is a formal family vacation pre-approval form in the office, or if you email the teacher and copy Dr. Nelson into the message that works as well for us to be able to mark those dates as excused.

TECH OVERLOAD

FACT: The average American child spends **50+ HOURS** a week in front of a screen. That's more than **A FULL TIME JOB!**



Recommended daily screen time for children and teens



Average screen time per day
(TV, video games, tablets, computers, cell phones...etc)



% of children addicted to mobile devices

The Downside of Screen Time

- Depression
- Fatigue
- Poor Academic Performance
- Anxiety
- Health Problems
- Impaired Self-Control
- Vision Problems,
- Impaired Social Skills
- Obesity
- Aggressive Tendencies
- Poor Digital Footprints
- Developing Unhealthy Relationships

ASK YOUR CHILD:

"What have you always wanted to learn or try?"

"What are you missing out on when you spend so much time on your device?"

Unplugging Tips!

- Encourage tech-free hobbies and activities.
- Practice what you preach! Children follow by example.
- Create no-tech zones in your home.
- Don't allow devices at family meals.
- Set screen time schedules.

A Resource for Parents

Want to limit your child's device use? OurPact is a free solution for parents to block internet and apps on all children's iOS and Android devices. Manage screen time by blocking children's devices at-a-touch or through automated schedules. Through our Web App or iOS app, limit device use with a bedtime schedule or set a manual block during a family meal.

