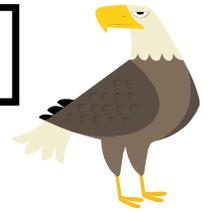


EAGLE NEWS



UPCOMING EVENTS :

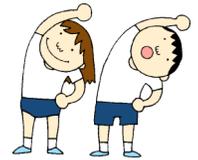
- > March 2-6-Read Across America
- > March 2nd-KRR Fundraiser at Freddy's 5-9 pm
- > March 3rd-PTO Meeting-6:00 PM
- > March 4th-Gifted Seminar-9-11 am
- > March 5th-STUCO Movie Matinee 4-5:30 pm
- > March 6th-Respect Recognition 8:20 am
- > March 12th-Health and Science Night 6:00-7:30 PM
- > March 16th-20th-No School-Spring Break
- > March 18th-Papa John's Night 5:00-8:00 PM
- > March 26th-March birthday recognition 8:15 am
- > March 30th-Smokey the Bear Poster Winner announcement 8:15 am
- > March 30th-PTO Freddy's Night 5-9 pm

HEALTH & SCIENCE NIGHT

Family Fitness and Science Night is scheduled for Thursday, March 12th. This is the 16th annual Fitness Night. This is a fun night for families to enjoy together! Come and join us for fun giveaways, fitness activities, awesome science stuff, smoothies,

healthy snacks, and lots of great wellness and safety information for your family. Jumping, juggling, cup stacking, fitness and science activities will be happening all around the building. It will be a great time and good for your body, mind and spirit. It's

FREE...bring the whole family! Doors open at 6:00 pm and the fun lasts until 7:30 pm. Please use the main front doors to enter.



Civic Engagement Presentation

Our school will be presenting at the Civic Engagement Conference on April 1st in Topeka, Kansas. Two students along with two staff members will make the trip with GCHS students and staff. The presentation will include several videos that have been made at our school with students using excellent civil discourse.

Read Across America Week Celebration

In conjunction with our teachers association, GCEA, we will celebrate Read Across America from March 2-6. The theme this year is Celebrating a Nation of Diverse Readers. Activities for the week are as follows:

Media Monday-Dress like a

newspaper. Wear words and or black and white. Read newspaper articles.

Target Heartrate Tuesday-Wear red and school appropriate workout attire. Read about being healthy.

Wake-up Wednesday-Wear PJ's and Favorite Bedtime Stories.

Throw Back Thursday-Dress in your favorite decade. Read a classic story.

Fan Club Friday-Wear your favorite school or sports team clothing. Be your own fan club! Create a pennant or poem all about you.

HELP US OUT!

Please do **NOT** use the west parking lot for picking up and dropping off your students. We need access for buses and staff members who travel to other buildings.

STUDENT REPORTING SPRING BREAK

When spring break comes I want to visit the Lee Richardson Zoo.

While at the zoo I want to see the horses, lions, and otters. Upon my research I found that during spring break the zoo's hours are 8:00 a.m. to 5:00p.m. Last summer I had a picnic at the zoo. All in all I am excited to visit the zoo

because it is free to walk through and fun to see the animals. I hope you all visit the Lee Richardson Zoo.

During spring break I plan on going to the Finney County Public Library. I plan on reading some of my favorite books such as Fly Guy. While researching I found out the

library is opened between 9:00 a. m. to 8:00 p.m. Monday through Saturday. I also found out that the library has over 240,000 volumes of books. On the Finney County Public Library website they have a schedule for book reading for families. Someday I would like to go to a book reading as well.

Second Grade Concert



Our second grade students are practicing for their upcoming concert on Thursday, April 2nd at 6:30 pm. They will perform the musical “Pajama Party”. This will be a super cute presentation that you will not want to miss. Dress for this concert will be of course whatever your child would wear to a pajama party.

Limiting Technology

Over the past 10 years, children have been growing up in a world filled with iPads, iPhones, computer screens, and TVs. They often spend hours connected to these devices and in the fast-paced world of electronic entertainment. However, research is starting to show how this electronic world is impacting our children.

Research across multiple studies show:

Screen time for children under three is linked to delayed language acquisition. A delay in language acquisition can impact reading skills in elementary aged children.

Screen time is an important risk factor for childhood obesity, cardiovascular diseases such as high blood pressure, obesity, low HDL cholesterol, poor stress regulation (high sympathetic arousal and cortisol dysregulation), and Insulin Resistance. This is due to the decrease of physical activity when connected to a device.

Children with 2 or more hours of daily screen time are more likely to have increased psychological difficulties, including hyperactivity, emotional and conduct problems, and difficulties with peers. They develop poor internal and external emotional regulation. Brain structural changes related to cognitive control and emotional regulation are associated with digital media addictive behavior.

Adolescents who watch 3 or more hours of television daily are at especially high risk for poor homework completion, negative attitudes toward

school, poor grades, and long-term academic failure.

Increased screen time is associated with poor sleep. In children under 3, screen time contributes to irregular sleep patterns. In 6- to 12 – year-olds, increased screen time is linked to sleep disturbances.

Suggestions to help curb screen time:

Set clear limits to the amount of screen time a child during the day. It is important that parents also try to limit their own screen time to show their children that there can be entertainment beyond a digital device.

Set times to when the children can use electronic devices, such as after homework is completed or not during the hour before they go to bed.

Create “digital free” time in your routine at home. Set up a time where the family engages in other activities, such as board games, cooking, or reading.

Encourage physical activity or imaginative play. Don’t forget to join in! Play is good for the parents too! It will help create bonds with your children and relieve stress.

Shut off your TV during mealtimes and don’t allow text messaging or web surfing while you’re eating. Instead, use the opportunity to talk about your day.



Fun

GOAL-SETTING ACTIVITIES *for families*

by Big Life Journal

1

MAKE A FAMILY BUCKET LIST

- Gather your family together, grab a piece of paper and some markers.
- Brainstorm a list of accomplishments, experiences, or achievement goals.
- At the end of the year, you can look back over all of the things your family has accomplished!
- Encourage teens to use online tools such as Trello and Evernote to help create the family bucket list or to make one for themselves.



2

DRAW A WHEEL OF FORTUNE

- Draw a wheel divided into segments, much like what you would do with a pizza.
- On each segment, write important categories in life: Family, Friends, School, etc.
- For each category, each participant will write out goals they would like to accomplish in a set period of time.
- Color and decorate the wheel, then hang it somewhere prominent.



3

CREATE A VISION BOARD

- Take some old magazines and cut out pictures that represent your hopes and dreams.
- Paste these pictures onto a piece of poster board and decorate with colors, glitter, stickers, etc.
- Ask your child what different pictures represent and how she plans to achieve her dreams.



4

PLAY 3 STARS AND A WISH

- First, come up with 3 "Stars," or things you do well. This can be anything from running fast to comforting friends when they're feeling sad.
- Next, discuss together HOW you became so good at these "Stars."
- Next, come up with a "Wish." The "Wish" is something you need to work on (a goal).



5

ASK FUN QUESTIONS

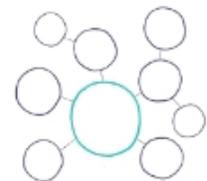
- Ask, "What would you do if you won the lottery? If you had a superpower, how would you use it?"
- Discuss that they can take their fate into their own hands by making a plan to achieve their hopes, goals, and dreams.



6

INTEREST MAPS

- Older kids can learn a lot about themselves by paying attention to their interests.
- Do they like art or science or writing or sports? Write down all their favorite interests.
- See if they can find patterns in the things they enjoy doing.
- Once they see their interests mapped out, they can create goals.



7

GOAL LADDERS

- Using a stair-step visual for goal-setting, older kids can break down their goals into doable steps. Follow this simple method:

- Write down your **DREAM** at the top of the staircase.
- Write down your **FIRST GOAL** at the very bottom of the staircase and the first action towards that goal.
- Create your **SECOND GOAL** and the first action towards it.
- Create your **THIRD GOAL** and the first actions towards it.
- Continue "**CLIMBING**" the stairs. Add dates, drawings, anything that helps motivate you.

