

# Week #25 Glad Park PS E-Bulletin: March 1 - 5

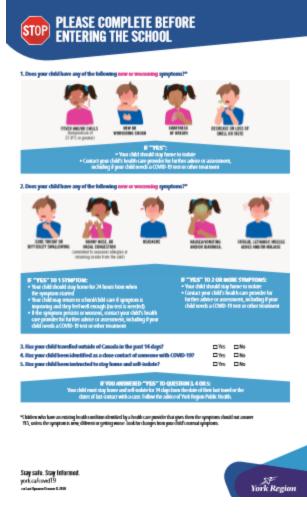
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#### **IMPORTANT MARCH DATES:**

March 1 - Face to Face students begin in their new classrooms - new timetables begin March 3 - Model Change move from Face to Face  $\leftrightarrow$ > Elementary Virtual School March 5 - Spirit Day - Summer Beach Day (Ms. Saunders/Mrs. Setiawan) March 8 - Virtual School Council @ 6:30 pm March 9 - Virtual Presentation Presenter Duane Gibson - Celebrating Black History  $\rightarrow$  Kindergarten @ 8:30 - 9:20 am  $\rightarrow$  Grade 3 - 5 @ 10:40 - 11:30 am  $\rightarrow$  Grade 6 - 8 @ 1:15 - 2:05 pm March 19 - Flannel Friday

### Health and Safety reminders:

- 1) Students riding the bus must wear their mask at all times
- 2) Students in grades 1 8 must wear masks it is strongly recommended that students in Kindergarten wear a mask
- 3) Ensure you have completed daily screening for your child



Social Media and Mental Health

4)

The following are resources from our recent parent presentation by Scott St. Marie. Our students also had a presentation about Social Media and Mental Health. Some highlights of learning from our students:

Being on technology too long may make you feel lonely. We are spending more time scrolling when we could be learning an instrument, hiking and socializing which would make us feel less lonely. I didn't realize that you never really delete anything from the internet.

The point he made about why have people on your social media if they make you feel bad about yourself. I am going to try what he said to take note in how you feel before you go on social media and after.

## BOOKS:

- The Coddling of the American Mind: <u>Click Here</u>
- iGen: <u>Click Here</u>
- The Art of Screen Time: <u>Click Here</u>
- Play: <u>Click Here</u>

## **OTHER RESOURCES:**

- Phone Contract see attached
- Common Sense Media: <u>Click Here</u>
- Child Mind Institute: Click Here
- VPN Privacy Pro App: Click Here
- Off the Grid App (Locks Phone): <u>Click Here</u>