Parent Power

There are many ways you can support your youngster’s learning and his school. Try these tips:

• Spend a few minutes every evening looking over handouts your child brings home. Fill out forms to return the next day.
• Make sure teachers know you appreciate their efforts. From time to time, send a thank-you note or an email.
• Contact your child’s teacher immediately if you see a problem. Working together will help your child succeed.
• Attend conferences, parent meetings, and school events regularly.

SHORT NOTES:

Picture This: Good readers form mental pictures as they read. To improve your child’s comprehension, read a book without letting him/her see it. Then ask him/her to guess what the illustrations look like. Examples: How are the characters dressed? Is the setting bright or gloomy?

Be There: Regular attendance in elementary school sets up a good pattern for your child’s entire school career. Show your child that school comes first by trying to keep days off for illnesses and family emergencies. Also schedule routine doctor and dentist appointments for after school or over school breaks. When a child is late, they miss the same class, often resulting in poor grades. Help them set the alarm clock and make sure they are up in time to catch the bus or walk.

Kids & Tech: Tips for Parents in the Digital Age: In a world where children are “growing up digital,” it's important to help them learn healthy concepts of digital use and citizenship. Parents play an important role in teaching these skills.

Turn the page for some tips from the American Academy of Pediatrics.....
• **Treat media as you would any other environment in your child’s life.** The same parenting guidelines apply in both real and virtual environments. Set limits; kids need and expect them. Know your children’s friends, both online and off. Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.

• **Set limits and encourage playtime.** Media use, like all other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children. And—don’t forget to join your children in unplugged play whenever possible.

• **Families who play together, learn together.** Family participation is also great for media activities—it encourages social interactions, bonding, and learning. Play a video game with your kids. It's a good way to demonstrate good sportsmanship and gaming etiquette. You will have the opportunity to introduce and share your own life experiences and perspectives—and guidance—as you play the game.

• **Be a good role model.** Teach and model kindness and good manners online. Because children are great mimics, limit your own media use. In fact, you’ll be more available for and connected with your children if you’re interacting, hugging and playing with them rather than simply staring at a screen.

• **Know the value of face-to-face communication.** Very young children learn best through two-way communication. Engaging in back-and-forth "talk time" is critical for language development. Conversations can be face-to-face or, if necessary, by video chat with a traveling parent or far-away grandparent. Research has shown that it's that "back-and-forth conversation" that improves language skills—much more so than "passive" listening or one-way interaction with a screen.

• **Create tech-free zones.** Keep family mealtimes, other family and social gatherings, and children's bedrooms screen free. Turn off televisions that you aren't watching, because background TV can get in the way of face-to-face time with kids. Recharge devices overnight—outside your child's bedroom to help children avoid the temptation to use them when they should be sleeping. These changes encourage more family time, healthier eating habits, and better sleep, all critical for children's wellness.

• **It's OK for your teen to be online.** Online relationships are part of typical adolescent development. Social media can support teens as they explore and discover more about themselves and their place in the grown-up world. Just be sure your teen is behaving appropriately in both the real and online worlds. Many teens need to be reminded that a platform’s privacy settings do not make things actually "private" and that images, thoughts, and behaviors teens share online will instantly become a part of their digital footprint indefinitely. Keep lines of communication open and let them know you’re there if they have questions or concerns.

• **Remember: Kids will be kids.** Kids will make mistakes using media. Try to handle errors with empathy and turn a mistake into a teachable moment. But some indiscretions, such as sexting, bullying, or posting self-harm images, may be a red flag that hints at trouble ahead. Parents must observe carefully their children's behaviors and, if needed, enlist supportive professional help, including the family pediatrician.

Media and digital devices are an integral part of our world today. The benefits of these devices, if used moderately and appropriately, can be great. But, research has shown that face-to-face time with family, friends, and teachers plays a pivotal and even more important role in promoting children’s learning and healthy development. Keep the face-to-face up front, and don't let it get lost behind a stream of media and tech.

**Editor's Note:** The tips above were written from two AAP policies, "Media Use in School-Aged Children and Adolescents" and "Media and Young Minds," and the technical report entitled "Children and Adolescents and Digital Media," which were published in the November 2016 edition of Pediatrics. They were also drawn from the proceedings of the AAP Sponsored Growing Up Digital: Media Research Symposium, a gathering of media experts, researchers and pediatricians held in 2015 to address new developments in research and media and their impact on children.
<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presidents Day - No School</td>
<td>Main Entrée: Whole Grain Chicken Patty, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain French Toast Sticks, Apple Cinnamon Muffin Fun Lunch Sides for All Meals</td>
<td>Main Entrée: Classic American Cheeseburger, Ham &amp; Cheddar Cheese Salad Sides for All Meals</td>
<td>Main Entrée: Cheese Stuffed Breadsticks, Ham &amp; Cheddar Cheese Salad Sides for All Meals</td>
<td>Main Entrée: Classic Pepperoni Pizza, Ham &amp; Cheese Jalapeño Sandwich Sides for All Meals</td>
</tr>
<tr>
<td>22</td>
<td>Main Entrée: Whole Grain Pancakes, Pork Sausage Patties Extra Extra</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
</tr>
<tr>
<td>23</td>
<td>Main Entrée: Beef Macho Nachos, Salsa Extra Extra</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
</tr>
<tr>
<td>24</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
</tr>
<tr>
<td>25</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
</tr>
<tr>
<td>26</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
</tr>
<tr>
<td>27</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
</tr>
<tr>
<td>28</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
<td>Main Entrée: Whole Grain Dinner Roll, Turkey and Cheese Sandwich Sides for All Meals</td>
</tr>
</tbody>
</table>

**February 2017**

**Lunch Prices**
Reduced: $0.40  Paid: $2.60