

Miller Elementary School Newsletter



March 20, 2018

NURSES CORNER

The American Academy of Pediatrics discourages media use by children younger than age two and recommends limiting older children's screen time to no more than one or two hours a day. Too much screen time can be linked to:

Obesity. The more TV your child watches, the greater his or her risk is of becoming overweight. Having a TV in a child's bedroom increases this risk as well. Children can also develop an appetite for junk food promoted in TV ads, as well as overeat while watching TV.

Irregular sleep. The more TV children watch, the more likely they are to have trouble falling asleep or to have an irregular sleep schedule. Sleep loss, in turn, can lead to fatigue and increased snacking.

Behavioral problems. Elementary students who spend more than two hours a day watching TV or using a computer are more likely to have emotional, social and attention problems. Additionally, exposure to video games is linked with an increased possibility of attention problems in children.

Impaired academic performance. Elementary students who have TVs in their bedrooms tend to perform worse on tests than do those who don't have TVs in their bedrooms.

Violence. Too much exposure to violence through media – especially on TV – can desensitize children to violence. As a result, children might learn to accept violent behavior as a normal way to solve problems.

Less time for play. Excessive screen time leaves less time for active, creative play.

Setting screen time limits for school aged children:

Set reasonable limits for your child's screen time, especially if your child's use of screen is hindering his or her involvement in other activities. Consider these tips:

- Prioritize unplugged, unstructured playtime.
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens 1 hour before bedtime.
- Keep screens out of your child's bedroom

Schedules and Important Hours:

Office Hours: 8:00–4:30 / School Hours: 9:15–3:30

Doors open at 9:00. Please do not drop your child off earlier than 15 minutes before this time as there will be no supervision before school hours.



Salem Keizer Preschools Registration for 2018-2019

**Open Enrollment starts
April 10, 2018**

*Your child must be 3 or 4 years old on
or before September 10, 2018.*

*For more information on
tuition, fees, times and
locations go to the district website at:*

<http://www.salkeiz.k12.or.us>

Preschool Office

6425 Fruitland Rd NE

Salem, OR 97317

503-399-3148

Kindergarten

Kindergarten Registration now open!
Students must be five years old on or before
September 10th. Tell your friends, family
members, colleagues &
neighbors. Please bring: birth certificate
(proof of age), proof of residence (utility bill,
lease agreement), and
immunization records.

See page 2 for the April calendar

School Calendar!

April 2017

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
1	2 3rd grade SBAC testing all week	3	4	5	6 Awards Assembly @ 2:20	7
8	9 4th grade SBAC testing all week PTT meeting @ 3:45	10	11	12	13 Family Game Night @ 6:00	14
15	16 5th grade SBAC testing all week	17	18 Spring Pictures	19	20 Volunteer Appreciation Breakfast 8:00	21
22	23 3rd grade SBAC testing all week	24	25	26 Kinder music pro- gram @ 6:30	27 NO SCHOOL	28
29	30 4th grade SBAC testing all week	1	2	3	4	5