



# **KLEPTZ NEWS**

**November 2023**



## **Report Card Info**

***As we get closer to the end of our first trimester you may wonder how you can access your child's report card. In the coming days, we will be sending home a flyer with your child that includes an individualized key code that will allow you to create an account in Progress Book to view your child's report card. If your child does not receive a letter that means you have already created an account for them. If you have any trouble please email [Progressbook@northmontschools.net](mailto:Progressbook@northmontschools.net)***

### **VETERANS DAY BRICKS**

**We will be sending home "Bricks" for students to decorate in honor of a Veteran you may know. They will be used to build a wall in the front hallway. Please return them by Nov. 7th for display.**



## ***Important Links:***

**[Northmont's Website](#)**

**[Pay School Fees & Add Lunch Money](#)**

**[2022-2023 School Calendar](#)**

**[2023-2024 School Calendar](#)**

**[Final Forms](#)**

## ***Upcoming Dates:***

***November 2- Picture Retakes***

***November 5-Daylight Savings Time***

***November 6-PTO Meeting-6:00 Cafe***

***November 7-Election Day***

***November 10- End of grading period***

***November 11- Veterans Day***

***November 17-Report Cards***

***November 20-24- No School***

***December 4-PTO Meeting-6:00 Cafe***

***December 12-Community Breakfast***

***December 18-20-Fastbridge Testing***

***December 21-Jan 3-Winter Break***

***January 4th-Classes resume***

***January 8th -PTO Meeting-6:00 Cafe***

***January 15th-No School***

***February 12th-P/T Conferences***

***February 13th-P/T Conferences***

***February 15th-19th-No School***

***February 23-End of grading period***

***March 1st-Report Cards***

# COUNSELORS CORNER

● Mrs. Tinnerman ●

## The Importance of Limiting Screen Time

We hear from parents/guardians all the time about their struggles with limiting screen time for their children. As educators, we have also seen the effects of screen time on our students. We hear that kids are bored without screens but in actuality, kids may need to practice how to entertain themselves without a screen.

If you have seen the following behavior in your child or their teacher reports the following behaviors and your child has more than 1-2 hours of screen time a day-limiting screen time may help! Their brains may be having a hard time because of being reliant on screen time. Please see below for articles on brain development and screen time.

- Lack of imagination
- Inability to entertain oneself without a screen
- Whining
- Poor sleep habits
- Intense focus on when they get screen time
- Increased aggression and/or anxiety
- Lack of focus
- Poor social skills

### **Some ideas on how to limit screen time**

- Designate 1 day of the week for "screen-free" days or screen time only on the weekends
- Be the model-kids like to model adult behaviors-so set limits for yourself too
- Focus on family meals and set the rule of no screen time while eating
- Interact with your child by talking or doing activities such as puzzles, reading, games, or physical activities
- Set hard limits on screen time and the quality of the screen time
- Use screen time as a reward in that it can only be used when tasks, homework, and physical activities are completed
- Go cold turkey with no screen time (only really hard the first week) then slowly add it back in with limited time

The effects of brain development and screen time articles:

<https://hms.harvard.edu/news/screen-time-brain>

<https://healthmatters.nyp.org/what-does-too-much-screen-time-do-to-childrens-brains/>

<https://www.qustodio.com/en/blog/screen-time-children-think-learn/>

### Serve With Empathy

Empathy is the ability to be aware of the feelings of others and imagine what it might be like to be in their position (or in their shoes). Empathy is a key ingredient in positive friendships and relationships. Questions you can ask your child either through role-playing situations, characters in books/television shows, or situations they encounter at school or home.

1. What emotions is that person feeling?
2. Why do they feel this way?
3. How would I feel if I were in that situation?
4. What can I say or do to help?

A Little Spot of Empathy by Diane Alber Read Aloud

I am Human by Susan Verde Read Aloud

# THANK YOU TO NORTHMONT KIDS WRESTLING FOR THE DONATION OF PLAYGROUND ITEMS!!!!





# STUDENT SERVICES



Mrs. Stone-Speech Language Pathologist. Favorite season-Spring



Ms. Dennis-School Psychologist-  
Favorite colors-Orange and Purple



Mrs. Pearce-Speech Language Pathologist-Favorite season: Fall



Mrs. York-Occupational Therapist-Favorite college sports team The Ohio State University.



Mrs. Sedor- School Psychologist - favorite food is pasta!



Mr. Degrazia- School Psychologist-Favorite food is Pizza.



Mrs. Waltemire- School Psychologist-Favorite thing to do is ride her horse and spend time with friends.



Mrs. Kline-EL teacher- loves the fall and spending time with her family outside. She also love watching her kids play fall sports!



Mrs. Zumwalt-Literacy Coach-  
Favorite thing to do is watch my kids play the sports they love.



# STUDENT SERVICES



Mrs. Abels-Physical Therapist-  
Favorite thing to do is read or  
listen to books.



Mrs. Roberts-Physical Therapist-  
My favorite thing is spending time  
with my family especially during  
my favorite season of Fall.



Mrs. Hoeflerlin-PAX Partner-I love the  
outdoors (hiking, boating, yard work),  
coffee, and trying new things.



Mrs. Fitzgerald-Speech  
Language Pathologist-Favorite  
food: Tacos (chocolate is a  
close second!)



Mrs. Stump-Learning Plan  
Instructor-Favorite Food -Tacos



Mrs. Buchanan-Occupational  
Therapist-Favorite things to do are  
playing games with my family,  
reading books and walking in the  
woods.



Mrs. Knipp- Behavior  
Interventionist -Favorite color is  
yellow!



Mrs. Logan-Speech Language  
Pathologist-Favorite food: Tacos