

May 2024

Highland Scottie Bites

Website: [Highland Elementary Website](#)



May 2nd-3rd - NO SCHOOL
May 27th - NO SCHOOL
May 31st - LAST DAY & Early Out at 11:45am



BULLYING: Bully behavior occurs when there is deliberate intent to harm, dominate, inflict pain, exclude or otherwise cause distress to the person being targeted. The person who bullies purposefully misuses his/her power (size, age, popularity, confidence, verbal ability), usually repeatedly. The balance of power between the bully and target is NOT EQUAL.

Navigating the Screen Time Scaries: Tips for Parents



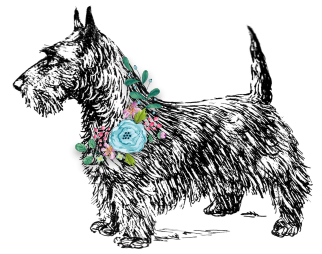
In today's digital age, the topic of screen time for children is a growing concern among parents and experts alike. With research highlighting the potential risks associated with excessive screen time like irreversible eye disorders and decreased white matter in the brain – leading to mental health conditions - it's crucial for parents to take proactive steps to manage their child's media use effectively. [KidsHealth](#) offers the following tips to help you navigate the screen time scaries and promote a healthy balance in your child's life:

- 1. Set Limits:** The American Academy of Pediatrics recommends specific guidelines for screen time based on age. For children under 2 years old, avoid screen time altogether. For children aged 2–5, limit screen time to one hour per day, and for older children, aim for one to two hours per day.
- 2. Encourage Variety:** Encourage outdoor play, creative projects, and reading to promote physical activity and cognitive development.
- 3. Create Tech-Free Zones:** Designate specific times and areas in your home where screens are off-limits. Turn off devices during meals and at least one hour before bedtime. Keep screens out of your child's bedroom to promote better sleep hygiene and reduce distractions.
- 4. Monitor Content:** Be mindful of the media content your child consumes. Research video games and apps before allowing your child to use them. Ratings can run from E (for "everyone") to AO (meaning "adults only"). Younger kids in grade school should probably be limited to games rated E (for "everyone"). E10+ (meaning "everyone 10 and older") may be appropriate for older kids.
- 5. Foster Quality Time:** Use screen time as an opportunity to bond and connect with your child. Watch TV shows or play games together, and engage in meaningful conversations about what you're watching or playing.
- 6. Lead by Example:** Children learn by example, so be mindful of your own screen habits. Set a positive example by limiting your own screen time and prioritizing face-to-face interactions.
- 7. Utilize Resources:** Take advantage of online resources and tools designed to support parents in managing screen time. The [AAP's family media plan tool](#) allows you to create a customized media plan for your family, while [Common Sense Media](#) offers information on age-appropriate media content and ratings.

If you have concerns or questions about managing your child's media use, don't hesitate to consult with your pediatrician for guidance and support.



Highland Principal's Corner



May 2024

Greetings Highland Scotties,

Happy Spring! We are busy at Highland. Teachers are working on screening students to assess how much growth has been made this year. It has been so exciting to celebrate successes with so many children. They can be proud of their hard work. Thank you for your part in their successes!

Please watch for notes coming home about wrapping up the year. There are many fun activities planned for all! As the year quickly winds down here are some things to remember:

- Parent Input forms for next year's placements were sent out and are due May 17th.
- Days off in May: 2nd & 3rd and the 27th.
- Kindergarten: we are accepting registrations, if you have a future kindergartener or know a neighbor with one--forms are available online.

Thank you for sharing your kids with us.

Mrs. Donald



PTSA CORNER

- Next meeting will be MONDAY, May 13th at 3:15. We will be meeting in the Library at Highland.
- People not picking up after their dog on our playground. PLEASE pickup/remind others to pick up after themselves as well. It's really gross and school staff are having to spend their time doing it.
- Thank you to everyone who made Teacher Appreciation week a HUGE success!!



HIGHLAND ELEMENTARY YEARBOOKS

If you missed ordering your yearbook online, Highland will have 20 yearbooks available to purchase when they arrive.

If you have any questions, please reach out.

**DON'T
MISS
OUT!**

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>1 Hour Early Out</i> Teacher Appreciation Day	2 NO SCHOOL	3 NO SCHOOL
6	7	8 WALK BIKE & ROLL TO SCHOOL <i>1 Hour Early Out</i>	9	10 ALL Library Books DUE!
13 PTSA Meeting 3:15pm	14	15 <i>1 Hour Early Out</i>	16	17
20	21	22 <i>1 Hour Early Out</i>	23	24
27 NO SCHOOL	28 FIELD DAY	29 <i>1 Hour Early Out</i>	30	31 LAST DAY! EARLY OUT! 11:45am End of 3rd trimester



Dear Parents/Guardians;

The initial dose of any new medication must be administered at home in order to prevent adverse reactions from occurring at school.

The student must be monitored at home for a minimum of 24 hours before returning to school. (Procedure 3146-P1)

If your child has prescription or over-the-counter medication at school, *your child's medication must be picked up by the parent/legal guardian at the end of the school year.* Medication not picked up will be disposed of.

Thank you,

Nurse Tami

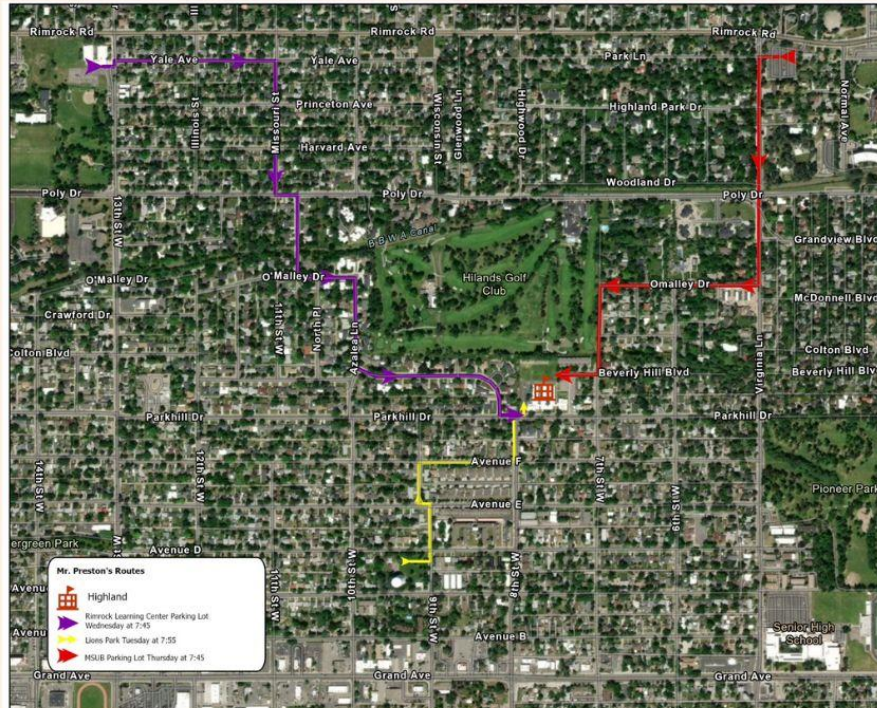


Highland Elementary

WALK BIKE & ROLL

TO SCHOOL

MAY 6-10



Six Reasons
to walk, or roll to school!



Better Academic Performance



Traffic Safety



Saves Money



Healthier Kids



Community Connectedness



Climate Benefits

IMPORTANT INFORMATION

- ▶ Helmets Required
- ▶ Daily Prizes
- ▶ Intracity Competition on May 8th
- ▶ Traveling Trophy Awarded to the School with Highest Percentage of Students Participating
- ▶ Free Breakfast Burritos from Rail Line Coffee for all Participating Students May 8th



FRIDAY MAY 3RD

5:00 pm to 8:00 pm

MINI ART SHOW

with the Montana Watercolor Society

4TH AND 5TH GRADES

**Selected works from McKinley,
Highland, Burlington, Ponderosa,
& Bench Elementary Schools**

Confetti Heart Studio

2821 2nd Ave N