

Vol. 1 Principal's Acorn Ally- Together Nurturing Acorns Into Mighty Oaks

Dear Parents & Partners,

In my commitment to this year's theme of "Building Bright Futures Together," I am excited to introduce a new section to the Acorn Blast, the Principal's Acorn Ally. (Please note I will be updating this section 1-2x a month, not weekly). Over the summer, I had the opportunity to read Jonathan Haidt's eye-opening book, *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness*.

As an educator with over 27 years of experience, I have been deeply saddened by the noticeable changes in our students. We're witnessing a rise in anxiety, gaps in social skills, focus and attention difficulties, addiction to social media and video games, and decreased physical activity. These changes are concerning as they have a heartbreaking impact on a child's sense of self and happiness.

Understanding these dynamics is crucial, and knowledge is power. In the coming editions of Principal's Acorn Ally, I will share insights from Haidt's book to help us better understand these challenges. My goal is to empower you and your child to recognize the signs of technology addiction and understand the impact. Additionally, I hope to work together to create open communication for our community to build knowledge around these issues.

Together, we can explore this topic to best navigate needed changes to build a supportive environment for our children's bright futures.

Warm regards,

Mrs. Christierson