



KLEPTZ NEWS

November 2024



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

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.

Upcoming Dates:

November 3-Daylight Savings Time

November 5-Picture Retakes

November 8-End of grading period

November 11- Veterans Day

November 15-Report Cards

November 25-29-Thanksgiving Break

December 10-Community Breakfast

December 18-20 FastBridge Testing by apt only

December 23-Jan 6- Winter Break

January 7 Classes Resume

January 20-No School-MLK Day

February 10 & 11-Parent Teacher Conferences

February 13-17-No School

February 18-Spring Pictures

February 21-End of grading period

February 28-Report Cards

Resource

If your family needs assistance with holiday meals or providing gifts for your children, you may now apply using the link below. Applications for holiday meal boxes must be submitted by November 1, and applications for the Christmas store must be submitted by November 15. To receive this service, you must apply and live in the Northmont School District.

<https://forms.gle/iM9r1tX8DLwFWcbk8>



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/>

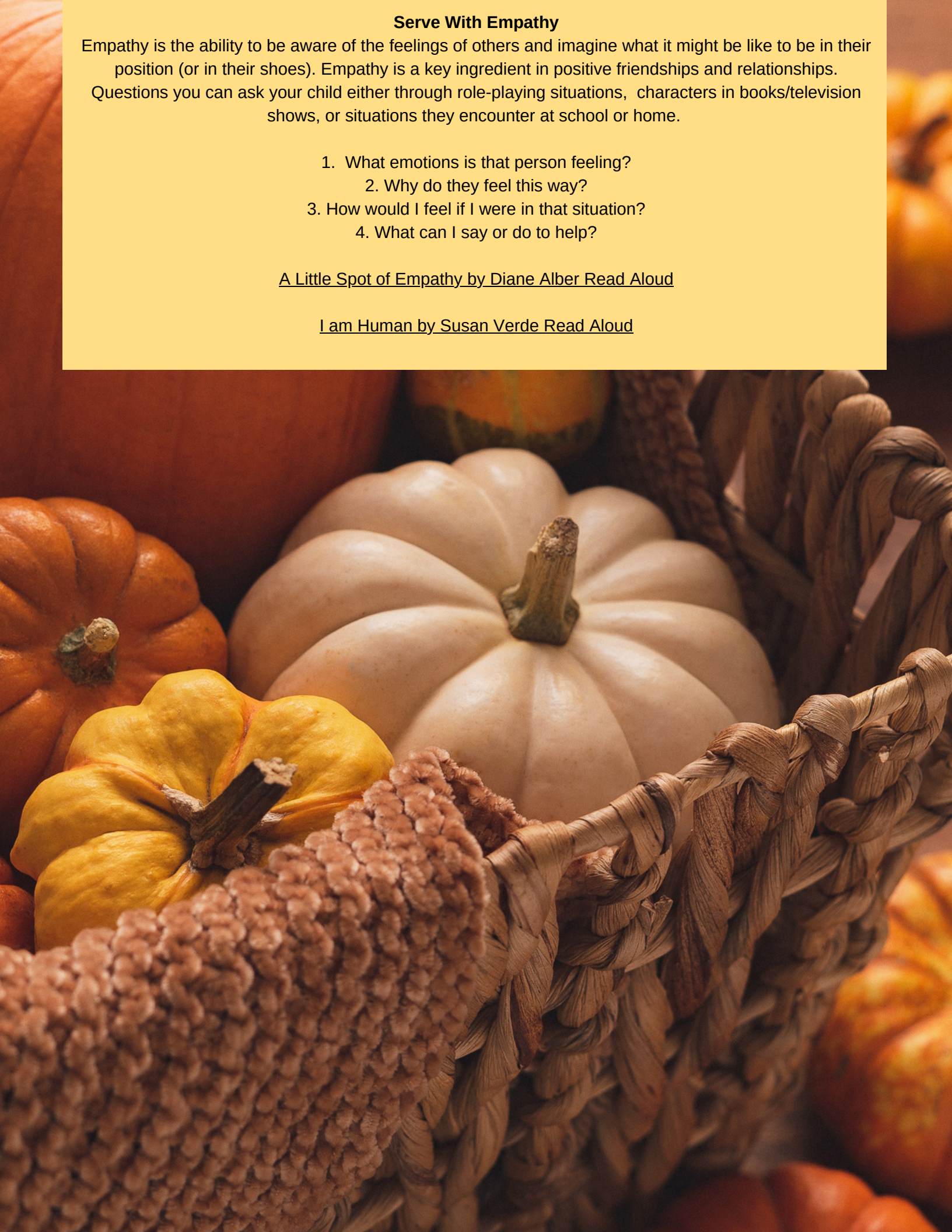
Serve With Empathy

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



STUDENT SERVICES



Mrs. Stone-Speech Language Pathologist. Favorite sport-Volleyball



Mrs. Sedor- School Psychologist - Enjoys cooking



Mrs. Pearce-Speech Language Pathologist-Favorite food: Shrimp Alfredo



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



Mrs. Rolfes- Behavior Interventionist -Favorite Artist-The Eagles, Fleetwood Mac, Prince and almost anything from the '80s.



Ms. Lee- School Psychologist-Favorite team-Detroit lions



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



Mrs. Kline-EL teacher- Favorite Food-Italian



Mrs. Zumwalt-Literacy Coach-Favorite food-Candy

STUDENT SERVICES



Mrs. Abels-Physical Therapist-
Favorite team-Dayton Flyers



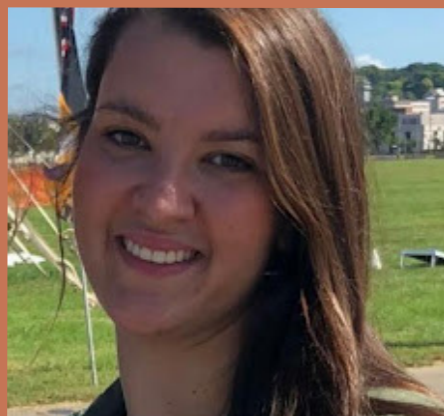
Ms. Stefanoff- Physical Therapist-
Favorite TV Show-The Office



Mrs.Weaver-Wilson -PAX Partner-
Favorite Pizza-Godfathers



Mrs. Fitzgerald-Speech
Language Pathologist-Favorite
color: Turquoise



Mrs. Dickens-Occupational
Therapist-Favorite Hobby-
Spending time with my 2 year
old and 6 month old



Mrs. Buchanan-Occupational
Therapist-Just bought a camper
and is looking forward to some
new adventures.



Ms. Leitz- South Community
Therapist-Favorite food is
Pizza.



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