



LUTHER LEDGER

STEVE LUTHER ELEMENTARY SCHOOL

OCTOBER 2025

Dear Luther Families,

As we move further into the school year, I want to take a moment to address an important topic that affects even our youngest learners – **social media safety**. While many social media platforms set a minimum age requirement of 13, research shows that children in elementary school are often accessing these apps earlier than recommended. A recent study from the *American Academy of Pediatrics* found that nearly 40% of children ages 8 – 12 use social media in some form.

Why does this matter?

Brain Development: At this age, children's brains are still developing the skills needed for impulse control, decision-making, and understanding long-term consequences. This makes them more susceptible to online risks.

Well-being: According to *Common Sense Media*, heavy social media use in children is linked to higher levels of anxiety, lower self-esteem, and disrupted sleep.

Digital Footprints: Everything children post or share online can become part of their permanent digital record, even if they think it's temporary.

What can families do?

Set Boundaries: Keep devices out of bedrooms at night and set clear limits on daily screen time.

Stay engaged: Talk with your child regularly about what apps they use, who they connect with, and what they see online.

Teach critical thinking: Encourage children to pause and ask themselves if something is kind, true, and safe before sharing it.

Monitor Connections: Remind children that it is never appropriate to accept friend requests or online messages from adults they do not personally know and trust. This also includes connecting with Luther School staff on personal social media accounts. Our staff are here to support students at school, but for everyone's safety and privacy, we do not connect with students on social media.

At Luther School, we are committed to teaching digital citizenship and helping students build the skills they need to thrive both online and offline. Together, we can create a safe and balance digital world for our children.

Sincerely,
Helen Chung - Principal

Mark Your Calendar!

10/ 7

SSC/ELAC Mtg.

@ 2:45 – on Zoom -Please email hchung@cypsd.org for the Zoom link

10/ 14

PTA Mtg. 6:30 p.m. on Zoom

10/15

Vision and Hearing testing for grades TK, K 2, & 5

10/24

Trunk or Treat @ 5:30 p.m.- 8:00 p.m.

10/ 25

La Palma Pledge at La Palma Park from 8:00 a.m.-10:00 a.m.

10/27 Early Release Day

10/ 27-31 Red Ribbon Week

Questions?

Principal

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Administrative Assistant

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