



# Howells Public Schools Bobcat Bulletin September 2010

## **Parent/Teacher Conferences**

Wed., Sept. 15 ----- 6:00-9:00 P.M.      and      Fri., Sept. 17 ----- 9:00-1:00 P.M.

- ❖ Elementary Conferences will be held in their classrooms on a first come first serve basis.
- ❖ Jr. High/High School Conferences will be held in the Commons Area on Wednesday evening and in the Classrooms on Friday.

## **Studies Show Too Much Screen Time Detrimental to Kids' Health**

Another school year is off and running. Every year teachers spend the first month of school fighting to grab and hold students' attention for longer and longer periods of time. Students often return from summer jittery and struggle to concentrate on a task for longer than a few minutes. More and more parents and teachers report attention deficit problems in their students each year. A recent study released by Iowa State researchers, published in the American Academy of Pediatrics, may explain some of this behavior. The study was the latest to prove detrimental effects of spending too much time watching a screen, be it TV shows or video games. The study was done on elementary students in ten different schools in Iowa and Minnesota over a period of 13 months. They discovered that children with above average screen time were 1.5 to 2 times more likely to have attention problems. The kids in the study averaged 4.26 hours of TV or video game time per day. The American Academy of Pediatrics recommends no more than 1-2 hours a day. The researchers found that even as the year went by, attention problems grew noticeably worse for students who spent a lot of time watching TV and playing video games.

It's not just elementary kids who are in danger, many high school kids spend an inordinate amount of time playing video games from the time they get home until they go to sleep. Research shows a definite connection between screen time and adolescents' attention and school performance. Even college-age students were shown to have similar problems with attention related to increased screen time. Unfortunately, by the time students are in college, if they choose to play video games all night long, there isn't a whole lot that parents can do. It's essential to educate and build self-discipline in children long before that time.

I didn't have to look farther than my own household to confirm this study was true. For a five year old, Braden has developed quite an unhealthy addiction to our Nintendo Wii, as well as computer games and television. For the past month we've been trying to wean him off television, computer games, and Wii so that he'll be a little better prepared for school. It is really amazing the amount of video stimulation that is available to kids compared to 20 and 30 years ago. And it's not easy to turn off the TV and computer, but it really all comes back to setting stern limits. This past summer was a little tough with all the hot and humid weather, and kids didn't want to be outside quite as much as normal, however, there are plenty of things kids can do without watching TV or playing video games. Make a list of all the different games and activities your children can play that don't involve a TV or computer screen. Then, when they get bored, have them pick something off the list. Children do not develop skills and abilities like creativity, problem solving, and teamwork by sitting in front of a TV screen or playing a video game. They develop these abilities by playing outside with friends, making up their own games, play-acting, building things, and reading. The great thing is all of these activities are virtually free!

## **From the Counselor**

The seniors were given scholarship information about the following scholarships: Access College Early, Wendy's High School Heisman, Nebraska Wesleyan's scholarships, Latino Leadership and Southeast Community College. They also received information about CCC's Fall Semesters Nursing Assistant Classes UN-K's Health Career Fair (Wednesday, October 13<sup>th</sup>), student records (high school transcripts), college visit forms.

\*Beginning with applicants for the fall/summer 2011 term, the UN-L Office of Admissions will only accept ACT and SAT scores directly from the testing agency.

The Juniors & seniors were given information about UN-L's Chemistry Day, UN-L's online college credit at a reduced rate, Howells Financial Aid Information night, UNMC's Rural Health Career Day and Midland Lutheran College's Back to School Bash.

Grades 9 – 12 were information about the College Night at West Point's Donald Nielsen Community Center and the Norfolk Area College Fair.

## Scholarship Deadlines and Important Dates

Sept. 1 - UN-K 2011 admission forms available  
Sept. 17 - ACT registration deadline for October.  
Sept. 18-Oct 1 - ACT late registration timeline for October test.  
Oct. 3 - Wendy's High School Heisman Scholarship Application due  
Oct. 23 - ACT test

## **“BITS & PIECES” FROM THE OFFICE**

\* Bobcat Bulletins will be made available at Bill's Food Mart, the Howells Bank, and at the school for your convenience. A copy can also be printed from the school website – [www.howellspublicschools.org](http://www.howellspublicschools.org)

\* Schoolmaster PASS numbers have remained the same as last year. Jr. and Sr. High students were given their ID and Pass information the first day of school. This information will also be available at Parent/Teacher Conferences.

## **Title 1 Schoolwide**

The federal government provides funding to each state that submits a Title 1 plan describing what students are expected to know and be able to do. The state then sends the money to school districts based on the number of families below a set income level. Our school district then uses the money to provide support to students in reaching the standards of performance that all students are expected to meet.

A schoolwide Title 1 program allows schools that qualify to use Title 1 money to pay for educational programs for the whole school not just selected students as in a Title 1 Target school. It can offer services and programs that can help improve your child's education. Title 1 money may be combined with other funds to pay for new programs. All students are held to the same high standards. A schoolwide program is based on the district and state standards for what students in each grade should know in reading, math, social studies, and science. Goals are set to help all students reach the standards. Yearly the schoolwide plan is reviewed to see if there has been improvement in students' skills. Successful schoolwide Title 1 programs are a result of schools and parents working together.

# The Howells Dance Team presents the...



## Mr. Howells Pageant

*Monday, September 6th*

*6:30 p.m.*

*Howells High Gym*

\*\*\*Proceeds to benefit Brook, Courtney, & Katee with their New York trip.