Oh the Places They'll Go!

Dear families,
As we near the end of the school year the book, *Oh the Places You'll Go* by Dr Seuss seems to provide a great deal of insight. Transitions can be scary and unknown, however the journey provides a great deal of learning and growth and the end of our journeys can be so sweet.

"Congratulations! Today is your day. You're off to great places. You're off and away" (Dr Seuss). Our students are ready, they have shown perseverance, and they have and continue to live through an unprecedented time.

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose" (Dr Seuss). Our Seniors, in particular, have been working towards this moment since they began Kindergarten. They have learned about many different types of careers and they have explored many career and educational pathways. They are now in the driver's seat and are ready to take command.

"You'll get mixed up, of course, as you already know...So, be sure when you step. Step with care and great tact and remember that life's a great balancing act" (Dr Seuss). We know there will be struggles, there will be difficulties along the way. Struggles are what make us who we are and the flexibility that everyone has shown through this journey of distant learning has been tremendous. We will all be okay and get through this together.

So, as we transition to the next stages in our lives, we hope you will all remember..."You're off to great places! Today is your day! Your mountain is waiting, so get on your way" (Dr Seuss).
Safety for Students this Summer

Physical Safety, "Tips from Officer Andy"
Officer Andy said the best advice he can give is to make sure children have bike helmets, life jackets, and any protective equipment related to summer fun and make sure they WEAR them. Make sure your children know the bike safety rules for safe riding on streets and roads. Make sure your children know how to swim, but always make sure they wear their life jackets, anyone can drowned when their unconscious. Be smart, stay safe, and have fun!

Emotional Safety Tips
All of us need to feel safe with others to enjoy the freedom to work together, to dream, to be wildly creative, to feel empathy for ourselves and others and to enjoy being with one another. To do all of this we need to feel safe. Here are a few ideas to help you and your family feel safe together:

- Trust that the other person has your best interest at heart and treat them as if you do.
- Be responsible for your own actions and apologize when needed.
- Say what you mean, mean what you say, but do not say it meanly.
- Use positive language and encourage each other.

Digital Safety Tips
Now, that our students have gotten used to being online regularly it will be imperative for parents to continue monitoring the applications, websites, internet games, etc. that their child(ren) are using. Below is a fabulous website that provides parents with ratings and information on digital media that you may be wondering about.

Common Sense Media
https://www.commonsensemedia.org/

Our students and teachers may be feeling digital fatigue, so it will be important for all of us to unplug this summer and enjoy the beautiful Northwoods!
Summer Safety for Kids

Click the link for an article on summer safety.

TECH OVERLOAD

FACT: The average American child spends 50+ HOURS a week in front of a screen. That's more than A FULL TIME JOB!

- 2 hrs: Recommended daily screen time for children and teens
- 7½ hrs: Average screen time per day (no, video games, movies, computers, cellphone, etc)
- 10%: % of children addicted to mobile devices

The Downside of Screen Time

- Depression
- Fatigue
- Poor Academic Performance
- Anxiety
- Health Problems
- Impaired Self-Control
- Vision Problems
- Impaired Social Skills
- Obesity
- Aggressive Tendencies
- Poor Digital Footprints
- Developing Unhealthy Relationships

Unplugging Tips!

- Encourage tech-free hobbies and activities.
- Practice what you preach! Children follow by example.
- Create no-tech zones in your home.
- Don't allow devices at family meals.
- Set screen time schedules.

ASK YOUR CHILD:

“What are you missing out on when you spend so much time on your device?”

“What have you always wanted to learn or try?”

A Resource for Parents

Want to limit your child’s device use? OurParent is a free solution for parents to block internet and apps on all children’s iOS and Android devices. Manage screen time by blocking children’s devices at-a-touch or through automated schedules. Through our Web App or iOS app, limit device use with a bedtime schedule or set a manual block during a family meal.

Get Started for Free

Additional Resources

- [Elementary Social Emotional Distant Learning Plan](#)
- [Obtain a work permit: Summer Job](#)
- [Summer school information](#)