Week of March 6

Notus Elementary Pirate Chatter



Jr. High Track Meeting for 6th-8th Monday, March 7

Spring Pictures Thursday, March 10

NSD School Board Monday, March 14

Spring Break March 21 - 25

SPRING time is

just around the corner...and that means it's daylight outside longer! Hooray! We have been reminding our Pirates to limit screen time right before bed time. It is so hard for our brains to "shut off", when we are glued to a device before we go to bed. Spring is here, let's play outside!

Establish clear rules and set reasonable limits for your child's use of digital media. Consider these tips:

- Encourage unplugged, unstructured playtime.
- Create tech-free zones or times, such as during mealtime or one night a week.
- Discourage use of media entertainment during homework.
- Set and enforce daily or weekly screen time limits and
- curfews, such as no exposure to devices or screens one hour before bedtime.
- Consider using apps that control the length of time a child can use a device.
- Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.
- Eliminate background TV.

https://www.mayoclinic.org/



Welcome to the School Counselor's Corner

CHARACTER TRAIT WORD FOR MARCH: FAIRNESS



Mary Ihli-Laan, Counselor 208-459-7442 <u>ihlilaam@notusschools.org</u> Cara Marchbanks, Community Schools Resource Coordinator <u>marchbankscara@notusschools.org</u> Karla Bales, LAUNCH Resiliency Advocate 208-739-2530 <u>balesk@wicap.org</u>



→ School starts at 7:50 a.m. -Please do not drop off students before 7:30 a.m.



This Thursday!

SPRING PICTURE DAY IS HERE!

PICTURE DAY IS:

Dia de fetes será et Thursday, March 10, 2022

jueves, 10 de marzo, 2022

PICTURES WILL BE TAKEN AT:

Notus Elementary School



order online

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Order by Picture day and receive free shipping to your school! Ordene para el d'a de la foto y reciba envio gretis a la escuela.

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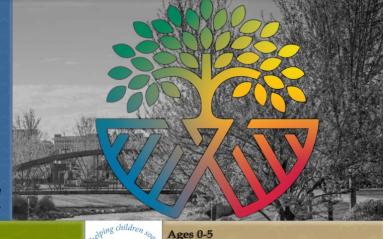


"This Institution an equal opportunity provider"

PIRATE PARTNERSHIPS the

Caldwell Public Library and WICAP **Present:** Social

Story Time With Project LAUNCH!



Ages 0-5

Join Rosie the Roadrunner and Lou the Lizard in a storytime with the first seven weeks focusing on why listening to directions is so important!

Location: Caldwell Public Library Date: Every Friday in March and April Time: 10:30 A.M. PROJECT **Price: Free!** AUNCH



Please remember we have resources to support our Pirates! Don't hesitate to reach out to us! Mary Ihli-Laan, <u>ihlilaam@notusschools.org</u> Secondary Counselor: Nate Holm, <u>holmn@notusschools.org</u>

