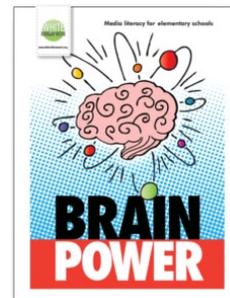


White Ribbon Week



Dear Parents,

Next week is White Ribbon Week where we learn to make smart choices in media and online.

Our theme is **Brain Power!** We will learn to get brain power through sleep, exercise, healthy foods, and by continually trying something new!

We will be learning how to protect ourselves from 3 media brain dangers:

1. **Media Violence** (The average American child witnesses 200,000 violent acts on TV ALONE by age 18.)*
2. **Indecent Pictures** (9 years is the average age at which a child first sees indecent images.)*
3. **Too Much Screen Time** (Studies show that excessive screen time contributes to poor grades, sleep problems, behavior problems, obesity, risky behavior, and increased rates of anxiety and depression.)*

Our students are learning to be aware of warning signs, how to talk to a parent about media use, and how to use media in safe ways! We will have the opportunity to have direct instruction, participate in the Brain Lab at some point during the week, receive a bookmark with their new learning, watch a video on Friday of their peers participating in a brain boosting activity, and they will also be learning tools for protecting their brain!

How can you help?

1. **Send a picture** of your child doing a brain boosting activity such as balancing, trying a new food, learning an instrument, playing a sport, drawing.....Be creative! Send your video to Lindsey.wesley@region16.net **by noon on 11/15/2018**. The students will then watch a slideshow on Friday of their peers participating in brain boosting activities. This is optional.
2. **Talk to your child.** You are a powerful influence on your child. Have conversations about their new learning at home. There are images on the back of this letter that show you what they are learning this week. Ask them about Tic-Tac-Toe!
3. **Mark the date for Coffee with the Counselor on Nov. 28th at 8:15am.** We will be learning what young people have access to via technology, how to set up systems and structures in the home regarding technology, and we will also be looking at parental control software.

Thank you for talking about media rules at home. Please feel free to reach out with any questions as we all work together to keep our kids safe and give them Brain Power!

Lindsey Wesley

*If you would like access to any of these scientific studies, please feel free to send me an email requesting additional information. They will also be discussed at Coffee with the Counselor on November 28th.