

PLEASANT HILL WOLVES WEEKLY UPDATE

WEEK OF NOVEMBER 18TH – 22ND

Why are we getting Yondr Pouches? What are they?

Yondr bags are a canvas-type bag with a magnetic lock made to hold students' smart devices. The District has purchased Yondr bags and plans to have students start using them after the holiday break. This is an effort to make school a tech-free zone where students have the freedom to focus on their education without distractions. The attorney general encourages parents and caregivers to battle the potential harm on their children from social media by creating tech-free zones. In ["Social Media and Youth Mental Health,"](#) the Surgeon General suggests the following:



Yondr Lock and Pouch

Create tech-free zones and encourage children to foster in-person friendships. Since electronics can be a potential distraction after bedtime and can interfere with sleep, consider restricting the use of phones, tablets, and computers for at least 1 hour before bedtime and through the night. Consider keeping family mealtimes and in-person gatherings device-free to build social bonds and engage in a two-way conversation. Help your child develop social skills and nurture his or her in-person relationships by encouraging unstructured

and offline connections with others and making unplugged interactions a daily priority. See the American Academy of Pediatrics (AAP) [guidelines for media use](#).



SURGEON GENERAL WARNS THAT SOCIAL MEDIA MAY HARM CHILDREN AND ADOLESCENTS

The report by Dr. Vivek Murthy cited a "profound risk of harm" to adolescent mental health and urged families to set limits and governments to set tougher standards for use.
The nation's top health official issued an extraordinary public warning on Tuesday about the risks of social media to young people, urging a push to fully understand the possible "harm to the mental health and well-being of children and adolescents."

BREAKFAST & LUNCH THIS WEEK

Monday:

- Cereal & Fruit
- Pizza, Green Beans, and Fruit

Tuesday:

- Muffin & Fruit
- Chicken Patty, Carrots, and Fruit

Wednesday:

- Cereal Bar & Fruit
- Pulled Pork, Salad, Fruit

Thursday:

- Nutri-Grain Bar & Fruit
- Turkey and Noodles, Mashed Potatoes, Corn, Dinner Roll

Friday – No School

DATES TO REMEMBER

- November 20 – School Improvement Day, 1:30 Dismissal
- November 22nd – No School, Deer Day
- November 27th – 29th – Thanksgiving Break
- December 11th – Regular School Board Meeting, 6 pm
- December 12th – Family Night at Elementary, 5-7 pm
- December 13th – PHHS Career Fair, 8:30 am
- December 17th – JH & HS Christmas Concert, 7 pm
- December 18th – School Improvement Day, 1:30 Dismissal
- December 23 – January 3rd – Christmas Break
- January 6th – Teacher Institute, No School for Students