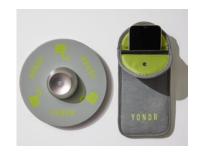
# PLEASANT HILL WOLVES WEEKLY UPDATE WEEK OF NOVEMBER 18<sup>TH</sup> – 22<sup>ND</sup>

## 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



## 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."

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

## BREAKFAST & LUNCH THIS WEEK

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

## Tuesday:

Monday:

- 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 22<sup>nd</sup> – No School, Deer Day

November 27<sup>th</sup> – 29<sup>th</sup> – Thanksgiving Break

December 11<sup>th</sup> – Regular School Board Meeting, 6 pm

December 12<sup>th</sup> – Family Night at Elementary, 5-7 pm

December 13<sup>th</sup> – PHHS Career Fair, 8:30 am

December 17<sup>th</sup> – JH & HS Christmas Concert, 7 pm

December 18<sup>th</sup> – School Improvement Day, 1:30 Dismissal

December 23 – January 3<sup>rd</sup> – Christmas Break

January 6<sup>th</sup> – Teacher Institute, No School for Students