

**Screen Time**

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# THE SPECTRUM

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Winter Camp Class 6.1

# CSI:Connect Style

The crime scene.



Detectives at work.



In Science, Grade 6 students sharpen their skills in observing and interpreting what they see by investigating evidence of human activity by engaging in the suspicious death of Felix Navidad. They explored and analyzed indoor and outdoor environments as they looked for footprints, markings, evidence of disturbance and things that were left behind at the scene of the crime. Through this investigation, students learn to pose questions, devise investigations, recognize patterns and discrepancies, and think logically about what they have observed.

# Grade 8's & 9's

Visit the National Music Centre



# THE DIGITAL WORLD



Students in Grades 4 through 9 learned about digital citizenship, their digital impact, and ending cyberbullying, through the TELUS Wise program this month. As an action item, students can take the #EndBullying pledge at <http://wise.telus.com/en/pledge> and \$1 will be donated to various anti-bullying charities across the country. Thank you to Barb Oucharek for visiting us to share this great session and inspire ongoing conversations around digital citizenship! We hope that, as we now are at the middle of our school year, you will revisit the Empowered Use Policy and talk about your child's citizenship in and through technology so far, and how they envision it for the future.

# WINTER CAMP

Grade 6 classes enjoyed a three day trip to Kananaskis. Hiking and skiing were the highlights of the trips. Camp fires kept all warm and entertained.

Pictures provided by Todd Kuipers.



# Join

Keep yourself busy, meet new friends, relax, or learn something new!

- ARC Club
- Buddies Club
- Cars & Cocoa Club
- CCTB
- Debate Club
- Fun For Fours
- Game Board Club
- Garden Club
- Run Club
- String Club
- The Original Origamists
- Writing Club
- Yoga Club

## **INFORMATION FOR PARENTS**

Canadian children and adolescents are now spending so much time on screens – video games, smartphones, tablets, computers and television, public health and pediatric experts report that it is negatively impacting their physical, mental and social health.

**Recreational Screen time** recommendations as outlined by the Canadian guidelines and endorsed by the Canadian Pediatric Society:

**Under 2years – no screen time**

**2 - 4 year olds – 1 Hour daily maximum; less is better**

**5 - 17 year olds – 2 Hour daily maximum; less is better**

We have seen a dramatic shift in the way children spend their time, with less time playing outside and more time spent indoors, sedentary and screen-based.

A growing body of research is sounding the alarm about the amount of time Canadian children and youth are spending sitting in front of screens, this is negatively associated with their physical, mental and emotional health.

The Ontario Student Health survey reports that students in grades 7 to 12 are spending up to 7 hours a day on screens, more than *three and a half times the recommended limit of 2 hours per day*. (The survey results would be very similar in Alberta)

Spending so much time on smartphones, video games, tablets, computers and televisions significantly affects eating habits, displaces physical activities, limits children's opportunities to interact with each other, and increases the incidence of mental health issues such as anxiety and depression.

Simultaneously, researchers agree that spending time in nature and being active outdoors is beneficial to children's physical and mental health, and helps improve their resiliency, academic performance and social skills.

Physicians in Scotland, America and Canada have started prescribing time in nature, which can reduce symptoms of stress, depression, anxiety, aggression, Attention Deficit Hyperactivity Disorder (ADHD), diabetes and high blood pressure, and improve cognition and immune function.

Children and youth aged 5 - 17 years should engage in high levels of physical activity, reduced levels of sedentary behavior - especially screen time - and sufficient sleep each day. 85% of children aged 5-17 do not meet the guidelines for adequate sleep, physical activity and screen time.

Physical activity is closely linked to a child's physiological health, cognitive function and mental health. A team of experts in pediatric neuroscience and exercise science emphasize the positive benefit of aerobic exercise on brain health.

For example, physical activity improves cognitive functions such as behavior regulation, attention and planning, and improves mental health. Physical activity in children helps minimize depressive symptoms and feelings of anxiety.

In addition, higher levels of physical activity in children are associated with lower stress and better resilience. Developing healthy exercise habits in childhood and adolescence can set the foundation for a lifetime of good physical and mental health.

The New Year is an optimal time to review and discuss the information with your children.

FROM YOUR SCHOOL NURSE.

# PARENTS!

School Closed

Thursday, February 14 - Friday, February 15 - Staff Retreat

Monday, February 18 - Family Day

Friday, March 1- Organization Day

**Sick child? Doctor's appointment? Over slept?**

**Remember to call the office at 403-282-2890 or send us an email to [office@connectcharter.ca](mailto:office@connectcharter.ca).**

Moving, changed your email address or phone number?

Remember to keep your information current and up to date in Family Zone.