

# John F. Kennedy Elementary



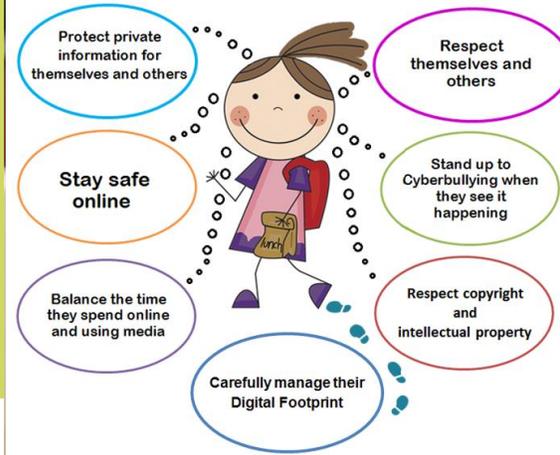
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November 2021

## Technology: Social Media under 13

There are legal and developmental reasons why social media companies write that a user must be 13 years old to have an account with their company. Under the age of 13, most children are much more susceptible to influences in the world around them compared to older children and adults. This makes them more heavily affected by powerful media messages that are present in advertising. Social media is of course “social”, and while positive social engagement with others is a normal healthy part of human development, it can also lead to people being affected by possible negative influences, comments, requests, etc. Children, who are still developing their own sense of identity and self-worth, are more vulnerable to potential negative influences and can be affected much more strongly than a grown adult. Exposure to social media at too young an age could shift a child’s perspective and have negative impacts on their psychological development, whether it be personal worth or appropriate respectful interpersonal behaviour.

### All Good Digital Citizens:



## 10 INTERNET SAFETY TIPS FOR PARENTS

- 1 Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- 2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3 Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4 Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5 Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6 Help your child learn to **filter** information online and navigate fact from fiction.
- 7 Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8 **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9 Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10 **Learn more:** Explore reliable resources for parents so you can educate yourself.

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### Non Perishable Foods



We are collecting non-perishable food items for AGAPE from November 15-19, 2021. Please make sure to check that the food sent has not expired. Agape is a Laval organization that helps to feed children and their families.

## Squid Game Netflix Series

### *An Extreme Note of Caution*

It has come to our attention that a number of students are watching a series on Netflix called Squid Games. This series is extremely violent and destined for a mature audience, due to sexual content, violence, gore and profanity. Unfortunately, some students have been playing games at recess that “mimic” some of the aspects of this Netflix series. We invite you to have a discussion with your child about this violent series and the games they are playing outside during recess time.

## NOVEMBER 11

Remembrance Day was originally called Armistice Day and is observed on the 11th day of the 11th month, November 11th. At the 11th hour on this day, we pause to remember the brave soldiers who fought for our country. That date and time mark the moment that World War I ended.

It's important not to forget the sacrifice our Armed Forces have made and continue to make for us, and there are many ways we can honour them. This year JFK will be honoring veterans during our Assembly on November 11<sup>th</sup>.

## Outdoor Dressing

Spending time outdoors is a necessity; students will be going outside 3 times daily and must have the proper clothing. The wet, cold, wind and snow will all be possibilities for our outdoor recesses. We would ask that students come to school wearing raincoats and rain boots on rainy days. There are many puddles in the yard and students will get wet and muddy. A change of clothes is always a good recommendation in case your child gets soaking wet.

As the temperatures are quickly getting below 0, dressing for the weather becomes as simple as 1, 2, 3: a base layer, a layer of warm play clothes and an outermost waterproof layer. Moreover, it is necessary for everyone – the children and their adult caregivers. There is so much joy waiting for us in the cold, wintery weather. Let us get dressed for it!



## Report Cards and Parent/Teacher Interviews

MEES has decided that rather than having 3 reporting periods in the 2021-2022 school year, schools will only have 2. You received the progress report in October. The first term report cards will be issued on January 28<sup>th</sup> and the second term report cards will be issued on June 30<sup>th</sup>.

It is important to note that we will still be meeting with parents on the evening of November 23<sup>rd</sup> as well as during the PED day of November 24<sup>th</sup>. You can contact the teacher if you would like to reserve a meeting time. The meetings will be face to face or via zoom. The format will be decided on by the parent and teacher.

## November Spirit Month Theme

For November, our theme is **technology**!

Your challenge this month is to use technology to show kindness! Try and find different ways to make someone smile. You can choose to make a funny video, send a cute picture, send a kind message/e-mail to a friend or family member, etc. The choice is yours!

