



Ms Castellanos' Guidance Newsletter

NOVEMBER 2019

TIPS FOR HEALTHY USE OF ELECTRONICS

- ✓ Limit social media use by children under the age of 13
- ✓ Keep all electronics out of the bedroom (ie. Cell phone, laptop, t.v.)
- ✓ Cell phones should be powered down overnight and during homework time
- ✓ Know your child's log-in information and check cell phones, emails, web history etc.
- ✓ Set clear time limits for gaming, cell phone use, t.v./Youtube/etc. Max. 1-2 hr. day.
- ✓ At school, cell phones should be placed in the locker... all day.
- ✓ Create a daily routine where students finish homework before they use electronics.
- ✓ Create opportunities for your child to be physically active (ie. Sport, dance, walks, etc.)
- ✓ Encourage your child to read books offline everyday

Students may drop in to the Guidance Office before or after school, at lunch, or during class time with their teacher's permission. On days when I am at one of my other schools, students may fill out an appointment request form, available in the office.

Ms Castellanos' Email: raquel.castellanos@tdsb.on.ca

Electronics May Be Causing Problems with Children's Learning and Mental Health!

From: Psychology Today, Victoria L. Dunckley M.D.

- Screen time disrupts sleep and desynchronizes the body's clock
- Screen time desensitizes the brain's reward system
- Exposure to electronic light at night has been linked to depression
- Screen time induces stress reactions in the body and may lead to anxiety and other phobias
- Screen time overloads our sensory systems, lowers attention span and depletes mental reserves causing academic problems and learning challenges
- Screen time can reduce physical activity and overall health
- increased technology use has the potential to create social disconnection, and negatively impact the development of social and relational skills

"Children's brains are much more sensitive to electronics use than most of us realize. In fact, contrary to popular belief, it doesn't take much electronic stimulation to throw a sensitive and still-developing brain off track. Also, many parents mistakenly believe that *interactive* screen-time—Internet or social [media](#) use, texting, emailing, and gaming—isn't harmful, especially compared to passive screen time like watching TV. **In fact, interactive screen time is more likely to cause sleep, mood, and cognitive issues**, because it's more likely to cause hyperarousal and compulsive use."

-Victoria L. Dunckley M.D.

Important High School Information for Grade 8's

COURSE SELECTION PROCESS...please review with your student carefully

November/December 2019	Students continue to apply to Special Programs and write entrance exams, auditions, etc. Special Programs will inform students if they are successful before February 14th . Please inform Ms Castellanos of decisions as soon as possible.
Monday, January 6, 2020	Regular Optional Attendance Forms are available from our office. Students may apply to a maximum of 2 Regular Programs.
Friday, January 31, 2020	Regular Optional Attendance Forms are due to the High Schools. Parent/Guardians must hand deliver forms directly to the High School.
Week of February 3, 2020	Ms Castellanos will provide all students with the High School Course Selection Sheet (CSS) for their Home School. Students will choose their courses on the paper copy (CSS), get signed by parent/guardian and return to their Core Teacher.
Thursday, February 13, 2020	Deadline to hand in High School Course Selection Sheets (CSS) to the Core Teacher.
Week of February 17 – 21, 2020 <u>Students DO NOT submit courses from home.</u>	Students will work with their Core Teacher and Ms Castellanos to submit their courses on MyBluePrint, at school.

MYBLUEPRINT... www.myblueprint.ca

All Grade 8 students are learning how to use MyBluePrint.

Parents/guardians are encouraged to work with their child on MyBluePrint to learn more about high school, course selection, post-secondary and to develop their Individual Pathways Plan. (IPP)

Please ask your child if they can add you as a link to their account.

OPTIONAL ATTENDANCE FOR HIGH SCHOOL

Special Program Applications: (Max. of 2 TDSB programs allowed)

- Please remember to check <https://www.tdsb.on.ca/OpenHouses> for all special program application tests, deadlines, and open houses.
- Please remember that an Optional Attendance Form is necessary in order to apply to any TDSB Special Program.
- Please let me know if you need any assistance with applications.

Regular Optional Attendance: (Max. of 2 TDSB regular schools allowed)

- Students do not need to apply for their Home school
- Applications are due to the High School by January 31, 2020
- If students accept an offer through Regular Optional Attendance, they are expected to complete their schooling at the new school. The new school would now become their Home School.
- Students will be advised of acceptance or non-acceptance by February 14, 2020

Please let Ms Castellanos know if you have accepted an offer from a High School whether it is from a Special Program, Regular Program, private schools or another school board.

Also, please ensure that we have your current address on our system. Your "Home" High School is determined by the address we have on file.