

# Guidance Notes

Important information for students & parents

March 8, 2019

## Media and your child

Our children's connection to media is everywhere, coming from more sources and more screens than we probably remember when we were kids: TV, movies, video games, handheld games, computers, cell phones, I-pads, I-pods, watches, etc.

There are many wonderful uses for media that provide conveniences and education for us and our families. There are also dangers in media use that as parents and educators, we are tasked to protect our children from. With all the amazing advances in technology, we cannot forget to make advances in how we protect our children from media that is not age-appropriate.

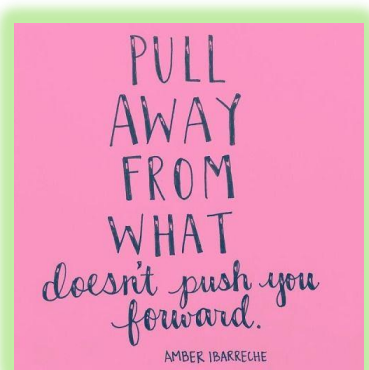
It's important to remember that children's brains are not fully developed, specifically the part of the brain (pre-frontal cortex) responsible for critical thinking, judgement, problem-solving, and impulse control. When a child or adolescent views media showing violence, sexual content, or harmful stereotypes, their own ideas, feelings, and behaviors are impacted. Without some guidance from a trusted grown-up, repeated exposure to these kinds of media may lead to an increase in aggression and a decrease in empathy.

For more information and research about media use and children, please visit: <https://www.common sense media.org/research>.

### Quick tips for setting media guidelines:

- Limit the amount of screen time to 1-2 hours a day (or less if you notice it is negatively impacting your child).
- Model screen-free times/activities (like dinner time, for example).
- Keep children's bedrooms free of screen media (no TV, game systems, laptops, I-pads, cell phones, etc).
- Preview media that your child is interested in before you allow them to view/play it.
- Co-view media (if appropriate) with your child and discuss the content - this will help them develop critical thinking skills.
- Do your research about social media websites (like Facebook, Twitter, and Instagram) and closely monitor their usage. Remember, these sites are typically for ages 13 and up.
- Stick to rating recommendations. They exist for a reason.
- Use your parental judgement. Your children are counting on you to set their limits!

[TheSchoolCounselorKind.wordpress.com](http://TheSchoolCounselorKind.wordpress.com)



## Upcoming Events

### Wed. March 13

Connie Jordan, a career coach/representative with NWTC, will be here from 9 am – 11 am, to meet with students who are unsure about their future, or who have questions in the application process for college.

### Monday, March 18

A representative with UWGB, will be here during intervention, to meet with students who are interested in finding out more about their campus and the programs that they offer. Please sign up in Mrs. Herald's office.

### Wed., March 20

Juniors & Seniors will be attending the Future Fair at Oconto Falls HS from 12:30 – 2:30. Please turn in your permission slips to Mrs. Herald or Ms. Meisner by Monday, March 18.

### Thursday, April 11

A representative from Bellin College of Nursing, will be here during intervention, to meet with Juniors & Seniors, who are interested in finding out more about the programs they offer and the best career path for you.

### Thursday, April 18

A showing of the Every 15 Minutes Program from last year, will take place in the gym, during intervention.

# SEEK ADVENTURE



Sophomores, juniors  
& graduating seniors

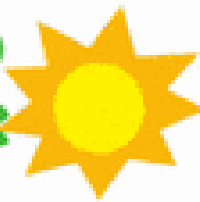
*Natural Resources  
Careers Exploration  
Week*

for high school students

**June 16-21, 2019**

**Application  
Deadline  
April 12<sup>th</sup>**

## How To Reduce Test Anxiety



### Positive self-talk...

"I can do this!" "I know the material"  
"I have practiced this"  
"I am smart and capable"

### Visualization...

Close your eyes and picture yourself doing well on the test. This will boost confidence!

### Muscle relaxation...

Begin at your toes. Tighten and clench them for three seconds, and then release. Work your way through all the muscles in your body until you've tensed and relaxed them all.

### Deep Breathing...

This is a great anxiety reliever. Sit up straight and put your hands on the top of your head. Breathe in a full breath through your nose for five full seconds. Hold that breath in for five seconds. Then breathe out for seven seconds. Repeat until you feel better.

### Get silly...

There are many silly methods to relax before a test.

- Think of something funny (What if your whole class showed up for the test in their underwear!)
- Get out all the wiggles -- dance, shake, and move around.
- Raise your hands up above your head! It will help you to feel victorious.
- Force a smile or laugh. This will help you feel better.

