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## Wednesday Folder Update 2.1.23

1 message

Jill Palladino <noreply@upperdarbysd.org>  
Reply-To: Jill Palladino <noreply@upperdarbysd.org>  
To: jrosen@upperdarbysd.org

Wed, Feb 1, 2023



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Good Evening Drexel Hill Middle School Families,

I hope everyone is enjoying their week! What an exciting time to be a Phillies sports fan (again)! It's so fun to see the students excited for the home team!

At the bottom of this message, I am copying an article from Angela Duckworth on *screen time*. I receive her messages weekly, and I found this article to be particular informative. Social media has a major impact on our students; we work tirelessly to promote safe and healthy cell phone and social media communications, but many allow Instagram and Snapchat to take over their day and their academics. If any parents wish to have their **student leave their cell phones in my office for the day safe and secure cell phone pocket that I am happy to share with your child**. Please let me know if this is something you are interested in exploring.

In this Wednesday message you will find the following information:

- Community Bulletin Board Information
- Angela Duckworth Article on Screen Time
- Black History Month Information
- Marking Period 2 Grading Timelines
- February School Board Presentation
- Home and School Updates
- Yearbook Information
- UDHS Spring Open House (attachment)
- February Breakfast and Lunch Menus (attachment)
- UDSD Spring Read (attachment)

### Community Bulletin Board Reminder

According to the National Education Association, "when schools, parents, families, and communities work together to support learning, students tend to earn high grades more regularly, stay in school longer, and enroll in higher level programs." (NEA May, 2016). Community support, partnership, and engagement with and in school is important and necessary for our children's success. The Upper Darby School District welcomes community members and neighbors from the Upper Darby Township, Heights Borough, and Millbourne Borough to visit our Community Bulletin Board regularly for news and updates regarding events, activities, resources, and supports and available in and around the School District community. The Upper Darby School District Community Bulletin Board - your source for community-wide activities that benefit our students and families! REMEMBER TO CHECK IT EVERY WEEK!

### COMMUNITY BULLETIN BOARD

#### Black History Month

February is Black History Month. The theme for this year is *Black Resistance*. Throughout the month our students will participate in lessons, weekly announcements, activities, all celebrating black history. On February 15th, we are hosting an all school Black History Month assembly as well!

#### Marking Period 2 Grading Timelines

Marking Period 2 Grades will be viewable on Home Access Center (HAC) on **February 2, 2023. (TOMORROW)** If anyone needs support with accessing grades, please contact the grade level counselor.

- 8th Grade: Maura Kitzinger [mkitzinger@upperdarbysd.org](mailto:mkitzinger@upperdarbysd.org)
- 7th Grade: McKenzie Golden [mgolden@upperdarbysd.org](mailto:mgolden@upperdarbysd.org)
- 6th Grade: Tina Johnston [tjohnston@upperdarbysd.org](mailto:tjohnston@upperdarbysd.org)

#### DHMS School Board Presentation

On February 14th, I will be highlighting Drexel Hill Middle School at the monthly school board meeting. I am so excited to share this presentation! DHMS is a wonderful school for all students, so I will be highlighting the clubs and activities that students have the opportunity to participate in afterschool. Please join us live or through the district YouTube channel.

#### Home and School

Thank you to everyone that joined our virtual Home and School meeting this evening. During the meeting, our President, Ms. Heather Harrison, resigned from her post and wants to thank Ms. Harrison for all that she has done for the staff and students at DHMS! Ms. Jen Rule, current Vice President, will assume the role of President. If any interested in helping with Home and School, please let me know! For more information on Home and School, please visit our website.

### Yearbook Ordering

Attached to this message is information regarding the pre-ordering of this year's yearbook! I will continue to include this information in future Wednesday messages until the date to order has passed. Get yours today!

### Screen time Article

*"Dad, can I text my friends on your phone?" asked our 12-year-old for what seemed like the hundredth time. We had resisted getting our daughter her own cell phone that we were moving—to a house a mile from the closest bus stop—it was time.*

*Then came the more difficult part: We had to decide what we would allow her to do on her phone. Are some types of screen time worse than others?*

*A few years ago, my colleagues and I tried to answer that question. After [analyzing data from 11,000 teens](#), we found that general internet use and social media were strongly linked to depression than playing games or watching videos was.*

*In other words, not all screen time is created equal. That makes the job of parents a little easier: You don't have to cut your child off from technology completely. Play games with friends, for example, allows kids to interact with each other and is fine as long as it's kept to a few hours a day or less.*

*Instead, focus on postponing or limiting social media, with all of its pressures, comparisons, and addictive algorithms. Under the 1998 law known as COPPA, children allowed to have a social media account until they are 13 years old. Because social media apps were designed for adults, not young teens, it might be even better to postpone social media use until age 16 or later.*

*For our 12-year-old, we ended up getting a Gabb phone, which allows texts and calls but no internet or social media. Our goal is not to keep our children from screen time but to be thoughtful about managing their exposure.*

*Don't assume that all screen time is created equal.*

*Do restrict kids and teens' access to social media, especially TikTok, Snapchat, and Instagram. Consider limiting older teens' use of social media by using parental control settings, and make sure their phones aren't in their bedroom overnight. If their friends want to know why they didn't comment on their Instagram post at 2 a.m., your child and happier teen can blame mom or dad.*

For more information, photos and previous Wednesday messages, please visit our website at <https://www.upperdarbysd.org/dhms>

Thank you,

Mrs. Palladino!






Please visit our [Community Bulletin Board](#), your source for community-wide activities and resources that benefit our students. Join our official social media channels:



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### **Attachments:**

-  [messages/attachments/6142e0e67fc2e185a1a63aeed3c097ec/UDSD\\_Community\\_Read\\_Spring\\_2023.pdf](#) (469.1 KB)
-  [messages/attachments/a00ee0582fab56a47994920c2342f0b5/feb\\_breakfast\\_grade\\_k\\_thru\\_8.pdf](#) (282.0 KB)
-  [messages/attachments/a923382e58f66c9fcb20c9e1e34445b5/middles\\_feb\\_menu\\_final.pdf](#) (487.8 KB)
-  [messages/attachments/e059283fab6b3cf7a8d6a3e748669d2a/19254\\_Drexel\\_Hill\\_Middle\\_School\\_%282%29\\_%281%29.pdf](#) (1375.0 KB)
-  [messages/attachments/cf26dc83ab1507abb76b346d85144466/8th\\_Grade\\_Invite\\_22-23\\_.pdf](#) (15.0 KB)

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