



# JANUARY 2024

FROM THE DESKS OF  
MRS. GRACIE AND  
MRS. EVANS.



Thank you to the PAC for providing our first Annual Santa Breakfast!



## PARENT INFO CORNER

Please see the Screen Time Fact Sheet below for suggestions of healthy screen time limits.

Check out the Fraser Valley Health Authority link for more information:

<https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth>

## REMINDERS

- ✓ Please dress your child for the weather. The forecast is calling for sub-zero temperatures this week. ALSO, please be mindful of slippery areas due to snow/ice.
- ✓ Please do NOT leave your car unattended in the drive-through lanes.

## UPCOMING EVENTS

Jan12 – Hot Lunch  
Jan 15 - K Registration Opens  
Jan 21 – Family Literacy Week  
Jan 25 – Great Big Buddy Read  
Jan 25 - PAC Meeting  
Jan 26 - Character Day  
Feb 2 - Hot Lunch  
Feb 16 - Pro D - No School  
Feb 19 - Family Day - No School

# **From the Desks of Ms. Gracie and Ms. Evans**

**Welcome back! We hope that your winter break was a beautiful mix of rest as well as time with family and friends. As we head into the New Year, please take note of a couple of things:**

**K Registration: All children who will be five years old by December 31, 2024 (children born in 2019) are eligible for the Kindergarten program beginning September 3, 2024. Registration opens Monday, January 15, 2024 and will be open until Friday, March 1, 2024. All Kindergarten registration for the 2024-2025 school year takes place online. See flyer below for more info.**

**Support: We know the holidays bring joy but can also bring financial strain as well. If you and your family are in need of support with groceries, school supplies, field trips, or winter clothing, please contact Ms. Gracie directly. Your privacy will be protected.**

**Come join the Abby Canucks on the School Spirit Night Feb 17th. See flyer for special rates and more info.**

**Literacy Week: We are excited for the Great Big Buddy Read (Jan 25) and Character Day (Jan 16)! Thank you Ms. Gammel for organizing the fun this week! Be on the look out for a reading BINGO sheet!**

# Screen Time Fact Sheet

## Screen Time Fact Sheet



## Power down–

no more than TWO hours  
of screen time a day

It is easy for kids to spend too much time on electronic devices, such as watching TV or YouTube®, playing video games, or texting. When children spend free time on screens, they miss out on other things—like time with friends and family, playing outside, and being physically active. The Canadian 24-hour Movement Guidelines: An integration of Physical Activity, Sedentary Behaviour, and Sleep for Children and Youth<sup>1</sup> recommend limiting recreational screen time to no more than 2 hours per day for children aged 5-17 years. In addition, it is recommended that daily screen time is limited to one hour or less for children aged 2-5 years, and that children under 2 have no screen time. In Canada, only 29% of children meet these recommendations.<sup>2</sup>

### SCIENTIFIC RATIONALE:

- In the early years, screens can displace activities such as imaginative play and socialization that are key for developing cognitive skills including executive function.<sup>3</sup>
- Research emphasizes that skills necessary for school success, such as task persistence, impulse control, emotional regulation, and creative thinking are best taught through unstructured and social play.<sup>4</sup>
- Screen-free family meal times are associated with improved psychosocial outcomes and mental well-being in children and adolescents.<sup>5</sup>
- Monitoring and setting limits on children's screen time has been shown to improve school performance and promote prosocial behaviour as well as sleep duration.<sup>6</sup> Research also finds that stimulating content and the blue light from screens before bed time can cause sleep disturbances.<sup>7</sup>
- Most importantly, viewing screens can take time away from doing activities that are important for development and overall health, such as socializing and physical activity.<sup>7,8</sup>

1. Tremblay, M. S., Carson, V., Chaput, J.-P., Gorber, S. C., Dinh, T., Duggan, ... Zehr, L. (2016). Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *Applied Physiology, Nutrition, and Metabolism*, 41(6 (Suppl. 3)), S311-S327. <https://doi.org/10.1139/apnm-2016-0151>
2. ParticipACTION. (2020). The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth. The 2020 ParticipACTION Report Card on Physical Activity for Children and Youth. <https://www.participaction.com/wp-content/uploads/2022/09/2020-Children-and-Youth-Report-Card.pdf>
3. McHarg, G., Ribner, A.D., Devine, R.T., Hughes, C. (2020). Screen Time and Executive Function in Toddlerhood: A Longitudinal Study. *Frontiers in Psychology*. 11, 1664-1078. doi:10.3389/fpsyg.2020.570392.
4. Council on Communications and Media. (2016). Media and Young Minds. *Pediatrics*. 138(5), e20162591. <https://doi.org/10.1542/peds.2016.2591>. PMID: 27940793.
5. Harrison, M. E., Norris, M. L., Obeid, N., Fu, M., Weinstangel, H., & Sampson, M. (2015). Systematic review of the effects of family meal frequency on psychosocial outcomes in youth. *Canadian Family Physician*, 61(2), e96-e106. PMID: 25676655; PMCID: PMC4325878.
6. Gentile, D.A., Reimer, R.A., Nathanson, A.L., Walsh, D.A., Eisenmann, J.C. (2014). Protective Effects of Parental Monitoring of Children's Media Use: A Prospective Study. *JAMA Pediatr*. 168(5), 479–484. doi:10.1001/jamapediatrics.2014.146.
7. Lissak G. Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study. (2018). *Environ Res*. 164:149-157. doi: 10.1016/j.envres.2018.01.015. PMID: 29499467.
8. Canadian Paediatric Society. (2018). Screen time and young children: Promoting health and development in a digital world. *Paediatrics & Child Health*, 23(1), 461-468. <https://doi.org/10.1093/pch/pxx197>.



# Kindergarten Registration Info



sd35.bc.ca

## KINDERGARTEN REGISTRATION OPENS

**Monday, January 15, 2024**

All children who will be five years old by December 31, 2024 (children born in 2019) are eligible for the Kindergarten program beginning September 3, 2024. Registration opens Monday, January 15, 2024 and will be open until Friday, March 1, 2024. All Kindergarten registration for the 2024-2025 school year takes place online.

**For more information and instructions, please use the QR code above to visit the District website.**

The following documents are required at the time of registration:

**Proof of Age** One of: Birth Certificate, Certificate of Citizenship, Secure Certificate of Indian Status, Court Order, Canada Immigration Documents, Passport, Permanent Resident Card, other government-issued document

**Proof of Citizenship Status** One of: Birth Certificate, Certificate of Citizenship, Secure Certificate of Indian Status, Court Order, Canada Immigration Documents, Passport, Permanent Resident Card or Confirmation of Permanent Residency, Nexus card with citizenship listed as Canadian

**Proof of Residence** One of: Subject-Free Home Purchase Contract, Mortgage Statement, Municipal Tax Bill, Rental Agreement or letter from landlord

One of: British Columbia Driver's License, British Columbia Services Card, British Columbia Vehicle Registration, BCID, Canadian Bank Account or Credit Card Statement, Insurance Statements or Policies, Income Tax Statement, Utility Bill, Employment Pay Slip, other legal or government-issued documents indicating B.C. residence

**Proof of Guardianship** One of: Birth Certificate with parent name, Income Tax Statement – children are declared, Immigration Documents, Court Order, Child in Care documentation

# School Spirit Night with the Abby Canucks!

## ABBOTSFORD CANUCKS

**SCHOOL  
SPIRIT NIGHT**



**JAMES KENNEDY  
ELEMENTARY SCHOOL**

**CGY vs ABB**

**SAT.FEB.17 | 7PM**

Show your school spirit and win prizes while cheering  
on the Abbotsford Canucks at the Abbotsford Centre

Each game, three (3) students will be selected to ride the zamboni at intermission.



**SCAN TO VIEW**

- Special rate tickets
- Prizing for students



PLEASE CONTACT

**MICAH YOU, 604.743.5059**

**MICAH.YOU@ABBOTSFORDCANUCKS.CA**