

Welcome January

January 9-13

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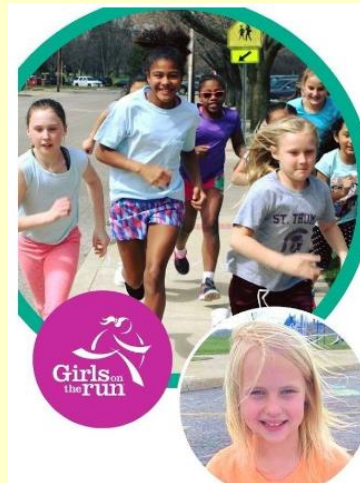
Dear Families,

As adults we have become extremely dependent on our cell phones. **Smart phones** not only allow us to communicate quickly with others wherever we are, but they also serve as a clock, alarm, flashlight, map, e-book, radio, calculator, calendar, cookbook, camera, TV, gaming device, and computer. Thanks to the endless number of apps available, you can even use your phone to adjust your thermostat or hearing aid, turn on your lights, do your banking, see who's at your door, and start your car. There is no question that cell phones are a fundamental part of modern life and not just for adults. Research estimates that up to **95% of U.S. teens have access to a smartphone**, and 45% admit they are **'almost constantly'** on the internet. An increasing number of children as young as 9 or 10 now have their own cell phones, and we have seen this trend at our elementary. Being able to get in contact with your child easily and quickly is one of the biggest positives. Allowing them to notify others of last minute changes or delays is also helpful. However, there are some **major disadvantages**. Cell phones come hand-in-hand with lots of distractions that just **aren't appropriate for the learning environment** and school. Texting people in class, sharing memes, gaming, listening to music and even sneaking a peek at YouTube - there are endless opportunities for children to be distracted. Cell phones can also be a channel for **cyberbullying** – a major concern among parents and teachers. Mean messages, hurtful words, gossip, and inappropriate pictures **cause disruptions to learning even when the messages aren't sent during the school day**. Triton Elementary School policy restricts students from accessing their phones during school without teacher permission. Please reinforce this with your child. When students choose not to follow the rules, their **cell phone will remain in the office** until a parent picks it up. Please help us keep learning the main priority at Triton Elementary!

*Cordially,
Mrs. Cook*

Girls on the Run

GOTR is coming once again to Triton Elementary! Coaches Sarah Melling, Jodie Vermillion, and Emily Chickering are excited to meet with girls in grades 3-5 after school Tuesdays and Thursdays March 4-May 20. Girls will have fun, make friends, increase physical activity levels and learn important life skills. Coaches lead girls through interactive lessons and movement activities. The season ends with a celebratory 5K event. Registration is online starting January 14. Look for information coming home next week!



Trojan PRIDE T-shirt Winners from 12/20/2022

Grissom Burkhart, Molloy McMullen, Grant Williams, Chesney Holland, Colby Alber, Colton Ludwig, Lucy Disher, Callie Hargrave.

Student Cell Phone Policy

According to the Triton Elementary School Student-Parent Handbook, p. 22, **“student cell phones are to be kept in backpacks** and used ONLY with staff permission.” Students will be allowed to use school phones to make calls during the day to make arrangements with parents in emergency situations.



Next Week's Menus

Breakfast

Monday, January 9

Variety Cereal, Pears, Grape Juice and Milk

Tuesday, January 10

Egg, Bacon, Cheese on an English Muffin, Mixed Fruit, Apple Juice and Milk

Wednesday, January 11

Yogurt W/Granola, Blueberries/Strawberries, Grape Juice and Milk

Thursday, January 12

Pancake Wrap W/Syrup, Applesauce, Orange Juice and Milk

Friday, January 13

Variety Muffin W/String Cheese, Mixed Fruit, Apple Juice and Milk

All menus are subject to change.

Milk & condiments are offered with every meal. Salad dressing is served with lettuce and ranch dip with fresh vegetables. Yogurt and Uncrustables are offered as an alternate main dish.

Lunch

Monday, January 9

Chicken Nuggets W/Dip, Baby Carrots, Seasoned Green Beans, Applesauce, Graham Crackers and Milk

Tuesday, January 10

Corn Dog, Mixed Vegetables/Baked Beans, Pears, Sun Chips and Milk

Wednesday, January 11

Bosco Sticks W/Marinara Sauce, Romaine Lettuce/Steamed Broccoli, Mixed Fruit and Milk

Thursday, January 12

Chicken & Noodles, Golden Corn/Mashed Potatoes, Dinner Roll W/Butter, Peaches and Milk

Friday, January 13

Build a Burger, Baked French Fries, Lettuce, Tomatoes, Pickles, Fresh Fruit and Milk

This institution is an equal opportunity provider. *Preschool students* will always receive Choice A as the main dish and the first vegetable listed above.

Upcoming Events

- January 9 PTO Meeting 3:30pm in Elementary Library
- January 9-12 mCLASS Math Assessments Gr. K-1
- January 12 Little Hoosiers 3:05-4:00pm
- January 16-19 NWEA Administration (Reading and Math, Grades 2-6)
- January 27 Grade 3 to Shrine Circus

