



## Keheley Elementary Highlights

October 28, 2022



### Reminders

- Oct. 31 – Book Character Dress Up Day
- Nov. 4 – First Friday \$1 PJ Day
- Nov. 7 – Nov. 16 – Keheley Food Drive
- Nov. 8 – No school – Election Day
- Nov. 10 – Spirit Night Paradise & Ivy Lane

### Did you Know...

We had a pumpkin decorating contest this year? YES, our teachers teamed up to decorate pumpkins for students to vote on. Check out our Instagram on Monday to see the winner!

## School News

### Keheley Thanksgiving Food Drive

Please consider helping our Keheley families by donating to our annual food drive. Attached, you will find a list of items that your students can bring in from Nov. 7 – Nov. 16. Thank you in advance for your generosity.

### Future Longhorn Night

Head over to Kell tonight for a fun event!! Checkout the flyer for more information.

## At Home Suggestions

Technology is in all we do, but finding balance is key. These helpful tips will support you at home. Remember, not all screen time is the same. 30 minutes of Moby Max is not the same as 30 minutes watching YouTube.

**Be a role model – Use technology the way you want your child to.**

Establish rules and set boundaries – Develop rules together, so your child feels ownership, set screen-time limits, make a no-screen time, check for age appropriate apps, etc.

**Be involved – Gaming with or sitting next to your child as they watch give insight to what they experience online.**

Watch – Look for signs your child might have too much screen time like not sleeping as well, not being satisfied without technology, getting upset when they can't have access

**Aim for balance – Each child has different needs. Do what is best for your home-life.**

## Feel Good Friday

Each Friday, we will feature an inspiring, deserving Keheley staff member. The goal of this effort is simple: to recognize the hard work and dedication of our amazing staff! How are staff members selected? The past week's recipient nominates and recognizes the new week's recipient by writing them a special note in our Keheley journal and passing the marquee K along!

*Ms. Greenwald, 2<sup>nd</sup> grade*

