



Grand Ridge Grade

NEWSLETTER

Week of Oct. 14-20, 2018

400 W. Main Street
Grand Ridge, IL 61325

Ted Sanders, Supt. — Terry Ahearn, Principal
"Large enough to educate you, small enough to know you."

Phone: 815-249-6225
Fax: 815-249-5049

A Few Words from the Superintendent

"A real comfort is better than an artificial one to the human nature."

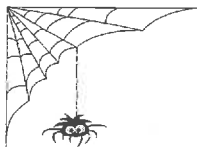
—Maungwudaus, Ojibwe Indian

As the year continues on I am becoming aware of a striking new phenomenon occurring with young children. Cell-phone and other electronic usage is becoming such a large time consumer that children are beginning to have many symptoms and ailments due to lack of sleep and eye exertion. Children are staying up until past midnight during the school week because they have difficulty sleeping after hours of screen time on their devices. No one is exempt from this, with the exception of those who do not use smart phones or ipads and the like. The research is actually frightening for the effects that this has on young children's brains. It is very important to make sure that there are limits for young people on using these devices for. Here are some helpful hints from Michael Ungar, PhD.

Strategies for Parents

- 1. Model appropriate cell phone use.** Start with what we can do. Leave our cell phones at the door. Turn them off at mealtime. Don't harass our kids with endless texts checking up on them. If we model restraint, maybe our kids will see it's possible.
- 2. Limit access. Stop paying for the darn phones.** If your child is addicted, cut them off. A simple rule I hold to is that in general, when a child can afford a device they are likely responsible enough to have it. Let your child buy their own phone, their own data package, their own gaming systems. Hold back from giving them everything they think they need to be like every other kid and let them feel that lovely self-esteem boost of knowing "I'm a little different" which could also translate into "I'm unique". The way I see it, if they're motivated to find work, and get themselves online, then they're less likely to have the time to become addicted to their phone.
- 3. Set routines and structure. No cell phone use at bedtime.** Turn the phone off and put it away. Any addiction that triggers a change in brain functioning is going to be difficult to control as long as it's there at hand ready to light up our neural pathways. As parents our job isn't meant to be easy. It's meant to prepare children for life and that means telling them "No" when really, deep down, that's what they want to hear anyway.
- 4. Offer substitutes.** Create opportunities for kids to keep busy. Give them chores and real responsibilities that matter to the family. Planning a winter vacation and they're coming along? Any 14-year-old with good net surfing skills can find a hotel on a beach, or scope out activities to do off site at the all-inclusive. Let's stop making our children's lives so easy and in the process offer them real diversions. Insist they are active an hour a day. Put them into activities and take away their cell phone. Oh there will be histrionics, but the end result will likely be a happier, more engaged child with the life skills and habits that will make them healthier more successful adults.

As parents, it is sometimes difficult to monitor our child's viewing habits when it comes to their devices; and often times, we don't realize what is happening because we enjoy the quiet that comes from the children being busy on their own devices. However, just like you wouldn't hand your 10 year old the keys to your car and let them go wherever they wanted to without your guidance, you shouldn't hand your child the keys to the virtual world and have no filter for all the things they may watch, read, or hear on their device. The Native Americans understood that the difference between real life and artificial life were important. Children need real life memories with their parents and friends, and no amount of artificial entertainment will replace the effects of a real hug.



Calendar of Events

Mon. Oct. 15 - PBIS Store Week

7/8 Girls Basketball @ Northlawn 5:00 p.m.

Tues. Oct. 16 - 7/8 Girls Basketball @ St. Michaels 5:00 p.m.

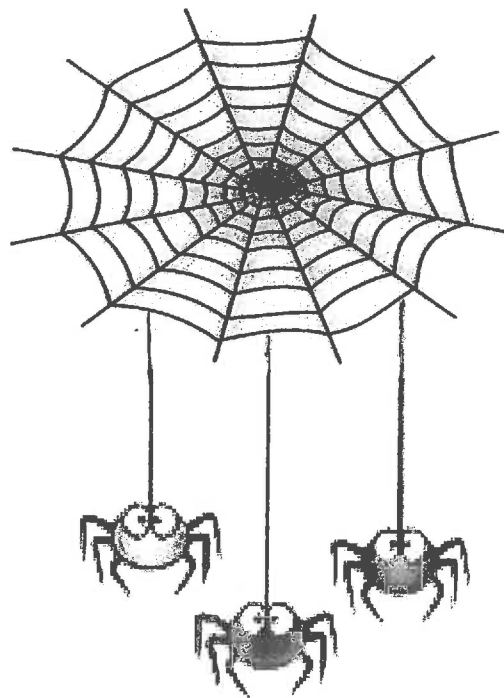
Wed. Oct. 17 - 2:20 Dismissal

Senior Lunch 12:00 p.m.

Thur. Oct. 18 - 7/8 Girls Basketball @ Wallace 5:00 p.m.

Fri. Oct. 19 - End of Quarter

Sat. Oct. 20 - OHS Placement Testing



Special Birthdays


Oct. 14	Oct. 15 Leah Krohe	Oct. 16	Oct. 17	Oct. 18	Oct. 19	Oct. 20
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****PLEASE NOTE: MENUS IS SUBJECT TO CHANGE WITH AVAILABILITY****

Lunch & Breakfast Menus

	Monday Oct. 15	Tuesday Oct. 16	Wednesday Oct. 17	Thursday Oct. 18	Friday Oct. 19
Breakfast Menu	Mini Cinnis Fruit Juice	Cereal Bunny Grahams Fruit Juice	Cereal Bar Yogurt Fruit Juice	Omelet Toast / Jelly Fruit Juice	Cereal PB Toast Fruit Juice
Lunch Menu	Sweet & Sour Chicken over Rice Broccoli Pineapple	Nacho Supreme Salsa Peaches Refried Beans	Chicken Noodle Casserole Carrots Mixed Fruit Cookie	Chicken Fingers Fries Orange Smiles Condiments	Broccoli Soup w/ Crackers Celery w/ PB Applesauce

Join the Club

4-H is a community of
 young people
across America who are learning
leadership, citizenship and
life skills.

**If you are age 5 to 18 and are interested in
joining 4H come see what the FUN is all about
at our next Corn Belt Kids meeting!**

October 29 at 6pm

Please Contact Leaders with any question

Kim Kaschke 815-822-7539

Janell Lukach 815-488-4020

***October meeting will include costume
and pumpkin decorating constests**



United Way
of Eastern LaSalle County

Children's Coin Campaign 2018



October 1 – October 31

Spare change?!
Well, that's just what we're looking for!
Help to support
United Way of Eastern LaSalle County's
11 agencies and over 20 programs
by donating your spare coins!
Every little bit helps!

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED. 

CRUSHERS

WRESTLING

2018- 2019 Ottawa Crushers Wrestling Club

Registration

For Kids Ages 4 to 14

Sign up Days:

October 11th 5:00-6:30 pm and October 17th from 5:00-6:30 pm

@ Jeremiah Joe's Coffee House

807 LaSalle Street, Ottawa

***Additional Sign-up dates to be announced**

Registration Costs:

1st Child- \$100 per wrestler

This cost includes: IKWF card, registration costs, and a club t-Shirt

Payment is due at registration

#First year wrestlers must supply a copy of their birth certificate

Need more information? Contact us:

Gavin Kurtz (Head Coach) (815) 503-0484

Bill Kanellis (President) (815) 587-4187

Practice start date will be announced on Facebook and through the Remind App

Practices will be held on Wednesday's and Friday's to begin the season

@ Ottawa High School's West Gym

Check out Ottawa Crushers Kids Wrestling Club on Facebook!!

