



## Lake Ann Elementary Newsletter

### Did you know:

- Over 70% of children aged 8-18 report using their phones at night.
- 60% of kids say phone use affects their sleep quality.
- Studies show that nighttime phone use is linked to increased anxiety and depression in adolescents.
- Only 25% of parents monitor their children's nighttime phone usage regularly.

### When considering a household phone plan, keep in mind that some short-term solutions can backfire:

- Children easily revert to their old habits once the temporary limitation is lifted.
- Lack of consistency can lead to mixed signals about acceptable behavior.
- Emotional resistance makes punishment-based approaches counterproductive.

### Parents who are concerned about their child's nighttime phone use can consistently implement these steps to help curb nighttime phone use:

- No phone one hour before bed: Establish a device-free period before sleep.
- Fixed cutoff time: Implement and enforce a specific time (e.g., 10 PM) when devices must be turned off.
- Charging outside the bedroom: Keep devices in a common area overnight.
- Temporary Wi-Fi limits: Disconnect internet access during designated hours.

### Things to keep in mind:

- Sudden bans can lead to rebellion and secretive behavior.
- Using punishment instead of guidance, which often escalates tension.
- Ignoring the issue altogether, which only entrenches the habit.

### Key Organizations and Resources

- [Screen Time Action Network](#): A project of Fairplay, this coalition provides a "Screen Aware" toolkit and resources aimed at reducing screen time and promoting healthy development.
- [ScreenStrong](#): Offers practical tools and education to prevent and reverse screen addiction, focusing on brain science and community.
- [Common Sense Media](#): Provides expert reviews and ratings for games, apps, and media, helping parents make informed decisions.

Adapted from <https://parental-control.net/en/blog/article/kids-using-phones-at-night-how-to-limit-screen-time>

You're Invited to  
Lake Ann Elementary's

SPRING



CARNIVAL

Friday - May 15, 2026- 5:30-8:00pm

Please join us for a night of Family Fun.

Punchcards for carnival games and cake walk  
-\$10/10 punches

Dunk Tank with special guest dunkees! \$1 a toss or 6 for \$5

Cotton Candy, Popcorn, and a hotdog meal deal  
available for purchase.

50/50

Classroom Basket Raffle

Silent Auction

Class Project Auction

(Cash only, auction items may be purchased via check or venmo)

# May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8 Fire Drill am	9
10	11 PTO meeting 4:30 in the cafeteria	12 Kindergarten – Great Lakes Children’s Museum	13	14	15 1 <sup>st</sup> grade Space Program LAE Spring Carnival – 5- 7:30 pm	16
17	18 5 <sup>th</sup> grade camp – day 1 – the adventure begins	19 1 <sup>st</sup> grade field trip to the Butterfly House  5 <sup>th</sup> grade camp – day 2 – the adventure continues	20 3 <sup>rd</sup> grade Mackinac Trip  5 <sup>th</sup> grade camp – day 3 – the adventure concludes	21	22 Foundation Friday The Rotary Club book fair 9:20-11:00 am  Early Release PD	23
24	25 No school - Memorial Day	26	27  Kindergarten – sand dunes trip	28 9-10 am January Character Café 10:00-1:00 – 5 <sup>th</sup> grade visit to MS 1 <sup>st</sup> grade Farmers Market trip 4 <sup>th</sup> grade Lansing Trip	29	30
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