

Bellaire Public Schools

204 W. Forest Home Ave.
Bellaire, MI 49615-9565

James R. Emery, Superintendent /HS Principal
Kristi Poel, Elementary/MS Principal
Brad Fischer, Athletic Director



Dear Parents and Students,

The end of the school year is behind us and summer opportunities are in front of us! June is always a time of reflection and appreciation....but it is not much fun when the kids aren't here☹. It is truly your children that make the school year the best time to be here....laughter, learning, excitement, stories, smiles and "aha" moments represent the best of times!! Thank you to parents who spend endless hours of reading with your children, donating items to classrooms, volunteering hours, helping with PTO projects and so much more that help make John R. Rodger Elementary School a great place to be. I also would like thank the entire elementary staff who work tirelessly and dedicate countless hours to make sure that your children receive the best education. It is an honor and privilege to be the principal at John R. Rodger Elementary School.

Summer Reading – The most important thing you can do this summer for your children is have them read (or read to them) **15 minutes/day**. Take them to the library to check out books and help them fall in love with books!

Mrs. Schieber – Mrs. Schieber retired at the end of the school year and we thank her for her many years of teaching and the lives that she touched. We will miss her but wish her the best in her retirement!

Mrs. Crooks – Mrs. Crooks will be teaching 2nd grade in the fall and we will be interviewing kindergarten teacher candidates soon. Mrs. Crooks is excited about having her former students again this fall!

Yearbooks – We have awesome yearbooks still available for \$10! Please call to make sure someone is in the office or call 533-8916 and leave a message at X231. You won't want to miss this one!

Good Luck 5th Graders – We wish the 5th graders the best of luck in middle school and know that they will enjoy the challenges that await them.. Mrs. Fischer planned a wonderful graduation ceremony that was enjoyed by everyone.

6th Grade Orientation – This will take place in the Performing Arts Center in late August during Open House. Please check the website later this summer for the Open House date and time.

I hope you have the best summer ever!!

Sincerely,
Mrs. Poel

If I had 1 wish for the summer.....

No more than 1 hour of screen time daily (and this must be earned)

PLEASE LIMIT SCREEN TIME (OVER)-----

Phone (231) 533-8141
Fax (231) 533-6797
Superintendent/Principal

Phone (231) 533-8015
Fax (231) 533-8244
Athletic Office

Phone (231) 533-8916
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Do you ever wonder....IS MY CHILD ADDICTED TO SCREEN TIME?

According to a recent University of Michigan study there are warning signs of media addiction:

Unsuccessful Control – It is hard for my child to stop using screen media.

Loss of Interest – Screen media is the only thing that seems to motivate my child.

Preoccupations – Screen media is all my child seems to think about

Psychosocial Consequences – My child's screen media use interferes with family activities.

Serious Problems Due to Use – My child's screen media use causes problems for the family.

Withdrawal – My child becomes frustrated when he/she cannot use screen media.

Tolerance – The amount of time my child wants to use screen media keeps increasing.

Deception – My child sneaks using screen media.

Escape / Relieve Mood – When my child has a bad day, screen media seems to be the only thing that helps him/her feel better.

SCREEN TIME PLAN:

- ✓ Decide what your child has to do to earn screen time and how many minutes for each activity.
- ✓ **Screen time should not be given freely/automatically and should NEVER, NEVER, NEVER exceed 1 hour per day.**
- ✓ Set up a family screen time plan and give your kids input regarding the plan.
- ✓ Write down the plan so you can refer to it. **Stick to the plan** as it might not be a smooth transition.
- ✓ Have 1 screen free day each week.
- ✓ If your child is not used to coming up with things to do please give them some guidance.

SOME IDEAS TO EARN SCREEN TIME: read 15 minutes, create a menu for the family, put a puzzle together, draw a picture, make cards to send to people, write a letter to someone, bake something, start a diary, clean bedroom, do dishes, start a kid book club with friends, teach a younger child a game to play outside, play outside for 45 minutes, play a board game, create a board game, play charades, read to a younger child, make a flower garden, go swimming, ride a bike, learn an old game that your parents played when they were little, help cook, collect as many leaves as you can, start a bug collection, learn how to identify local birds, feed / walk the pets, nature hike, identify the constellations at night, take pictures and write captions, yard work, visit the library, visit a museum, listen to music, start a club with your friends, play Frisbee, make a paper bag costume, design a poster, blow bubbles, build a fort inside or outside, play hopscotch, create a scavenger hunt, make puppets and have a puppet show, fly a kite, create a collage with old magazine pictures, make jewelry, collect rocks and paint them, and on and on and on.....

THANK YOU SO MUCH FOR CONSIDERING REGULATING SCREEN TIME!!

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