

Good Evening Parents,

Today about 20 parents participated in our school book club. We discussed the book *Generation Text: Raising Well Adjusted Kids in an Age of Instant Everything* by Dr. Michael Osit. We had the rare opportunity to video chat live with the author via Skype. We engaged in an upfront and spirited conversation about the influences that impact our kids and how, as parents, to best address and protect our kids from negative influences. During the conversation some themes began to emerge. Dr. Osit recognizes that it is virtually impossible for parents to stay ahead of the curve when it comes to technology, but that parents should strive to stay on-par with their children. He advocates setting clear limits on screen time and making sure that discussion of family values are a frequent occurrence in your home. He cautions parents from over scheduling their children and that if you start to see a change in behavior because of children's exposure to technology, then parents need to step in and restrict technology use. One suggestion that I plan on implementing in my home is screen free days. This means that TV, computers, cell phones, and iPods are put away and the family engages in together time. Over the next month I encourage you to enjoy a screen free day with your family.

If you have time I encourage you to check out this article from the NY times <http://www.nytimes.com/2010/01/20/education/20wired.html?partner=rss&emc=rss>

Have a great weekend,
Dave

Early Release: Tomorrow the district will observe an early release schedule for students. As we have in the past, students will participate in an assembly for half the day and will be on team for the other half. We are excited to offer gender specific assemblies to our students. Boys will be working with Dr. Adam Levin here in the auditorium and the girls will work with Mary Waldon across the street in Regina HS auditorium. The presenters will work with kids on gender specific issues including managing relationships, bullying, and acting responsibly. I am sure that this will be a valuable experience for your kids. On 2/2/10 we will host a gender specific parent presentation at 7:00 here at WJHS. Our presenters will work with parents on many of the same topics that are discussed with the children.

Canned Food Drive - Student Council will be holding our annual canned food drive to benefit the food depository in Evanston. We will also be providing canned food to the Orduno family. The dates are Feb. 1st - Feb. 12th. The winning homerooms in both 7th and 8th grade will receive a pizza party. **When bringing in cans please do not send ramen noodles, tomato paste, or glass containers.**

PTO Clubs: It's not too late to register for our PTO sponsored clubs. This session we are happy to offer comedy/improv, yearbook, German, climbing wall, newspaper club, and Latin. If you would like more information or need registration materials please drop by the office during school hours.

Congratulations to Dance Team: Our WJHS girls Dance Team has worked hard this season and has had some great accomplishments this season. The girls took first place at the Gemini Cheerleading/Dance competition. Additionally, the girls performed at a DePaul University women's basketball game and will be performing at a men's game at Allstate Arena on 3/5/10.

WJHS families that choose to attend the men's game can get discounted tickets at the box office by mentioning the WJHS Dance Team. Great job girls!

Orduno Memorial Fund: I have been blown away by the outpouring of support for the Orduno family. Please remember that if you haven't contributed it's not too late. Donations are being accepted online at the WJHS website (www.wilmette39.org/wjhs) and at North Shore Community Bank.

Helping Hands for Haiti: Over the next several weeks we will be coordinating service projects/collections to support aid in Haiti. Starting on 2/8/10 we will offer a new opportunity to contribute each day in lunch. Students will be able to purchase chocolate covered pretzels for \$1 each. We will sell hot chocolate for Haiti and will be partnering with the Girl Scouts on a bake sale. Additionally, we will give students (and families) the option to donate the cost of a lunch to the cause. As students go through the lunch line on Friday, 2/12 they can tell the supervisor that they would like to buy a lunch for an earthquake survivor, and we will, through our point of service system, put the cost of a school lunch into our aid fund. I would encourage you to speak with your children about this option and decide if this is an appropriate way to contribute to the aid effort. Further, I would encourage you to have your child pack and bring his own lunch on these days as a symbol of his/her commitment to the cause.

Highlights:

The only way to teach respect is to model it. ~Todd Whitaker