



CLASS OF
2036

Campbell Early Childhood Center 📍 MARCH - 2023

Welcome to MARCH!

Proposition 5 will fund high-priority improvements for all SPS schools. Springfield voters will be asked April 4 to consider a \$220 million bond proposal to fund high-priority projects, which were recommended by a citizen's task force to make our schools safer and stronger for students and staff. The projects will improve safety and security at every school and renovate or reconstruct three schools. These school improvements are possible with no increase to our current tax levy rate. If voters approve Proposition 5, the rate would remain unchanged at 73 cents per \$100 of assessed valuation of real estate and personal property.



COUNSELOR CONNECTION

Let's talk about screen time and its impact on kids. So, your child loves screen time as much as you do. But growing minds need firm limits when it comes to how much time to spend on media. Too much screen time has been linked to childhood obesity, ADHD, and underdeveloped communication and problem-solving skills. Our kids imitate what we do. Be purposeful about putting down your device and connecting face-to-face with your child. Our brains CRAVE human connection. You will be healthier, too! 😊

Here are some screen time guidelines from the American Academy for Pediatrics (AAP):

- For children **younger than 18 months**, avoid use of screen media other than video-chatting.
- For children **ages 2 to 5 years**, limit screen time to **1 hour per day of high-quality programs**. Children are highly suggestible and have a hard time separating reality from fantasy so be very careful with scary and violent images. Parents should closely monitor what children are viewing at all times.
- For children **ages 6 and older**, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.



I am a Safe-Keeper. I am a Helper. I am a Problem Solver.

Conscious Discipline Corner

Power of Acceptance

Acceptance is NOT being passive or settling.

Acceptance IS acknowledging “what is” without getting stuck in “what should be.”

Skill of Empathy

Empathy is NOT taking on others’ pain as our own

Empathy IS providing support by giving the child perspective, personal responsibility and encouraging self-control.

Use the D.N.A. Process:

Describe what you see —————→

“Your face is going like this” (*model it*)

Name their feeling —————→

“You seem angry”

Acknowledge their desire —————→

“You were hoping to be first in line”

Important Upcoming Dates

March 2nd

Parent Prop 5 Meeting @ 2:30 pm

March 10th

No School

March 13th – 17th

SPRING BREAK: No School

March 20th

Pajama Day

March 23rd

SPS University @ Central High School

March 30th

Campbell Spirit Day

March 31st

Spring Fling 3:30 pm – 5:00 pm

Register for Explore

Families MUST return an Explore Registration Form or fill out the online form (using the QR code) to let us know your intentions for summer school.



Website:
www.sps.org/campbell



Contact:
417-523-3200

Nurse Note

Every day, before coming to school, parents/guardians must ask their child if they have any of the following symptoms and/or exposure: Fever, Cough, Rash, Sore throat/swollen glands, Shortness of breath, Runny nose or congestion, Diarrhea, Nausea or vomiting, Fatigue, Headache, Muscle pain, Lack of appetite, Loss of taste or smell, Red, itchy, watery eyes, Persistent earache, Close contact with a person with COVID-19 in the last 10 days.

Students with any signs or symptoms of communicable disease, must remain home for 24 hours after resolution of signs/symptoms or until cleared to return by medical provider.

If a student is sent home from school due to illness, the student must remain at home for the full school day following the day dismissed. In addition, the student must be symptom free without administration of any fever reducing medications or other medications to relieve symptoms for at least 24 hours before returning to school.

Please discuss any questions regarding when to return to school with the school nurse at 417-523-3230.

Don't forget to follow us on social media: @CampbellEarlyC1