



Englewood Flyer

February 1, 2018

McTeacher Night - Tonight!

McTeacher Night

February 1st, 4:30-7:30,
1598 Hawthorne Ave
NE, on the corner of
Market St and Hawthorne.



Thinking Ahead: Kindergarten

Children who turn five on or before September 10, 2018 will be eligible for kindergarten next year. Please begin gathering the following documents: birth certificate, immunizations and parental proof of address. Registration starts February 20th.

Lost and Found

Our lost and found has been filling up. Stop by and take a look at items hanging outside of the office on the 2nd floor.

Important Dates

February

- 1 McTeacher Night, 4:30-7:30, Market & Hawthorne
- 8 Parent Teacher Club (PTC), 6:00-7:00 All parents welcome. Child care provided.
- 13 Sports Dress Up Day
- 13 PBIS Assembly 2:15-2:45
- 13 North Area Honor Choir 6:30-8:00 at North HS
- 19 No School-President's Day
- 20 Kinder registration begins

Sports Dress Up Day

Tuesday, February 13th



From the Counselor's Desk

While riding in the car recently, I heard a story about the rise of anxiety and depression among kids and teens over the past 30 years. A Psychology Today blog by Peter Gray, PhD. (<http://bit.ly/1wLNaJD>) confirms what I heard on the radio. He says that childhood anxiety and depression have increased five to eight times in the past 50-70 years.

Dr. Gray says, "Rates of anxiety and depression among children and adolescents were far lower during the Great Depression, World War II, the Cold War, and the turbulent 1960s and early '70s than they are today. The changes seem to have much more to do with the way young people view the world than with the way the world actually is."

The article says that, fewer people these days feel in control of their destinies than in the past. When adults feel this way, it is passed on to their children. These days more people look to others for validation whereas a half-century ago there was more self-reliance and confidence. I believe that much of this is related to the shift from face-to-face interaction to text, online social media, and time spent alone on electronic devices.

Why the change? Dr. Gray says, "Children's freedom to play and explore on their own, independent of direct adult guidance and direction, has declined greatly in recent decades. Free play and exploration are, historically, the means by which children learn to solve their own problems, control their own lives, develop their own interests, and become competent in pursuit of their own interests. By depriving children of opportunities to play on their own, away from direct adult supervision and control, we are depriving them of opportunities to learn how to take control of their own lives. We may think we are protecting them, but in fact we are diminishing their joy, diminishing their sense of self-control, preventing them from discovering and exploring the endeavors they would most love, and increasing the odds that they will suffer from anxiety, depression, and other disorders."

