

Jackson Township Elementary

News from the Principal's Desk

Brad Ennen
Principal
ennenbr@clay.k12.in.us

LaKyla Penrod
School Secretary
penrodlak@clay.k12.in.us

Amy Switzer
School Nurse
switzeramy@clay.k12.in.us

February

Character Qualities

- Honesty
- Perseverance
- Thriftiness
- Creativity

Turn Off the Screens and Grab a Book!

In today's digital age, the balance between screen time and engaging in traditional reading has become a hot topic. With increasing reliance on devices for work, education, and entertainment, it's essential to examine how these two activities compare in terms of their impact on mental health, cognitive development, and overall well-being. This week, the focus of information is concerning cognitive development.



Reading physical books, particularly those in-depth or thought-provoking genres, has been shown to stimulate areas of the brain associated with comprehension, critical thinking, and imagination. Research indicates that reading promotes brain connectivity and improves memory retention. A study conducted by the National Institutes of Health found that reading comprehension and verbal reasoning skills improve significantly with regular engagement in reading.

On the other hand, excessive screen time, especially when it comes to social media or mindless browsing, can have a detrimental impact on attention span and cognitive function. According to a study published in The Journal of the American Medical Association, screen addiction can impair the brain's ability to focus and process information efficiently. Furthermore, the blue light emitted from screens is known to disrupt circadian rhythms, affecting sleep patterns and overall cognitive performance.

Upcoming Events

February 11—Career Day
February 17—NO SCHOOL
Teacher Inservice
February 18—Yearbook
Pictures
February 25—Kindergarten
V.I.P. Day

100th Day Funny!

JTE students celebrated reaching the milestone of 100 days in school! Students dressed up and acted as if they were senior citizens! While Mrs. Jorgensen was taking breakfast count, this conversation took place between her and a few of the "older gentlemen" in her classroom.

Student replies to Mrs. Jorgensen, "Sorry Sonny. I forgot my hearing aids at home." Mrs. Jorgensen asks the class if they want breakfast the next day – it is chocolate donuts. Student replies, "I can't have those because of my diabetes." Another student quips back, "You gotta get on that Jardiance."

