

Logan is a Distinguished School-Wide Title I, Part A Educational Community

LION'S ROAR

News from Logan Elementary School

February 6, 2020

Principal's Corner

Dear Logan Families,

As a parent of two children, I know how difficult managing our kids' screen time can be. It makes me long for the days when I was a kid and the only screen was a television with four channels. How much easier must that have been as a parent!

I came across this short question and answer article in the Spokesman-Review recently, and felt it was worth printing in its entirety. It appeared in the Tuesday, January 28th edition.

It's vital to limit screen time for kids

By Eve Glazier, M.D., and Elizabeth Ko, M.D.
ANDREWS MCMEEL SYNDICATION

DEAR DOCTOR: My husband and I are pretty strict about screen time with our kids. I read about a new study that indicates that screen time actually changes a child's brain. Is this true? How much screen time is OK?

DEAR READER: As parents ourselves, we share your struggle when it comes to limiting screen time.

A recent study supports a growing body of research that suggests it's time to rethink our acceptance of screens. Published last November in the journal JAMA Pediatrics, it found a link between screen time and a drop in language and literacy skills among young children. Not only that, brain scans found high screen time linked to certain changes to the physical structures of their brains.

The researchers began by assessing the cognitive abilities of 47 children between the ages of 3 and 5. They also gathered detailed information about screen habits from the children's parents. MRI scans of the children's brains revealed that those who exceeded the recommended one hour of screen time per day had lower levels of development and organization in brain tissues known

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Calendar

February 6
Girls Basketball Game @ Logan

February 7
First Semester Awards Ceremonies
Grades 4-6, 9:15-Grades 1-3, 10:15
Early Release- 1:45 pm, No Shop

February 11
Shaw Family Night 3:30-6:30 pm
Logan Family Meal 5-6 pm

February 12
Boys Basketball Game @ Logan

February 13
Girls Basketball Game @ Logan

February 14
Early Release- 1:45 pm, Shop Open

February 17
Presidents Day- No School

February 18
Logan Family Meal 5-6 pm

February 21
Professional Learning Improvement
Day - No School

February 25
Logan Family Meal 5-6 pm

Dining in the Den



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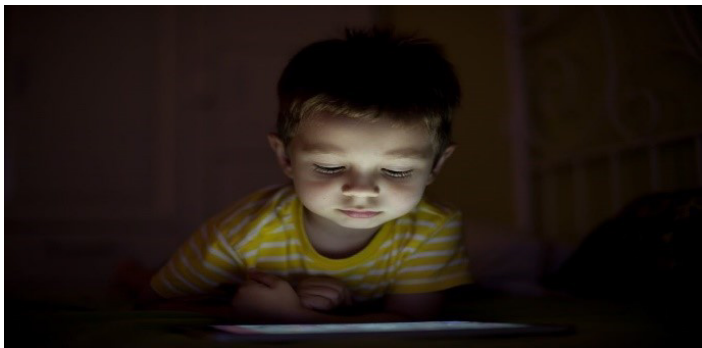
as white matter. White matter plays a key role in language development and cognitive skills.

The children with higher screen time and structural brain changes also had poorer outcomes on tests measuring language and literacy skills. This all sounds dire, so it's important to note that this was a small study with a narrow scope.

According to updated guidelines from the American Academy of Pediatrics, children younger than 18 months should have no screen time at all, other than video chatting with parental supervision. For children between ages 2 and 5, the AAP recommends a maximum of one hour of high-quality programming per day, watched with a parent.

After age 6, the advice is consistent limits that maximize physical and mental health, as well as face time with family and friends.

Send your questions to askthedoctors@mednet.ucla.edu.



I truly appreciate your support of your children at home, with all of the complexities in life that it brings!

Brent A. Perdue
Brent A. Perdue

Principal, brentp@spokaneschools.org

Shaw Family Night coming February 11

Do you have a sixth grader at home? If you do, please plan to attend Shaw Family Night for incoming 7th graders. This special night takes place on February 11, 2020, from 3:30 to 6:30 pm at Shaw Middle School. Plan to visit classrooms, learn about classes and what it will take to be a Viking!



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Which Peachjar Items are from Logan?

With the various items being posted in Peachjar by the school, district and community organizations, Families may be wondering if there is a way to tell which items are from the school. If the item has a "school" icon under it, it is from Logan or from Spokane Public Schools.

Lion's Roar, September 5 Edition



View 1 of 2

Roar Winners

