



# THE DRAGON'S VOICE

JANUARY 2024



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**D**ILIGENCE  
**R**ESPONSIBILITY  
**A**TTITUDE  
**G**RIT  
**O**PEN-MINDEDNESS  
**N**O OPPORTUNITY  
WASTED

*"With a refreshed mind and sharp pencil we can do anything!"*

## Mark Your Calendar

- 
- 1/8 - Classes Resume
  - 1/12 - End of Second Marking Period/First Semester
  - 1/15 - NO SCHOOL - Martin Luther King Jr. Day
  - 1/16 - First Day of Third Marking Period
  - 1/24 - Parent Cafe' - More Information To Follow
  - February - Black History Month
  - 2/2 - No School for PreK & Kindergarten - Teacher Professional Development
  - 2/7 - Parent-Teacher Conferences - Early Dismissal
  - 2/16 - NO SCHOOL

### TESTING SCHEDULE

- ANet - Jan. 16-26
- NWEA - Jan. 22-Feb. 9
- OELPA Assessment - Jan. 29-Mar.15
- Early Learning Assessment - Feb. 15 - May 14
- AASCD - Feb.26-April 19



## **Experts share ways to manage screen time**

Children are spending more and more time on digital devices. One study found that eight- to 12-year-olds spend an average of 5 hours and 33 minutes a day on recreational screen time—going online, watching TV, playing video games. While the American Academy of Pediatrics recommend families monitor and manage noneducational screen time, many elementary school students say there are no rules about technology in their homes. Experts recommend families:

- Set technology curfews. Ask your child to turn off digital devices at least 30 minutes before bedtime.
- Designate screen-free times, such as during family meals and while in the car.
- Offer alternatives. Go on a winter walk. Play cards. Do a craft. Show that there are plenty of ways to have fun—and engage your child’s brain—without sitting in front of a screen.

Source: S. Pappas, “What do we really know about kids and screens?” American Psychological Association.

## **Don’t let digital devices derail your middle schooler’s studies**

Sometimes it seems that middle schoolers are permanently attached to their phones, tablets and other devices. They text from the minute they wake up until they go to bed. They share funny videos and memes with their friends. They scroll through social media.

So it’s no surprise that students often try to use their phones while they’re doing schoolwork. But several research studies show that the more time students say that they text, use social media or surf online while they work, the lower their grades are.

Students often think their digital devices can help with their work. After all, they can watch a video about Jamestown while studying American history. They can check their answer to a math problem. One big problem with this is that students seldom stay focused on the work they are doing. Pretty soon, they click from the history video to the latest viral TikTok. From then on, history is not their focus.

What can you do to help your child stay focused on work and avoid digital distraction? Here are some tips:

- Talk about multitasking- and how research shows it doesn’t work. Students need to focus while studying or they won’t learn.
- Limit the use of devices- during work times. Studies show that the more time students spend multitasking, the longer their studies take. Have your child “park” telephone or tablet in a different room.

Source: K. Kowalski, “When Smartphones Go to School,” Science News for Students, Society for Science & the Public.

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## Educationally Appropriate Dress and Appearance/Dress Expectations

The responsibility for the dress and appearance of a student rests primarily with the student and their parents or guardians. In the interest of maintaining a safe and healthy learning environment, the district believes in the following basic principles:

- All students are encouraged to dress in a manner that is appropriate, comfortable and conducive to an active academic school day.

### **Examples of inappropriate clothing include:**

- clothing where the buttocks or torso (stomach area) is exposed, i.e., tube tops, half shirts/belly shirts, halters
- clothing or accessories that show profanity, obscene words or pictures, sexually suggestive statements, violence, or incitement to violence
- clothing representing gang-related activities
- clothing where the entire thigh is exposed, such as minis skirts/dresses or short shorts, or extremely ripped jeans
- the wearing and carrying of tobacco promotional items, or items promoting controlled substances (drugs) and/or alcohol
- clothing where undergarments are exposed
- clothing that has text or visual images that is libelous, bullying, constitutes harassment or discrimination
- Students are NOT allowed to wear hats, caps, hoods, or other head coverings while in the school building. There is NO restriction on head coverings worn for bona fide religious purposes and documented medical conditions.

Clothing should not be a distraction to the learning environment. Enforcement of the dress code is not meant to stifle individuality but rather to foster an environment that promotes respect, responsibility, and a focus on education.

**Dress Code...**  
**Yes or No?**



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The Legal Aid Society of Cleveland “secures justice, equity, and access to opportunity for and with people who have low incomes through passionate legal representation and advocacy for systemic change.”

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Legal Aid represents clients (individuals and groups) in transactions, negotiation, litigation, and administrative settings. Legal Aid also provides assistance to pro se individuals and advises individuals, so they are equipped to make decisions based on professional guidance.

Legal Aid provides people with the information and resources to solve issues on their own and seek assistance when needed. Legal Aid also works with clients and client communities and in partnership with groups and organizations to elevate the impact of our services and ensure sustainability of our outcomes.

Legal Aid works towards long-lasting, systemic solutions through impact litigation, amicus, comments on administrative rules, court rules, education of decision-makers, and other advocacy opportunities.

Legal Aid holds their FREE legal advice clinics in Ashtabula, Cuyahoga, Geauga, Lake, and Lorain counties. You can find the schedule and additional information on their website: [www.lasclev.org](http://www.lasclev.org)

### Accessibility

Language: Applicants and clients who speak languages other than English will be provided with an interpreter by Legal Aid and important documents will be translated for them. People who speak the following languages can call specific intake phone numbers to apply for help with a new case:

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Arabic dial: [216-586-3191](tel:216-586-3191)

Mandarin dial: [216-586-3192](tel:216-586-3192)

French dial: [216-586-3193](tel:216-586-3193)

Vietnamese dial: [216-586-3194](tel:216-586-3194)

Russian dial: [216-586-3195](tel:216-586-3195)

Swahili dial: [216-586-3196](tel:216-586-3196)

Any other language dial: [888-817-3777](tel:888-817-3777)

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## THE AFFORDABLE CONNECTIVITY PROGRAM

The Affordable Connectivity Program (ACP) is a U.S. government program that helps many low-income households pay for broadband service and internet-connected devices. All CMSD families are eligible to participate.

Here's how the program works:

- The benefit provides a \$30/month discount toward high-speed connectivity
- You will need to apply online through the federal government website/self-service portal for the program
- Once the application is approved, you will see a credit on your high-speed internet bill of \$30 toward your total bill.
- CMSD is also partnering with the Ohio Connectivity Champions to help provide technical support and answer your questions.

How to reach the Connectivity Champions:

- 844.K12.OHIO - (844.512.6446)
- OhioConnectivity@ohio-k12.help
- 8:00 am - 8:00 pm Monday - Friday
- <https://www.ohio-k12.help/connectivity-champions/>

How to apply for the benefit

1. Go to [AffordableConnectivity.gov](https://AffordableConnectivity.gov) to submit an application or print out a mail-in application. Download a CMSD Community Eligible Provisioned School Letter.
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.
3. Some providers may have an alternative application that they will ask you to complete.
4. Eligible households must both apply for the program and contact a participating provider to select a service plan.

## Stay Connected!

Please make sure you are using the LiveSchool app to stay up to date with student behavior. Also, log into Schoology to follow assignment completion. Don't forget to use the free educational applications in Clever, such as Waterford Reading for K-3, Think Central SSO Login for 4-8 Science, IXL for 6-8 Math, Study Island, Edmentum, and Seesaw. If you need help with technology or logging in please contact Ms. Sunny (Ms. Sanisha Grigsby) or Ms. Whitney (Ms. Whitney Dodson) by calling the school or by email at [sanisha.grigsby@clevelandmetroschools.org](mailto:sanisha.grigsby@clevelandmetroschools.org) or [whitney.dodson@clevelandmetroschools.org](mailto:whitney.dodson@clevelandmetroschools.org).



Schoology

## Say Yes! Cleveland

**PARENTS AND  
GUARDIANS  
SAY YES TO  
SUPPORTING  
YOUR STUDENT  
AND FAMILY TODAY!**

### FREE SUPPORT SERVICES INCLUDE:

- Afterschool programs
- Legal Assistance
- Academic tutoring
- Food assistance
- Behavioral and mental health services
- Medical, vision, and dental services
- Clothing and Everyday Needs
- Home and Housing

Make sure Say Yes Cleveland can help your student and family by filling out our survey today.

**[cleveland.sytepps.org](https://cleveland.sytepps.org)**  
You will need your student's ID # and birthday to login

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Yes!  
Cleveland



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