

## Research Shows: The Cost of Screen Time

While technology has many benefits, it also has costs. Children's social skills may be declining as they have less time for face-to-face interaction due to their increased use of electronic technology. UCLA scientists found that sixth-graders who went five days without even glancing at a smartphone, television or other digital screen did substantially better at reading human emotions than sixth-graders from the same school who continued to spend hours each day looking at their electronic devices.

"Many people are looking at the benefits of digital media in education, and not many are looking at the costs," said Patricia Greenfield, a distinguished professor of psychology in the UCLA College. "Decreased sensitivity to emotional cues — losing the ability to understand the emotions of other people — is one of the costs. The displacement of face to face social interaction by screen interaction seems to be reducing social skills."

The psychologists studied two sets of sixth-graders from a Southern California public school: 51 who lived together for five days at a nature and science camp with no access to electronic devices, and 54 others from the same school with normal access to electronic devices. At the beginning and end of the study, both groups of students were evaluated for their ability to recognize other people's emotions in photos and videos. The children who had been at the camp improved significantly over the five days in their ability to read facial emotions and other nonverbal cues to emotion, compared with the students who continued to use their media devices. The findings applied equally to both boys and girls.

You can't learn nonverbal emotional cues from a screen in the way you can learn it from face-to-face communication," said lead author Yalda Uhls, a senior researcher with the UCLA's [Children's Digital Media Center, Los Angeles](http://www.sciencecenter.org). "If you're not practicing face-to-face communication, you could be losing important social skills."

The research will be in the October print edition of *Computers in Human Behavior* and is already published online (<http://www.sciencedirect.com/science/article/pii/S0747563214003227>).

# Cannon River STEM School News

Volume 3, Issue 2

September 2014

Welcome to the 2014 – 2015 school year here at Cannon River STEM School. We welcome new staff, new students, new families and new partnerships with local organizations to our campus and into the CRSS family for the coming year.



Back Row: Chloe Moriarty-7/8 Humanities, Cheryl Wendt-Special Education Coordinator, Damian Baum-IT Coordinator, Jessica Wiles-Kindergarten  
Middle Row: Tanner Walters-6th, Terra Haugen-1st, Kathy Blixt-Special Education, Yang Yang-Chinese  
Front Row: Melanie Donley-1st, Delica Caldwell-Reading, Caitlin Robertson-5th, Lynn Hirschey-7/8 STEM  
Inset: Annamaria Paquette-Paraprofessional

We are excited to begin this year with a strong, talented and resourceful group of new teachers and support staff. During the new teacher orientation the week of August 18<sup>th</sup> and during the whole staff workshops the week of August 25<sup>th</sup> the excitement and determination to make our 6<sup>th</sup> year as a school the best year yet was evident. We look forward to helping you get to know our new staff throughout the year and invite you to participate fully in making this a great year.

## Volunteer Training

Volunteer training will take place September 17<sup>th</sup> at 8:30 am and September 25<sup>th</sup> at 2:00 pm. Please join us on one of these dates to learn how the volunteer program works at CRSS and about opportunities to help make a difference in the lives of your students. Parent volunteer, Jesse Saul, will lead these sessions.

## By the Numbers

In June we celebrated our five year anniversary. Look how we've changed.

2009 – 135 students	2014 – 296 students
2009 – 15 staff	2014 – 44 staff
2009 – 6 classrooms	2014 – 15 classrooms

195,444 minutes of books that could be read after the May Book Fair according to our Scholastic Book Fair consultant. The next book fair will be October 14<sup>th</sup> through the 16<sup>th</sup> providing there are enough volunteers to staff 1 day of previewing and 2 days of selling.



# September 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2 First day of school	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Parent Info Night: 5th-8th @ 6:30pm	17 Volunteer Training @ 2:00 pm	18	19	20
21	22	23 SPED/Title I Parent Advisory Committee @ 5:30 pm & Parent Info Night: K-4th @ 6:30pm	24	25 Volunteer Training @ 8:30 am	26	27
28 Pancake Breakfast Fundraiser @ Knights of Columbus 8am-12pm	29 School Picture Day	30				

## QUOTE OF THE MONTH

Ms. Yang, the new Chinese teacher, told a second grade class that this would be the first time she would be away from her family during the mid-Autumn Festival this month. Without prompting, a student said, "It's okay, here at CRSS we are like a family. Our classroom is a family and we are like brothers and sisters. You can be part of our family."

### Opportunities to participate at CRSS

Strong support by families is a key to the success of CRSS. Our Kindergarten Play Dates and Orientation were attended by 39 families. Our Before School Conference attendance rate was 95%. Over the summer approximately 170 volunteer hours helped to get school ready for a smooth start.

The next opportunities to participate here are many. If every family gave one hour a month of extra support to CRSS that would total 215 hours. And every chance to participate at school strengthens the success of your own child as well as that of others.

Parent Information Nights will be held on September 16<sup>th</sup> for students in grades 5 – 8 and again on September 23<sup>rd</sup> for students in grades K-4. At that time adults will meet with the classroom teacher to learn about procedures and classroom activities for that grade level. Students, if signed up beforehand, may join Ms. Deb and other CRSS staff in the gym for activities while the information nights are being held.

We intentionally only have three fundraisers during the school year. The pancake breakfast on Sunday, September 28<sup>th</sup> at the Knights of Columbus Hall is the second fundraising event. Tickets purchased before the event increase the profit for CRSS. Working at the breakfast is a good way to meet other families, selling tickets ahead of time increases the profit, and inviting your neighbors and friends is a good way to spread the CRSS word.

Our new Chinese teacher, Yang is new to the USA and has not experienced many things that we consider commonplace. Since she lives in an apartment, not with a host family, she may miss out on opportunities that might otherwise have been available to her in a family environment. We are wondering if we all can think of things we are doing in the evenings or the weekends that might be something we can invite Yang to participate in. Going to a pumpkin patch, corn maze, apple orchard, a bike trip...would you be willing to invite Yang? Please contact the office so that we can put you in contact with Yang.