



# Mountain Lion News

## November - 2025

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*Renee Hults, Principal ~ Ronda Vanlandingham, Office Manager*

If the after School Plan for your Child changes, *Please* contact the office as early in the day as possible (Ideally before 1:30)

541.479.6433



Our Annual Jog A Thon was a complete success! We've been enjoying doling out the prizes. Our students have been enjoying ice cream treats, extra recess and a sweet treat by Beef Cakes Bakery. We even took a group for some Cosmic bowling by Limousine.

Our Book Tokens and Scholastic Book Bucks will be distributed by October 30<sup>th</sup>. Students will be able to redeem their tokens during their class library time. Scholastic Book Bucks will be held until the Book Fair next week.

Remaining T-shirt & Sweatshirt Prizes will be available soon as Items are on order!  
Thanks again for your participation!



### UPCOMING EVENTS

November

3-6 - Food/PB&J Drive \*RAFFLE PRIZES\*

3-7 - fall Book Fair

6 - Parent/Teacher Evening Conferences

7 - Parent/Teacher Morning Conferences

11 - Veteran's Day - NO SCHOOL

26 & 27 - Happy Thanksgiving -  
NO SCHOOL



December

2 Picture retake day

3 PTA Meeting/2:45pm MZ Rm 14

22-31 - Winter Break - NO SCHOOL



Kindergarten through 5th grade School Days are:

**Monday - Thursday 7:15am-2:25pm**

Students may be dropped off as early as 7:00am

*There is NO supervision prior to 7:00am*

# Principal's Corner...

*A note from our principal....* Hello Families,

We made it through the fun — and sugar rush — of Halloween, and we're settling into November just as daylight savings shakes up our routines! Thank you for helping your students arrive each day ready to learn, even on those darker days.

This month brings some exciting events. Parent-teacher conferences will be held on November 6th, 3–7 PM and Friday, November 7th, 7 AM–1 PM (no school Friday). Conferences are a wonderful opportunity to connect with your child's teacher, celebrate growth, and partner toward learning goals.

We also have our school Book Fair and Food Drive happening this week — thank you in advance for supporting both literacy and our community! Looking ahead, our Holiday Lunch is on December 11th. Please watch for your RSVP form coming home soon if you'd like to join us.

A reminder of our November no-school days: Veterans Day (Tuesday Nov. 11) and Thanksgiving Break (Wednesday Nov. 26 and Thursday Nov. 28).

This is a busy time of year, and we appreciate your continued partnership. Together, we are building strong minds and kind hearts — focusing on responsibility, accountability, and doing the right thing, even when no one is watching.

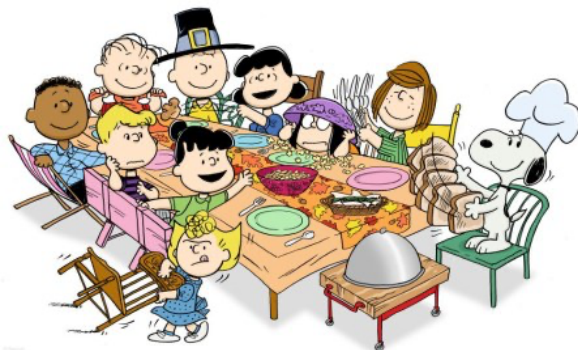
As we enter this season of gratitude, please remember — if you or a family you know needs support, don't hesitate to reach out. It truly takes a village, and we may have resources to help.

Have a wonderful November, and we'll see you at conferences!

Warm regards,

*Renee Nults*

Thankful Principal of Manzanita Mountain Lions





## PARENTS PLEASE CHECK THE LOST BUT NOT YET FOUND AREA

### REMINDERS...

Please be sure your student is wearing Safe Shoes for running and playing outside and for P.E.

Please write student's name in/on jackets, backpacks and lunchboxes.

## SCREEN TIME



### Unstructured

3+ hours a day  
Unsupervised use  
Used as a babysitter  
Passive watching  
Used during meals  
No child lock



### Structured

- Up to 1 hour a day
- Rules and limits are set
- Parents are involved
- Talking and engaging
- No screens at the table
- Educational content

## PTA Corner

Parents, if you attend a classroom event and have any pictures to submit for possible use in the year book, please email them to:

[manzanita.yearbook.pta@gmail.com](mailto:manzanita.yearbook.pta@gmail.com)

It's easy to join the PTA!  
Pick up a form in the office  
or attend the next meeting:  
Wednesday, November 12<sup>th</sup>  
Merlin Community Center  
4:00pm

Follow Our Instagram page  
@  
**manzanita\_elementary\_pta**

Remember to sign up for  
Box Tops and Fred Meyer  
Community Rewards



# Mental Health Support

## **Fewer Screens, more Face to Face time, and its impact on your child.**

- There's been a lot of research done on the impact of too much screen time for our children, especially before the age of 12. Researchers found that too much screen time negatively impacts many areas of their young lives.

### **•What's the Big Deal?**

Issues with attention, behavior blowouts, inability to regulate emotions, sleep disruption, poor mental and physical health, and fewer social skills, are tied to too much screen time, among other things.

### **•How much is too much?**

Doctors are recommending that children have less than 1.5 hours of free screen time per day.

### **•We have a ton of tech at home- where do I start?**

Start small- set a timer on your device to have your kids take a 'tech break' for 15 minutes, and do something outside, or with a family member.

Choose a time in the evening where all tech is turned off, and another activity (such as reading with your child, or a game) is chosen before bedtime.

If you have to use screens in the evening, choose a single screen that you are all watching, and ask questions of one another during ad breaks.

### **•What if I want to learn more about this?**

There are many different resources, but here are some links for further research and tips:

<https://healthmatters.nyp.org/what-does-too-much-screen-time-do-to-childrens-brains/?scrlybrkr=7d9a5d6f>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/children-and-screen-time>

<https://www.wmedgroup.com/blog/screen-time-recommendations-for-kids/>