



# Mountain Lion News

## December - 2025



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

We look forward  
to seeing you  
December 11<sup>th</sup>  
for our Holiday  
Lunch!



### Lunch Times

K-10:35

1 -10:50

2- 11:05

3 - 11:20

4 - 11:35

5 - 12:05

Congratulations to our  
Spelling Bee Winners who  
will be representing us at the  
district bee:

Primary Division (grades 1-3)  
Colton Larson

Division 1 (grades 3-5)  
Zoe Myles

### UPCOMING EVENTS

#### December

2 - Picture retake day

3 - PTA Meeting/2:45pm MZ Rm 14

4 - 10-12:00/District Spelling Bee

11 -10:30am HOLIDAY LUNCH

15-18 - Spirit Week

18 - 5:30pm Choir Concert

22-31 - Winter Break - NO  
SCHOOL

#### January

7 - PTA Meeting/4pm JoCo Library

15 - PTA MOVIE NIGHT



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*

# Greetings from the Office

*A note from the office....* Hello Families,

As we enter this joyful holiday season, we'd like to extend our warmest wishes to you and your loved ones. This time of year brings so many opportunities to slow down, make memories, and enjoy simple moments together. Some of the most meaningful experiences don't require spending money—reading a favorite book as a family, baking something delicious, creating art together, taking a winter walk, or sharing stories from your own childhood. Those small moments often become the ones children hold onto the longest.

This season can also bring big emotions for our students. Not all children experience the holidays in the same way, nor do all families celebrate with the same traditions or gifts. As you talk with your child, it can help to remind them about being gracious, humble, and understanding of others' experiences. A little empathy goes a long way in helping all students feel valued and included.

We are just over 50 days into this school year and we're really getting to know this amazing student body. We enjoy the interaction with the kids as well as you, their parents/guardians. Thank you for partnering with us to make our school a caring, supportive community. We hope your winter break is filled with rest, joy, and connection. Please don't hesitate to reach out if your family—or a family you know—needs support during this time.

There are many upcoming holiday events we look forward to sharing with you. Please be reminded to reserve your spot for our December 11 holiday lunch by calling the office, December 18th, bring your family to our Choir Concert and watch daily for any notifications coming home in your child's backpack.

Warm regards,

*Renee Nults, Principal*

*Ronda Vanlandingham, Office Manager*

*Mary Jannett, Secretary*





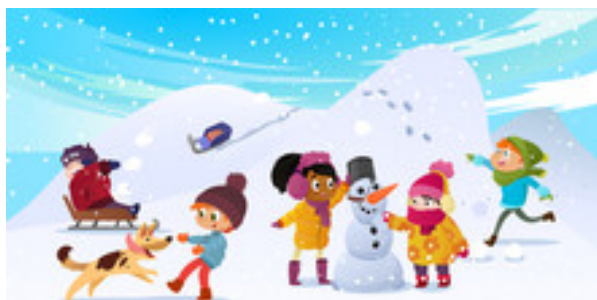
PARENTS PLEASE  
CHECK THE LOST BUT NOT  
YET FOUND AREA

#### 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.

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



## 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, December 3rd  
2:45pm - Room 14 at MZ*

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

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

**We're Fundraising**  
— with —  
**See's CANDIES.**

# 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/?scrlbrkr=7d9a5d6f>

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

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

