



~SOCON NEWS~

Important information from your school
Social workers, COunselors & Nurse

Summer 2018

As we head into summer...

Research shows that too much screen time is bad for children's health. Consider making a family "screen time agreement" to limit screen time and encourage other activities this summer. Shown are three examples that you can tailor to your family's needs!

Holiday and Summer Break SCREEN TIME RULES

by naturalbeachliving.com

Have you...

- Brushed your teeth
- Brushed your hair
- Dressed for the day
- Had breakfast
- Made your bed
- 20 minutes of reading time (book or magazine)
- 20 minutes of writing, coloring, or drawing
- 30 minutes of outside play
- Made/built something - Lego, Crafts, Block play, Art

DON'T FORGET TO BE AWESOME!

Summer SCREEN TIME CONTRACT



HAVE YOU

- Brushed Your Teeth
- Brushed Your Hair
- Gotten Dressed
- Eaten Breakfast
- Made Your Bed
- Completed Chores

GREAT, Now You Can Start Earning Screen Time.

For every 30 minutes you spend doing one of these activities, you can earn 15 minutes of screen time.

- Read a Book
- Exercise Your Creativity (Draw, Paint, Journal, Make a Craft)
- Build Something (Legos, Blocks, A Fort)
- Play Outside
- Work in Your Summer Workbook
- Play a Board Game
- Listen To Music/ Have a Dance Party

Screen Bucks

Fill Dishwasher	1 SB
Empty Dishwasher	1 SB
Do a load of laundry	1 SB
Fold a load of laundry	1 SB
Vacuum carpets	1 SB
Sweep floors	1 SB
Put away groceries	1 SB
Mop floors	1 SB
Mom's Choice	1 SB
30 min of play with Merrick	1 SB
Clean your room	4 SB

1 SB = 30 minutes of screen time

One episode of a short TV show (30 Minutes)

One episode of a long TV show (1 Hour)

One movie (not including family events) (2 hours)

OR - Trade in 20 SB for \$10 in real bucks!

DO MORE &
WATCH LESS
TOGETHER!

As of April 1, Crisis Text Line is offering text-based suicide prevention services across Minnesota. People who text **MN to 741741** will be connected with a counselor who will help defuse the crisis and connect the texter to local resources. Crisis Text Line is available 24 hours a day, seven days a week.



Need ideas for counseling over the summer? Speak with your doctor, or see below for some ideas to get started.

Community Outreach Counseling
320-905-4206
<http://www.communityoutreachcounseling.net/>

Woodland Centers
320-235-4613
www.woodlandcenters.com

Crossroads Counseling
320-214-8558
<http://www.crossroadscounselingcenters.com/>

Rice Institute
320-231.4399
<http://www.ricehospital.com/riceinstitute>

Divine Hope Counseling
320-231-9763

Life Seasons Professional Counseling
320-235-4900
www.lifeseasons.net

Willow Creek Counseling
320-354-4200
www.willowcreeknl.com

CONTACT US!

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