

# The Weekly Comet Update

From Tom Meyer, Superintendent of the Bellevue Community School District

- May 27 - Beyond the Blue Reception at the Button Factory 2nd Level - 6:00 Social; 7:00 Program
- May 28 - Bellevue High School Graduation - 4:00
- July 24-31 - Iowa High School Non-Contact Week for any school sponsored activities.
- August 1 & 2 - Registration for students for the 2022-2023 school year
- August 8 - Fall Practices start for high school students in volleyball, cross-country, and football.
- August 23 - 1st Day of School for the 2022-2023 School Year (state approved date to begin school).
- September 30 - Homecoming Friday Pep Rally, Parade, and Football Game

***Believe In The Blue! Believe In Learning! Believe In Bellevue!***

## Impact of Technology...The Importance of Activity and Reading a Book

According to the book “iGen” by Jean M. Twenge from a few years ago the lives of teens and children as a whole is significantly impacted by technology. For example, and not surprisingly, youth (and adults) are spending a lot more time in front of screens.

Whether it is a screen from a phone, computer, iPad, or some other device people are spending more and more time on them. Teens spend (in a conservative estimate) 2 hours a day texting, 2 hours a day on the internet, 1.5 hours on video gaming, and another on other social media formats. This is 25% of their day! It is not unusual for teens to sleep with their phones (as do some adults) to stay connected with what is going on in the social groups and beyond. While I am not saying this is right, it is a reality for many people.

Some would say this harms student’s mental health and leads to a lack of ability in communicating face-to-face with people and leads to a feeling of being lonely. Twenge stated that depression in teens increased by 25% between 2010 and 2015 when smartphones became more prevalent and that the screen time is related to less exercise and less sleep by people.

Finally, teens in the current generation are waiting longer to leave home and get married. This connects with the “slowing of the pace” of the development of students. While we often think they are becoming more and more mature wanting more independence, it can also be said they are not looking to move on with their lives as fast as the older generations.

It is essential to recognize the development of our teens and how we can support them to develop the skill sets we often talk about as vital for their growth and future independence after graduation: Communication skills, problem-solving and critical thinking skills, ability to work with others, challenging themselves, and living productive lives. Whether we are a parent, friend, community member, or others, we can all assist our youth, and we need to recognize what they are thinking as well through in-depth conversations with them about their lives, interests, and beyond. They have the potential to accomplish more than any of us have in our lives, and we need to support them in their growth. **Encourage your children to read a book, play actively (outside) in the summer, and stay off technology as much as possible for their own personal development.**

## Field Trips

Many groups took field trips in the last month, which ultimately provide unique learning experiences that cannot be replicated within the walls of the school. These opportunities are important for our students and their learning, and are valued by our staff (and students!). To the right, are 5th grade students at the Maquoketa Caves State Park last week



