

SOCALS Community Newsletter

February 2022



Videos and Resources under 5 minutes!

[Great resources can be found at Screenagers](#)

[There is a Cellphone in Your Student's Head:
Research about Distraction](#)

[About Parenting and Screen Time](#)

[A video to share with kids about managing
screen time](#)

Upcoming Events

The calendar of Wellness events is now published on the MSD website. [Click here](#) for links to information and registration.

February – March: Brain-Based Parenting with Dr. Alison Roy

February 8th- Frienduary with Brooklyn Raney. A great workshop opportunity sponsored by the Department of Education

February 8th – What is SEL? Sponsored by Demonstrated Success, with authors and others specializing in this field.

SPECIAL EVENT!!! February 15th: Screening of **ANGST** with panelists from Greater Nashua Mental Health and NAMI-NH. [Click here to register.](#)

TBD -March: Screening of **LIKE** (film about Social Media Addiction)

TBD -May: Justice John Broderick **TBD-** Dr. Peg Dawson – Executive Functioning



Enjoy Screens. Not too much. Mostly together.

- Anya Kamenetz, [The Art of Screen Time](#)

This quotation speaks to the challenge of supporting the healthy use of technology, a significant concern of parents and educators alike. We are seeing the impact of technology misuse. For instance, some young people become angry, even violent, when limits are set by parents or caregivers, and at school, many students are distracted by cell phones that ping with texts and app updates. It is important to wonder: how does screen time affect learning and well-being in and out of school?

The Developing Brain

The [research](#) on the impact of screen time is still in its infancy. However, we can use what we know about brain development to chart our course. For instance, neurons, the cells that make up the brain, develop with practice and exposure to experience. For brain health, it is critical that screen time does not displace other activities that support the growing brain (sleep, reading, time in nature, board games, family dinners).

Where your attention goes, energy flows and neurons grow." - Dr. Dan Siegel

The [teenage brain](#) is particularly preoccupied with the task of identity development and friendship formation, and is primed for seeking pleasure and rewards. For this reason, researchers see an association between the dramatic increase of mental health issues in youth with the rise of social media. Developing a [family contract](#) or constitution for screen use can make a difference.



What You Do on a Screen Matters

Another theme in the research suggests that all screen time is not made equal. Gaming is different than self-care, which is different than collaboration and research. Let's think about how we can strike a balance in our relationship with our screens.

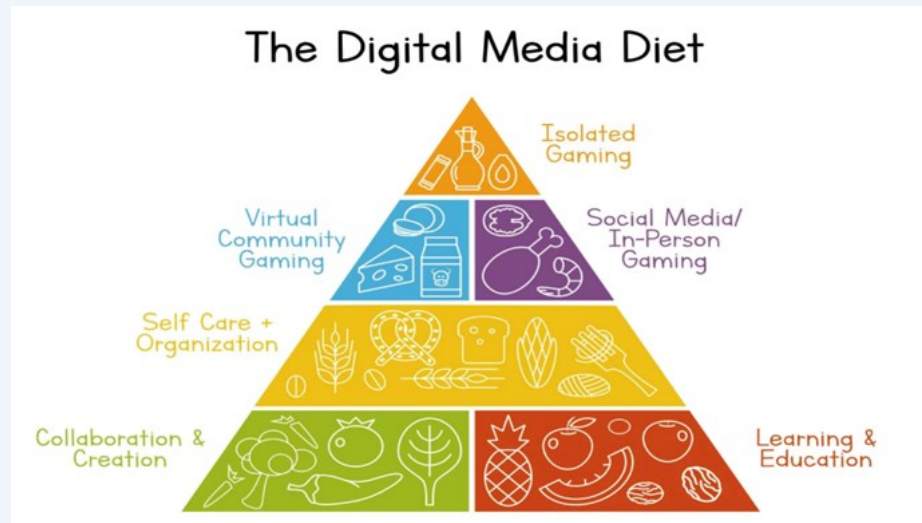
Did You Know...

During a mental health crisis, call the New Hampshire Rapid Response Access Point: 1-833-710-6477. The State System of Care goal is to reduce visits to emergency rooms for mental health reasons.

To connect with non-crisis resources and support in NH, call NAMI at 800-242-6264 or dial 211

National Suicide Prevention Lifeline: 1-800-273-8255

Check out the [Community Helpers](#) flier for information about supports available for families.



<http://thenexttechthing.blogspot.com/2017/11/the-digital-media-diet-differing-types.html>

In a System of Care, we are all part of the solution when it comes to promoting the wellness of young people so that they can achieve their potential in school and beyond. Understanding the challenges and opportunities presented by technology is a critical part of this work.

-Fern Seiden, Director of Student Wellness

Do you have ideas for this newsletter? Would you like to submit an article or resource? Please reach out to fern.seiden@sau26.org.