



BULLETIN #5.16

December 12, 2021

www.nsd.org/northcreek

(Note - this is the best info we have at the time of publication, but dates do change on occasion)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13 *Regular 1-7 Day	14 *Regular 1-7 Day *Altered schedule for Winter Music & Recognition Activity	15 *Block Schedule (2,4,6) & Clubs!	16 *Block Schedule (1,3,5,7) *Tutorial during Jag Time	17 *Regular 1-7 Day	18 WINTER BREAK BEGINS
19	20	21	22	23	24	25
26	27	28	29	30	31	Jan 1, 2022
2	3 *Regular 1-7 Day	4 *Regular 1-7 Day	5 *Block Schedule (2,4,6) & Jag Time	6 *Block Schedule (1,3,5,7) *Tutorial during Jag Time	7 *Regular 1-7 Day	8
9	10 *Regular 1-7 Day	11 *Regular 1-7 Day	12 *Block Schedule (2,4,6) & Jag Time	13 *Block Schedule (1,3,5,7) *Tutorial during Jag Time	14 *Regular 1-7 Day	15
16	17 MLK Jr National Holiday	18 *Regular 1-7 Day	19 *Block Schedule (2,4,6) & Jag Time	20 *Block Schedule (1,3,5,7) *Tutorial during Jag Time	21 *Regular 1-7 Day	22

Just 1 Fridays Until Winter Break!

NEWS and INFORMATION

1. Spirit Week Dress Up Days

Jags - let's all have some fun and dress up for Spirit Week! Here are the days:

- ★ Monday - "It's Cold Outside" - wear your most comfy clothes (think sweats, pajama bottoms, etc).
- ★ Tuesday - "Winter Whiteout!" - try to come to school wearing as much white as possible!
- ★ Wednesday - "Anything But a Backpack!" - you still have to carry books, your laptop, etc. around campus - but try to do so using something other than a backpack (remembering - whatever you use needs to be backpack sized - for example, shopping carts are not allowed)
- ★ Thursday - "Festive Flannels" - come to school in those flannel tops and bottoms!
- ★ Friday - "Ugly Sweaters" - this one speaks for itself!

I hope all our Jaguars participate in this week of fun! We all could use some fun!!!

2. Class of 2024 Fundraiser!

Are you planning to catch a movie on Saturday, December 18th at the AMC Theater in Lynnwood? Stop by the Chipotle in the Alderwood Mall Food Court (just across the street!) from 4-8 pm to support the North Creek Class of 2024!

Don't forget to set a reminder, mark it on your calendars, and bring your friends and family! Show the cashier a digital/paper flyer, or mention the fundraiser to the cashier prior to paying! If you would like to order via the Chipotle app, be sure to select the correct restaurant location. Once you place your order, enter the fundraiser code under "Enter a Promo Code", Press "Apply" You must pick your meal up at the location sometime between 4-8 pm!

You don't have to be a sophomore to contribute!

[link to QR Codes for fundraiser info](#)



3. PTSA Staff Appreciation Event!

North Creek PTSA will be sponsoring a Staff Appreciation event with a "Sip & Snack: Coffee & Cocoa Bar" on Wednesday, December 15th and we would love your help to show the staff how much we appreciate them! Use this link to contribute an item for the event:

<https://www.PerfectPotluck.com/VMRX7103>

Thank you for helping us support our amazing North Creek staff!
North Creek PTSA Staff Appreciation Committee:

Andrea Harris, Bobbie Moe, Cheri Hardin, Mary Khouzam, Rosemary Hansen, Tonia Wong

4. **Getting to School and Classes On Time**

Jags - we have a pretty massive tardy problem at NCHS. Too many students are arriving late to school and late to class. While I do understand the construction on 35th, and that sometimes there is nothing you can do to be on time, once you are at school and out of your car, you can be on time to classes.

In January, we need to make a commitment to being on time to classes. To be clear: this is different from when we were doing on-line school last year. During on-line school, it was understandable that kids might be tardy to Zoom-class due to tech issues, etc. Now that we are in-person again, there really is no excuse for the number of tardy-to-class situations we are having.

Jags - let's get to class on time!

5. **Teens and Non-School Screen Time**

"Throughout the COVID-19 pandemic, Americans relied on technology to continue working, going to school, checking in with health care providers and connecting with family and friends.

But a recent study found recreational screen time for teens skyrocketed, too.

According to the study, [published Monday in JAMA Pediatrics](#), **screen time outside of virtual school among teenagers doubled from pre-pandemic estimates of 3.8 hours per day to 7.7 hours."**

Importantly, "excessive screen use in adolescents has been associated with physical and mental health risks."

Families - over the break, encourage your teen to get off their phone and be mentally and physically present with family and friends. Ask your teen to show you their screen time information and have them set a goal to decrease their screen time by at least 50% over break (meaning they would likely drop back to just 3.8 hours a day - which is still too much but is far better than 7.7 hours).

Teens don't understand the mental and physical risks this massive amount of screen time poses to them so please help them learn how to moderate their screen time!

<https://www.usnews.com/news/health-news/articles/2021-11-02/us-adolescents-daily-screen-time-doubled-during-pandemic>

<https://www.foxnews.com/health/teen-screen-time-more-than-doubled-covid-19-pandemic-study>