



Principal's Thoughts

Anxiety, depression what else? Don't buy that new gaming system just yet!

By now I'm sure you have heard about the 2-year study conducted by UCSF linking screen time usage (playing video games and watching videos) by pre-adolescents and an increasing potential to developing obsessive-compulsive disorder (OCD.) Here is a link to the study in the Journal of Adolescent Health:

[https://www.jahonline.org/article/S1054-139X\(22\)00722-4/fulltext](https://www.jahonline.org/article/S1054-139X(22)00722-4/fulltext). The conclusion:

"The current study indicates that higher screen time use is associated with new-onset OCD in early adolescents. The findings should increase awareness around screen use and its possible role in OCD development. Videos and video games had the strongest associations between screen time and OCD and offer focus points for future research and interventions to prevent OCD development in early adolescence."

Of course these findings do not suggest that every child using a device will develop OCD, however the statistics are concerning and should be taken into consideration. Given how dependent we all are on electronic devices, it is unrealistic to think we can ban children from them. Devices can be an important tool, even during the school day! The key to this dilemma is to find a way to manage usage by finding a reasonable amount of time that everyone can agree upon. I often rely on Common Sense Media for information about general topics (i.e. screen time usage,) ratings for books and movies. I find the suggestions realistic and reasonable. Here is a link to this website about screentime:

<https://www.commonsensemedia.org/articles/screen-time>. Hopefully this will help provide a suggestion or two that you will find useful and still let you shop for that gaming system or device guilt free.



<http://clipart-library.com/clipart/piq8yqB5T.htm>

On behalf of the entire staff, many blessings and much joy for Christmas and the New Year. We hope you find time to take a break to focus on the reason for this season and give thanks for the birth of our Savior! May your New Year be full of hope and healthy resolutions. Please travel in safety and we look forward to seeing you in the New Year!

Health Updates

- Two testing kits for each child are being sent home today. In order for students to return to class, a picture of their negative COVID test needs to be emailed to the teacher on January 2nd.
- Previously a person did not need to test within 90 days of testing positive for COVID-19 this has been shortened now to 30 days.
- Thank you for monitoring your child(ren)'s health during this VERY robust flu/COVID season. We appreciate you!

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• **Scrip News**

- Tomorrow and Friday will be the last day to purchase scrip before our Christmas break, no scrip will be sold next week.

• **Christmas Concert Tickets on Sale!**

- An order form to purchase tickets has been posted on our website. Pre-ordered tickets are in today's family envelope, any order after today, you can collect your tickets from the school office or at Will Call the day/night of the performance.
- No reserved seating is available for the concert unless a row was purchased at the Auction.
- We would love to see you but with the threat of this triffecta virus situation, please do not attend if you are not feeling well. We encourage all to wear a mask for extra protection.

• **Concert Checklist**

- All students need white tops & dark pants (black preferred)/skirts and tights.
- Afternoon performance: Students will come to school dressed for the concert. Regular pickup will take place.
- Evening performance: Please have your children remain with you until the doors open at 6:30pm and then have them go directly to their assigned area in the church.
- Students will be dismissed from their area in the church at the conclusion of the Concert.

• **Christmas Goodies**

- Christmas blessings on Mr. & Mrs. Latteri!
- Once again, Christmas surprises are being sent home this week courtesy of these very special friends.

• **Kids Club**

- Fees will be posted on FACTS this Friday, December 16th.
- **The last day for extended care is Tuesday, December 20th**

• **Kinder Information Night**

- Please help spread the news, we are looking for children to join the Class of 2032!
- We are currently taking RSVPs for the Kinder Information Night to be held on Wednesday, January 11th at 7pm. Please call the office to sign-up.

• **Kinder/New Student Testing-Tell One & All!**

- Applications are now posted on our website for incoming students.
- Testing is scheduled for Saturday, February 11th.

• **Book Fair News!**

- The annual Book Fair will take place from January 29th-February 2nd.
- Coupons (stocking stuffers) can be purchased to use at the Book Fare, using the order form posted on our website.
- All orders and payment are due by December 20th. Coupons will be sent home by the 21st.

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PACE NEWS

- **WISH**
 - Thank you to those who braved the cold and shopped at Wish last week.
 - One of the vendors, our very own Cassandra Nguyen, has graciously decided to continue the sale of her items and give back to St. Agnes. Here is a link: <https://www.savvi.com/pr421>.
- **Setting the PACE!**
 - Check out the Fall PACE newsletter included in your envelope today!
 - Thank you to Rita Encarnacion-Malixi for the countless hours spend to create this wonderful recap of the first half of the year!
- **Talent Show News**
 - Information and a sign-up form for the Talent Show scheduled for January 27th, can be found in your envelope.
 - Christmas vacation will be a perfect time to get those acts together!

Thank you!

- Breakfast with Santa was a wonderful gathering thanks to our chairs: Erika Barragan, Sandra Cano and Michael Crahan! Their vision created a cozy festive atmosphere of Holiday spirit.
- Kudos to chefs Tim McGallian and Sal Evola along with their crew for a yummy breakfast!

Weekly Student Learning Expectation: 4.3 An effective communicator who is able to cooperate and collaborate with others.



Parish News

- **Extend an Invitation**
 - Enclosed in your envelope is a door hanger to invite someone in your neighborhood to Mass.
 - This might be a fun way for your child to spread the Good News!
- **Christmas Mass Schedule**
 - Christmas Eve-4:00pm (Baby Jesus Mass) & 11:30pm
 - Christmas Day Morning- 7:00, 9:00 & 11:00

St. Agnes School Mission Statement

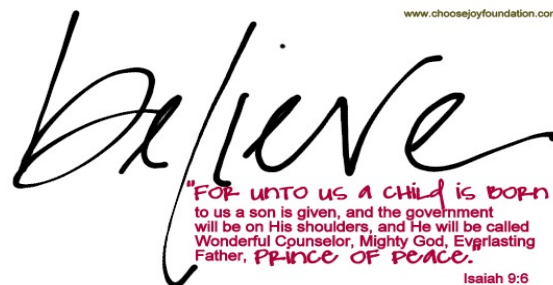
St. Agnes School, in partnership with the Catholic Schools in the Diocese of Oakland educate children in the Catholic faith and nurture their minds, bodies, and souls, inspiring them to live the Gospel of Jesus Christ, achieve their highest academic and creative potential, and actively serve and enrich the community.

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	IMPORTANT DATES AND EVENTS
12/14	• Baby Jesus Mass Participation Forms Past Due.
12/15	• Joint PACE/School Board Meeting 6:30-Cauchy Hall
12/17	• Work Party 9-1
12/18	• 4 th Sunday of Advent Mt 1:18-24
12/20	• Christmas Concert! 1:30 & 7:00 • Children come dressed for the Concert
12/21	• Minimum Day-12:00 Dismissal
12/25	• Merry Christmas!
1/1	• Happy New Year!
1/2	• Test for COVID and email the results!
1/3	• Classes Resume • Spirit T-Shirt Tuesday!



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