

# Pirate Chatter



**Jr. High Track Meeting for 6th-8th**  
Monday, March 7

**Spring Pictures**  
Thursday, March 10

**NSD School Board**  
Monday, March 14

**Spring Break**  
March 21 - 25

**SPRING time** is just around the corner...and that means it's daylight outside longer! Hooray! We have been reminding our Pirates to limit screen time right before bed time. It is so hard for our brains to "shut off", when we are glued to a device before we go to bed. **Spring is here, let's play outside!**

Establish clear rules and set reasonable limits for your child's use of digital media. Consider these tips:

- Encourage unplugged, unstructured playtime.
- Create tech-free zones or times, such as during mealtime or one night a week.
- Discourage use of media entertainment during homework.
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.
- Consider using apps that control the length of time a child can use a device.
- Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.
- Eliminate background TV.

<https://www.mayoclinic.org/>



# Welcome to the School Counselor's Corner



## CHARACTER TRAIT WORD FOR MARCH: FAIRNESS



Mary Ihli-Laan, Counselor 208-459-7442 [ihlilaam@notusschools.org](mailto:ihlilaam@notusschools.org)

Cara Marchbanks, Community Schools Resource Coordinator [marchbankscara@notusschools.org](mailto:marchbankscara@notusschools.org)

Karla Bales, LAUNCH Resiliency Advocate 208-739-2530 [balesk@wicap.org](mailto:balesk@wicap.org)



→ School starts at  
7:50 a.m. -  
**Please do not  
drop off  
students  
before 7:30  
a.m.**

# SNACK SHACK


**This Thursday!**

**SPRING PICTURE  
DAY IS HERE!**

**PICTURE DAY IS:**  
Día de fotos será el:  
**Thursday, March 10, 2022**

Jueves, 10 de marzo, 2022

**PICTURES WILL BE TAKEN AT:**  
Las fotos serán tomadas en:  
**Notus Elementary School**

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# March 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> <p>Hamburger on a Bun Potatoes Hamburger Toppings Peaches Milk</p>	<p>1</p> <p>Fajita Chicken Wrap Spicy Beans/Fajita Veggies Spanish Rice Applesauce Milk</p>	<p>2</p> <p>Spaghetti Sauce Pasta Salad/ Ranch Dressing Whole Grain Bread Milk</p>	<p>3</p>  <p>Biscuits w/Gravy Sausage Patties Potatoes Orange Slices Milk</p>	<p>On <u>March 10, 1876</u>, Alexander Graham Bell made the first-ever phone call. It was to his assistant and he said "Mr. Watson, come here. I want to see you."</p>  <p>March 13, 2022</p> <p>Wearing green attire or shamrock is also a St Patrick's Day tradition. It is one of Irish tradition to pinch someone who is not wearing green on the day.</p>
<p>7</p> <p>Chicken Sandwich Fresh Veggies Fruit Gold Fish Crackers Milk</p> 	<p>8</p> <p>Beef Taco w/Lettuce Rio Beans / Salsa Applesauce Chocolate Chip Cookie Milk</p>	<p>9</p> <p>Chef Salad Salad Toppings Whole Grain Bread Fruit Milk</p> <p>K-3: Ham and Cheese Sandwich</p>	<p>10</p> <p>Chicken Legs Potatoes and Gravy Green Beans Peaches - Rolls Milk</p>	
<p>14</p> <p>Sloppy Joes Scalloped Potatoes Steam Veggies Sliced Pears Milk</p>	<p>15</p> <p>Quesadilla Refried Beans Salsa—Tortilla Chips Fresh Veggies Milk</p>	<p>16</p> <p>Cheese Yum Yum's Tomato Soup Fresh Veggies w/Ranch Mixed Fruit Milk</p> 	<p>17</p> <p>Ham and Cheese Sandwich Sunchips Fresh Veggies Cookie Milk</p>	
<h2>SPRING BREAK MARCH 18-28</h2>				
<p>28</p> <p>Tachos Potato Rounds, Taco Meat, Cheese Sauce Fresh Veggies Peaches Cinnamon Rolls Milk</p>	<p>29</p> <p>Sweet and Sour Meat Balls Rice Steamed Veggies Graham Crackers Fruit Milk</p>	<p>30</p> <p>Crispy Chicken Penne Pasta Marinara Sauce Sliced Pears Garlic Toast Milk</p>	<p>31</p> <p>Pizza Salad w/Ranch Toppings Fruit Milk</p>	

Because of the availability of some food items the menu may change without notice.

"This Institution an equal opportunity provider"



# PIRATE PARTNERSHIPS

# In the Spotlight

Caldwell Public  
Library and WICAP

Present:

Social  
Story  
Time

With Project LAUNCH!

Join Rosie the Roadrunner and Lou the Lizard in a storytime with the first seven weeks focusing on why listening to directions is so important!



helping children soar



PROJECT  
LAUNCH

Ages 0-5

Location: Caldwell Public Library

Date: Every Friday in March and April

Time: 10:30 A.M.

Price: Free!



Please remember we have resources to support our Pirates! Don't hesitate to reach out to us!

Mary Ihli-Laan,

[ihlilaam@notusschools.org](mailto:ihlilaam@notusschools.org)

Secondary Counselor:

Nate Holm,

[holmn@notusschools.org](mailto:holmn@notusschools.org)



Mind Full, or Mindful?

Source - mallorybecker.com

