

## **BALDWIN MIDDLE SCHOOL**

## **WEEKLY UPDATE** October 23, 2023

## **UPCOMING EVENTS**



### Mark Your Calendars - Parent Teacher Conferences Tuesday, November 7th

Parents/Guardians are encourage to check their emails on Monday, October 23rd, for an email from the district outlining the procedures to follow to schedule a parent teacher conference.

<u>6th Grade Bingo:</u> The 6th grade teachers are excited to announce our upcoming annual Bingo for all 6th grade students. The Bingo will be during school on Thursday, October 26th. It will be a fun time for all and a chance to win prizes! We are looking for donations for individually wrapped and portioned peanut-free snacks. If you would like to donate, please complete the following google form below and send the snacks in no later than Tuesday, October 24th to your first period teacher.



All Donated Snacks must be Peanut Free. Click to Complete Donation Form

Red Ribbon Week Door Decorating Contest Red Ribbon Week is the nation's oldest and largest drug prevention awareness campaign that is celebrated during the week of October 24th-31st. Red Ribbon Week is dedicated to Federal Drug Enforcement agent Enrique Camarena, who was killed by drug traffickers in Mexico in 1985. In response to his death, angered parents across the country began wearing Red Ribbons to symbolize their commitment to

the creation of a drug-free America. In October of 1988, Congress officially proclaimed the first Red Ribbon Week. The Ribbon has now become a symbol for the drug-free movement.

Our annual fall door decorating contest is upon us. Student Council is challenging all 1st-period classes in the 6th, 7th & 8th grade to design their classrooms door to celebrate Red Ribbon Week. The theme of the door must include Halloween/Fall with a message spreading awareness against Tobacco and Drug use! The winning door will receive a sweet treat!



October

3rd - 27th

**Halloween Dance:** The Halloween Dance will be held Friday, October 27th in the BHS Small Gym from 7:00-9:00pm. This dance is for currently enrolled 6th, 7th, and 8th grade students. **Students are encouraged to wear costumes, but please remember to** <u>follow the dress code and no masks or weapons</u>.

#### Tickets can be purchased the week of October 23-27. BMS: Before school outside of room 305 and during lunches HMS: During lunch

Ticket cost is \$8 which includes the D.J and dancing as well as face painting and tattoos. Students will be able to purchase Kona Ice, pizza, snacks, and drinks.

#### TICKETS WILL NOT BE SOLD AT THE DOOR. YOUNGER SIBLINGS ARE NOT PERMITTED TO ATTEND.



# **RED RIBBON WEEK**

The Baldwin-Whitehall School District is promoting the 2023 Red Ribbon Campaign. The event is an annual drug awareness program celebrating drug-free youth. Please encourage your student to participate in the following activities:

"Being Drug Free Comes in Cans – I Can, You Can, We Can" We will collect non-perishable foods such as soups, cereal, mac & cheese, applesauce & fruit cups to donate to a local food pantry from October 23, 2023 - October 27, 2023

### Hat/Wear Red Day

Monday October 23, 2023	tudents and staff are encouraged to wear their avorite hats to put a cap on drugs and to wear ed to demonstrate a drug/alcohol-free lifestyle.	
Tuesday	Team Up Against Drugs	
October 24, 2023	students and staff are encouraged to wear their favorite sports team apparel.	
Wednesday	Catch a Wave of a Drug Free Life	
October 25, 2023	students and staff are encouraged to wear tropical/Hawaiian-themed clothing and accessories.	
Thursday	Follow Your Dreams	
October 26, 2023	students and staff are encouraged to wear their favorite college apparel or are encouraged to dress for success.	
Friday	Our School is Drug-Free	
October 27, 2023	students and staff are encouraged to wear purple and white to demonstrate a commitment to staying drug-free.	





#### 8th Grade LEAD Assembly

8th grade students will be participating in an assembly called "LEAD" on Monday, October 23rd. The program educates students about social media, alcohol, drugs and inspires change by showing them how to achieve their goals. This presentation was made possible by the support of local sponsors. Allegheny County District Judge Ron Arnoni and National Youth Speaker and Author Brad Killmeyer are the creators of "LEAD" and will be

presenting the information. We are requesting that parents and families visit <u>https://</u> <u>www.ourleadfamily.com/the-lead-manual</u> for more information and to obtain a copy of the "LEAD" Manual. It is a valuable resource that highlights current critical challenges students face and provides excellent recommendations for engaging your student in meaningful conversations.



#### Veteran's Day Celebration—Invite for Veterans to Participate

Dear Baldwin-Whitehall School District Families,

We are excited to announce that our middle school will be hosting a special Veterans Celebration on November 10th, Friday, at the High School Auditorium. This event is dedicated to honoring and celebrating all those who have served and saved our great nation. We invite all family members that served in the military to join us for this meaningful occasion as we pay tribute to our veterans. It's a wonderful opportunity to show our gratitude and support for their sacrifices. Please mark your calendars and

plan to attend this event on November 10th. Veterans who would like to attend the ceremony need to please complete the Google Form by Friday, October 27<sup>th</sup>.

There will be light refreshments starting at 7:30am outside the auditorium entrance for veterans. The ceremony will begin at 8:20am. The Middle School community is coming together to recognize the heroes who have dedicated their lives to our country. We look forward to seeing our local veterans there. Veterans - Please Click to Complete Form to Sign-up to Participate

**Veteran's Day Celebration T-Shirt:** On Friday, November 10th, BMS will celebrate Veteran's Day with an assembly to honor those who have served our country. There will be a school-wide assembly at 8:30 that morning. Any students or staff who would like to purchase a t-shirt for the event, please click on the link to download and complete the form. Please return the completed forms and payment to Mrs. Hawk in the choir room no later than Wednesday, October 25th. <u>Click to download the T-Shirt Order Form</u>

Halloween Celebrations: Halloween is just around the corner, and we are excited to announce Halloween Dress-Up-Day on Tuesday, October 31st!



**<u>6th Grade</u>**: 6th Grade students voted on a costume theme, and the winner is Tourists. 6th grade students may choose to dress up like a Tourist along with the 6th grade teachers. Students may also choose to dress in a costume of their choice as well.

**<u>7th & 8th Grade</u>**: On Monday, October 30th, 7th & 8th Grade students are encouraged to dress in Halloween apparel (t-shirts, sweatshirts, jewelry, etc.) or wear the colors orange and black. On Tuesday, October 31st, may also choose to dress in a costume of their choice as well.

Costumes need to be comfortable to wear all day, school appropriate, and NO Masks or Weapons.

We are excited to see everyone's costumes that day!





#### Pepperoni Roll Pickup:

Pepperoni roll pickup is Thursday, October 26th from 4:00-6:00 pm in the South Parking Lot (Pool Entrance). <u>All orders must be picked up by 6:00 pm</u>. We are unable to store any orders over night. We are unable to accommodate early or late pickups. .

**Student Council Meeting 10/23:** There is a morning STUCO meeting for 7th and 8th Grade students on Monday, October 23rd before 1st period at 7:00 in the BMS Think Tank. Let the security guards at the entrance know that you are to report to the library for the STUCO meeting.

#### 8th Grade History Trip:

8th Grade Families - we are excited to announce that our 2024 8th Grade History Trip has been approved for May 22-May 25! We will be traveling to Colonial Williamsburg. There are a wide variety of activities planned! Please click the link below to download and review the attached document for additional information. An informational meeting will be held on November 2, 2024, via Google Meet.

Click for 2024 8th Grade History Trip Informational Flier

designating class color.



#### 2023 Annual Autumn Bowl:

Please plan to attend our Annual Autumn Bowl Powder Puff Football Game on



Monday, November 6th at 5:30 pm to cheer on our 7th and 8th-grade girls as they battle for this year's title. In addition to the Flag-Football game between the 7th and 8th-grade girls, there will be food and carnival games. We plan to fill the stands with students and their family members. We want each grade to represent their class spirit by wearing their

Autumn Bowl November 6th

TTR SCIO	Baldwin Middle BW June District of Success	School	lighlander Way
	Accountable	Respectful/ Motivated	Empowering / Safe
<u>Classroom</u>	Take ownership for behavior     Bring your materials and     participate everyday     Try your best	Remain quiet during announcements and when the teacher is speaking     Cooperate with others     Use kind words	Complete all assigned work with your best effort     Follow adult directions the first time     Accept your mistakes and try again     Encourage others and celebrate their successes
<u>Hallways</u>	<ul> <li>Hands, feet and objects to yourself</li> <li>Walk on the right side of the hallway</li> </ul>	Keep locker organized     Kind words	On time - in the classroom when the bell rings     Hands, feet, objects to self     Be an upstander
<u>Cafeteria</u>	<ul> <li>Stay in your assigned area and raise hand when necessary</li> <li>Hands, feet, and objects to yourself</li> </ul>	Kind words     Move through the lunch line     efficiently	Keep your area clean     Follow adult directions the first time     Be an upstander
<u>Bus</u>	<ul> <li>Hands, feet, and objects to yourself</li> <li>Sit in assigned seat</li> </ul>	Kind words     Walk on and off bus     Follow directives of bus driver	Stay seated for entire ride with your back against the seat     Follow adult directions the first time     Be an upstander
<u>Bathroom</u>	<ul> <li>Hands, feet, and objects to yourself</li> <li>Throw away garbage</li> </ul>	Go, flush, wash, throw away, leave     Kind words	Return to class promptly     Be an upstander

#### The Highlander Way

As part of our Positive Behavior Intervention & Support (PBIS) Program, all 6th graders have the opportunity to earn tickets by demonstrating the Highlander Way as <u>Accountable, Respectful, Motivated, Empowered, and Safe.</u>

There are various incentives for students to earn and our first 6th Grade-wide activity is bingo!





## Help Us Warm Up Winter... Donate Today!

Winter is approaching and our Pop-Up Shop needs your support to provide warmth and comfort to those in need. We're collecting coats, boots, scarves, and hats of all sizes.

Your donations, big or small, can make a huge difference:





Join us in making this winter season warmer for our community. Your kindness shines even in the chill!

Donations accepted in each building: October 30-November 10



### PARENT INFORMATION



**6th Grade Take Home Folder:** All 6th grade students have been given a blue take home folder from their homeroom teacher. This folder is to be used as an organizational tool for assignments and important updates from the school. Along with the folder, students have also been encouraged to write their daily assignments and upcoming tests for each class on their agenda sheet. Please encourage your child to be using their take home folder and writing on their agenda sheet to form good habits of staying organized.

## HIGHLIGHTS



**ELA Amplify Kick Off:** The sixth, seventh, and eighth grade ELA teachers officially kicked off their new curriculum! After receiving a full day of Amplify training on October 9th, and observing classrooms at Pleasant Hills Middle School on October 10th, teachers began their first Amplify units in their classrooms. Sixth grade teachers will begin with Dahl and Narrative, seventh grade will begin with Red Scarf Girl and Narrative, and eighth grade starts with Perspectives and Narrative. Each unit is designed to engage learners in a combi-

nation of diverse texts with interactive lessons. Students spent the first week navigating the features of Amplify including the comprehensive Library, which contains hundreds of free books for students to enjoy!

**Spooky Equations:** Math 8 students are hard at work solving multi-step linear equations! Students in Mrs. Black's class completed Halloween task card activity in class to practice solving equations with variables on both sides. There are even "trick" questions when equations have no solution or infinite solutions.







## Meet the BMS Counselors



**School Counseling Department Update:** Our counseling department is a dedicated group of educators who collectively work as a cohesive team that has seamlessly established a rotation schedule between the two buildings to ensure that the students, families, and concerns are being addressed and met.

Each counselor can be reached via phone; however, due to splitting our time between buildings, we request that parents and guardians communicate through email. Email guarantees that each counselor is aware of any concerns/ issues and can address the situation within the appropriate setting in a timely/ efficient manner.

Ms. Rachel Johnson, School Counselor A - L - <u>rjohnson@bwschools.net</u> Ms. Jessica Thomas, School Counselor M - Z - <u>jthomas@bwschools.net</u> Ms. Jean Williams, School Social Worker A - Z - <u>jwilliams@bwschools.net</u>



**CURRICULAR UPDATES** 

AmplifyELA

Middle School ELA Curricular Updates: Baldwin Middle School is excited to announce that our 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade ELA teachers will begin to use the Amplify ELA program, which will provide our students with exceptional learning opportunities throughout the school year in their ELA classroom. Starting at the end of the 22-23 school year, the ELA, Special Education & ESL teachers began participating in professional development sessions with representatives from Amplify and

networking with educators from neighboring districts to prepare for this coming school year. The Amplify Program is developed and based on research that is aligned with the science of reading.

#### What is Amplify ELA?

Amplify ELA helps students in grades 6–8 read and understand complex texts that encourage them to grapple with interesting ideas and find relevance for themselves. Amplify ELA is a blended program that includes both digital and print materials, as well as a print-only version. Students using Amplify ELA read text passages closely, interpret what they find, discuss their thinking with peers, and develop their ideas in writing. The lesson structure is easy to follow, but flexible enough to allow for a variety of learning experiences and varied enough to keep students engaged.

Throughout the school year, we will provide highlights, updates, and additional information in the weekly updates concerning Amplify. Parents/guardians are encouraged to contact their child's ELA teacher if they have questions or need additional support to help their child.



## ATHLETIC HIGHLIGHTS

Middle School Girls Volleyball: Baldwin Middle School Girls volleyball season concluded on Wednesday October 18th. The 7th and 8th grade players were busy this season. They learned how to play defense and worked on specializing in positions. The coaches are proud of the girls working together both on and off the court! It was a great season full of fun and exciting matches!





## ATHLETIC SCHEDULE





REMINDERS

#### Food Service Department Update

Menus are posted each month on the <u>Food Services page</u> of the website. Please stay connected with us on Twitter @BWFOODSERVICE for updates to menus. Food Services will provide a variety of meal services to meet the needs of BWSD enrolled students. Expanded vegetarian options will be available at all schools to meet the growing trends of our district students.

#### Menu Special Features:

- Vegetarian Meals Available Daily
- Taste It Tuesday Program (BHS/BMS -New recipes, Global recipes, new items coming)
- A la carte options for 6th grade at HEC (Middle School Students a la Carte Selections)

#### Breakfast—FREE!



• Every student is eligible to receive a free breakfast. Students can get a Grab & Go Breakfast as they enter the building each morning and eat the breakfast in their class-room.

• New this year for the 6th Grade/BMS program is the *inclusion of a mid-morning snack item of a cereal/nutritional bar* 

#### Versatrans MyStop App

Highlander Families! Don't forget that you can download the Versatrans MyStop app to estimate the arrival of your child's bus. Visit the Apple Store or Google Play Store to download the app and then use your child's student ID number as the user name and your child's date of birth as the password.

#### **BWSD Nurse Canvas Page**

The Nurse Canvas course page has been enabled for open enrollment. Here you can find information regarding health exam requirements, immunization requirements, medications at school, Covid-19 information, school nurse contact information, and other resources.



6th Grade Office - Direct Phone Number: 412-885-7530

When calling, please let the secretary know your child's Grade and Name

**<u>Arrival:</u>** We open our doors at 8:55am for children. All car riders need to enter in the main entrance (Entrance # 12) and buses enter through the gym lobby entrance.



**Breakfast:** Breakfast is free this year and kids are encouraged to take a breakfast from the Grab and Go cart before they head to class. Please make remind your child to make sure they know their lunch numbers.

Water bottles: Non-glass water bottles are permitted for students to stay hydrated throughout the day.

**Tardies:** Students are considered tardy at 9:15am. Please bring your child to the front door (entrance #12and our office staff will let them in, provide a pass, and send them to class.



### **6th Grade Information**

**Early Dismissals:** When notifying the school of an early dismissal for your child, please complete one of the following: Provide a note and call the 6th Grade office at 412-885-7530 email <u>hecoffice@bwschools.net</u>. Students with an early dismissal must check-out with a Middle School Secretary in the 6th Grade Office. After checking out, they will wait for their parent or guardian in the 6th grade office. 6th Grade Parents/Guardians must enter the Main Entrance (Entrance 12), check-in with the secretary and present a valid ID when picking up a student for an early dismissal. <u>Anyone picking up a student for an early dismissal must be listed in Skyward as a Family member or as an emergency contact.</u>

As a reminder to parents/guardians, if your child is feeling ill, he/she should notify the teacher and request a pass to visit the nurse. Additionally, students may request to use the phone in the 6th Grade Office to call a parent / guardian. While in the building, students are to not use their cell phone during school hours.

**<u>PikMyKid</u>**: Please continue to communicate with your child's 8th period teacher and the <u>hecoffice@bwschools.net</u> email to update dismissal schedules. It is required in writing any update or changes to a dismissal plan to ensure the safety of all students. Please send an email to <u>hecoffice@bwschools.net</u> and your child's 8th period teacher for any dismissal updates or changes by 2:45 PM. After communicating with the 8th period teacher and <u>hecoffice@bwschools.net</u>, please update the dismissal schedule in PikMyKid. All walkers will be checked out through PikMyKid when exiting the school.

**Vacation Requests:** When requesting excused vacation days, please fill-out the vacation request form. Once filled-out, please forward it to the 6th Grade Secretaries - <u>hecoffice@bwschools.net</u>, at least two weeks prior to vacation departure. Once approved, you will be notified by the 6th Grade secretaries.

**Forgotten Items:** No matter how hard we try, 6th grade students often forget their lunches, Chromebooks, and/or other items. We ask parents/guardian to call the 6th Grade Office at 412-885-7530 to notify our secretaries when they are able to drop off the forgotten items. Our secretaries will then notify your child that they should report to the office to pick up the item that was dropped off.

#### Lost and Found

Please ask your child to check the "Lost and Found," in the 6th Grade Office for missing items. We have a number of jackets, hoodies, water bottles and jewelry.

**<u>Champions Program</u>**: For any families who are interested in the Champions After School Program, please see the contact below: Gus: 412-580-2322 <u>gus.goedel@discoverychampions.com</u>



#### Baldwin Middle School Direct Phone Number: 412-885-7505

#### Early Dismissals

When notifying the school of an early dismissal for your child, please complete one of the following:

\*\*Provide a note and call the BMS main office at 412-885-7505

OR \*\*Send an email to <u>bms-attendance@bwschools.net</u>

Students with an early dismissal, they are reminded that they must check-out with a Middle School Secretary in the BMS Office on the third floor. After checking out, they will go to the Security Office and meet parent or guardian. Middle School Parents/Guardians must enter the Main Entrance (Door 1 - Front of the Building), check-in with the security guard and present a valid ID when picking up a student for an early dismissal. <u>Anyone picking up a student for an early dismissal must be listed in Skyward as a Family member</u> <u>or as an emergency contact.</u>

## 7th & 8th Grade Information

As a reminder to parents/guardians, if your child is feeling ill, he/she should notify the teacher and request a pass to visit the nurse. Additionally, students may request to use the phone in the 6th Grade Office to call a parent / guardian. While in the building, students are to not use their cell phone during school hours.

**Vacation Requests:** When requesting excused vacation days, please fill-out the vacation request form <a href="https://www.bwschools.net/hec/parents/forms">https://www.bwschools.net/hec/parents/forms</a> Once filled-out, please forward it to the 7th & 8th Grade Secretaries at <a href="mailto:bms-attendance@bwschools.net">bms-attendance@bwschools.net</a>, at least two weeks prior to vacation departure. Once approved, the middle school secretaries will notify the parent/guardian.

#### Forgotten Items

No matter how hard we try, 7th & 8th grade students often forget their lunches, Chromebooks, and/or other items. We ask parents/guardian to call the Middle School Office at 412-885-7505 to notify our secretaries when they are able to drop off the forgotten items. Our secretaries will then notify your child that they should report to the security office to pick up the item that was dropped off. All items are to be dropped off at the security office at Entrance #1.

#### Lost and Found

Please ask your child to check the "Lost and Found," in the BMS Office (7th & 8th Grade), on the third floor, for missing items. We have a number of jackets, hoodies, water bottles and jewelry.

## **TECH CORNER**



#### 6th Grade Tech Corner

For 6th grade students, the Tech Office is located at the far end of the hall beyond the cafeteria, Room 118. Mr. Bonidie, the HMS/HEC computer tech, is there to help students with their technology issues. If your child is having a problem with their Chromebook, place a Student Help Desk ticket by clicking "Help" on the left side of Canvas, or stop by the Tech Office as soon as possible. Please remember, do **NOT** attempt to fix your child's Chromebook. If you have any questions, please contact

Mr. Bonidie (gbonidie@bwschools.net). Please click to access the District Technology webpage.

### 7th & 8th Grade Tech Corner

For 7th & 8th grade students, the Tech Office is located on the 3rd floor of the school building. Mr. Bonidie and Ms. Firek, BHS/BMS computer techs, are there to help students with their technology issues. If your child is having a problem with their Chromebook, place a Student Help Desk ticket by clicking "Help" on the left side of Canvas, or stop by the Tech Office on the 3rd floor as soon as possible. Please remember, do **NOT** attempt to fix your child's Chromebook. If you have any questions, please contact Mr. Bonidie (<u>ibonidie@bwschools.net</u>) or Ms. Firek (<u>rfirek@bwschools.net</u>). <u>Please click to access the District Technology webpage</u>.

#### Student Tech Tips:

- Remember when your Chromebook is in your backpack, do not throw your bag in your locker or on the floor. To prevent a cracked screen, be sure there is nothing between your screen and keyboard when you close it.
- Eating and drinking while using your Chromebook is not a good idea. Even water bottles in your backpack may leak onto your device. If liquid does get on your Chromebook, do not power it on. Keep the lid closed and bring it to the Tech Office as soon as possible.

## TECH CORNER

#### Student Tech Tips (continued):

- The Tech Office does not lend out Chromebook chargers. If you lose yours, they are \$29.95 to purchase from the Tech Office. Insurance **does not** cover lost chargers (or lost Chromebooks). Please do not purchase an off-brand charger. Those chargers will not be accepted when you turn in your device.
- If a student lost their device. They can stop by the Tech Office for a replacement device. A damage report • will be written for the cost of the lost device which can range from \$290.00 - \$353.47.
- If a student needs to borrow a device or charger for the day. There is a chromebook cart located in the 6th grade office. Where a device or charger can be signed out and collected at the end of the day, or when the student is done using it. The number of devices and chargers are limited. If a student is repeatedly borrowing a device they will be asked to see the Tech Office.
- If you are moving from the District, please leave your Chromebook AND charger with a staff member. Do • not take it with you. It belongs to BWSD. Remember, you are borrowing the device while you are here.
- Remember to keep your password private. Anything done on your chromebook is your responsibility.



SHAPE /

### PARENT RESOURCES

Creating Responsible Kids on Smartphones Internet and social media are here to stay. Good can come from this kind

of connectedness online, but the flipside is filled with false information, risky behavior,

cyberbullying, sexualized and concerning content. Shape the Sky is dedicated to spreading awareness to help parents and professionals create safe and responsible children online. Click to Access Shape the Sky Website



The Common Sense Media website provides lessons, suggestions and

resources for parents to help their children navigate the challenges of the evolving technology and media that is impacting their children's' world. Parents are encouraged to visit the Common Sense Media website to explore additional resources designed for parents.

**Click to access the Common Sense Media Website** 





# Grades 6-12 Family Tips Help Kids Balance Their Media Lives



From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to TV shows, games, and information. Parents and caregivers love that kids can stay in contact while they explore their independence. But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

#### Check out these 5 tips 🏊



#### Create screen-free times and zones.

Help tweens and teens take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table. Consider carving out regular family time when screens are either put away or enjoyed together.

#### Explore built-in digital well-being tools.

Together with your kids, check out the features on their devices and in their apps that can help them use tech more intentionally. Consider turning off autoplay functions, limiting notifications from certain apps, using settings that turn off devices at a certain time each night, and more.

#### Model the behavior you want to see.

Tweens and teens learn more from watching adult behavior than listening to lectures. Consider how you use your devices and other media, and make changes if your use doesn't follow your expectations for your kids.

## 4 Hel

Help kids identify healthy behaviors.

Ask kids to notice their feelings, both physical and emotional, during screen and non-screen activities. Does their heart rate increase when their phone vibrates? Does their self-esteem dip after viewing a friend's Instagram feed? Do they feel good when they get positive feedback on a post? Encourage kids to keep the constructive activities and let go of the rest.



#### Understand how tech companies make money.

Along with your tween and teen, research how digital devices, social media platforms, and apps and games get paid. Do they sell ads? Do they sell kids' data? Discuss why companies might want kids to spend more time on their platforms and what tricks they use to keep their attention.



Media balance & well-being We find balance in our digital lives.

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1