



# FlippedTIPS NEWSLETTER

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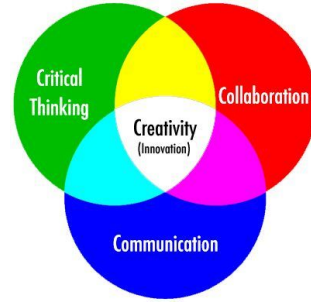
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## ARTICLE



This month's [article](#) from EdTech is “how to” dispose of old electronics. Most of us have old electronics in our homes which we no longer use because of damage or obsolescence. You should/can not just throw these items out with your household trash. Most include metals which cannot be put in a landfill. This article has hyperlinks to information on how and where to dispose/recycle/donate your unneeded desktop/laptop computers, tablets and cellphones. (JM)



## ACRONYM ALERT

4Cs of 21st Century Learning (Critical Thinking, Collaboration, Communication, Creativity)

The 4Cs were developed by The Partnership for 21st Century Skills, the 4 Cs "define and illustrate the skills and knowledge students need to succeed in work, life and citizenship." Communication is sharing thoughts, questions, ideas, and solutions. Collaboration is working together to reach a goal. Critical Thinking is looking at problems in new ways. And Creativity is trying new approaches to get things done. (JM)

## RESOURCES



The website [readwritethink.org](http://readwritethink.org) is an organization which provides free OER reading and language arts instruction to parents and teachers. The site has hundreds of curated resources for teachers to use in their classrooms. These include: lesson plans, student interactives, mobile apps, calendar activities and printouts. The resources can be sorted/refined by grade level, lesson plan type, learning objective, and theme. All lesson plans on the site are aligned with standards including Common Core State Standards. (JM)

## (Non) TECHNOLOGY TIP

### The effects of electronics on sleep:



There is much current research on the importance of getting a good night's sleep. The importance of good sleep to children is even more crucial. Many studies have found a link between the use of electronic devices before bedtime and the length and quality of sleep.

Among the detrimental effects of using electronics right before bedtime are: the blue light from cell phone/computer/tablet screens suppress or delay the release of sleep-inducing melatonin; interacting on electronics stimulates the brain by producing cortisol preventing restful sleep; and the sounds of incoming texts and emails can prevent rejuvenating deep sleep.

The recommendations of most of these studies are:

- keep electronic devices out of the bedroom entirely,
- refrain from using all electronics at least 30 minutes before bedtime,
- and as mentioned above, school-age adolescents are most affected by these problems, so set rules for electronic use and better sleep hygiene. (JM)