

BEYOND THE STRIPES

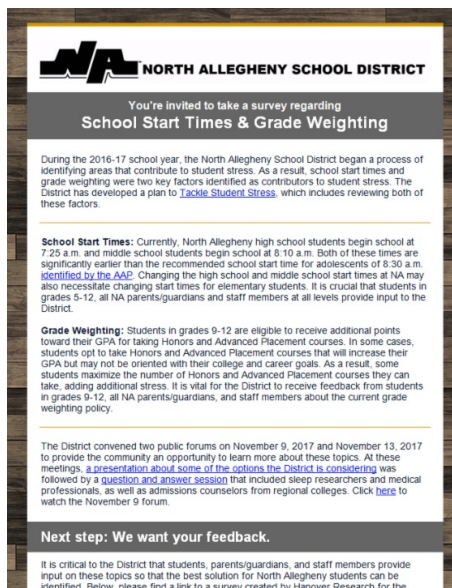


November 2017

Welcome to the second edition of *Beyond the Stripes*, a quarterly e-newsletter produced by the North Allegheny School District. *Beyond the Stripes* highlights District initiatives and features useful information to help NA Tiger families to succeed beyond the classroom.

In This Edition

School Start Times & Grade Weighting Survey
Electronic Devices & Sleep
Digital Boot Camp for Parents
Healthy Habits to Practice at Home
2018-2019 School Calendar
Radon Testing
Website Accessibility



School Start Times & Grade Weighting Survey

During the 2016-17 school year, the North Allegheny School District began a process of identifying areas that contribute to student stress. As a result, school start times and grade weighting were two key factors identified as contributors to student stress. The District has developed a plan to Tackle Student Stress, which includes reviewing both of these factors.

Two public forums were held on November 9, 2017 and November 13, 2017 to provide the community an opportunity to learn more about these topics. At these meetings, a presentation about some of the options the District is considering was followed by a question and answer session that included sleep researchers and medical professionals, as well as

admissions counselors from regional colleges. Click [here](#) to watch the November 9 forum.

It is critical to the District that students, parents/guardians, and staff members provide input on these topics so that the best solution for North Allegheny students can be identified. Please note that that no final decisions related to either topic have been reached. Feedback from the NA community will provide important information toward future decisions. Click [here](#) to view the timeline for the remainder of this process.

A survey created by Hanover Research was emailed to all parents/guardians, 5-12

students, and staff members at 4:25 p.m. on November 14 and will be accessible until November 22, 2017 at 5 p.m. If you would like more information about these topics prior to completing the survey, please go the North Allegheny School District's [Tackling Student Stress webpage](#).

Electronic Devices and Sleep

As our community discusses the importance of a good night's sleep for our students, we understand that the role of electronic devices can have an impact on the amount and quality of sleep that our students receive. Many of our students have smartphones of their own, and [Focus 2020](#) provides opportunities for students to utilize academic technology in the home as well as at school. We would like to remind our families of the suggestions that can be found on the Focus 2020 webpage.



Set expectations

Regularly share your expectations with your child about accessing only appropriate sites and content, as well as being a good person when online. Understand that your child's use of many technologies (such as iPads, video game systems, and cell phones) likely gives your child the ability to connect to unfiltered public wireless networks (such as local businesses, by picking up a neighbor's wireless signal, or connecting to the Internet through cell phone service). Therefore, it is important to maintain regular, open dialogue about Internet use and access.

Monitor & limit screen time

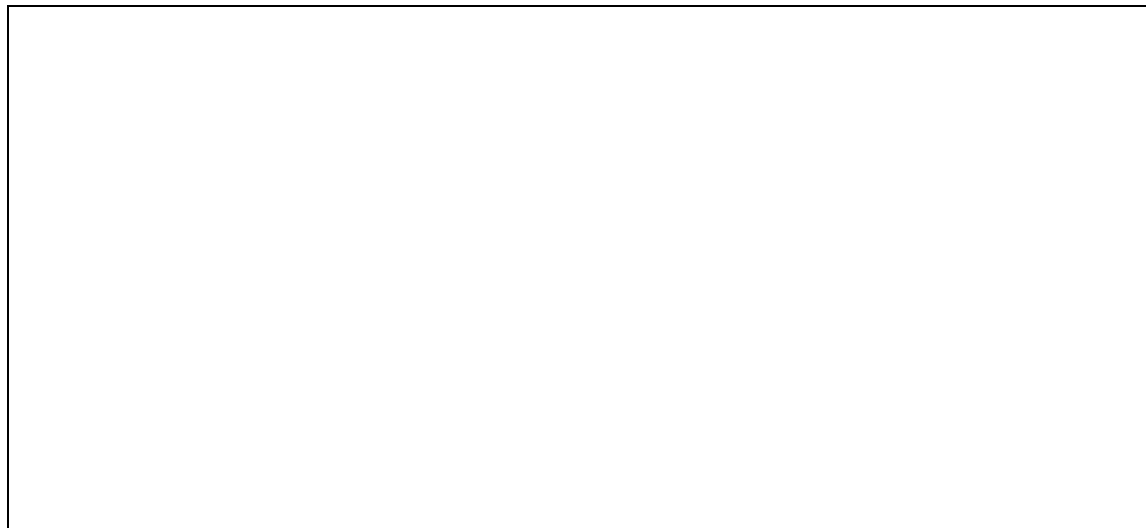
Experts suggest having teens surf the Internet in a central place at home, such as the kitchen or family room, rather than away from adult supervision or behind a closed door. Technology can be a great tool and resource, but also has the potential to be a big distraction. Help your child learn to focus on completing tasks or assignments first before spending time on games, and social networking. Teaching today's children how to manage multiple sources of information and potential distractions is a critical life skill, one best learned before moving on to post-secondary education or the workplace.

Put the electronic devices to bed, but not in the bedroom

Parenting experts suggest parking all technology devices - from cell phones and video games to iPads and laptops - in a common spot overnight to discourage late night, unmonitored use and sleep disruption. Don't allow your child to sleep with the iPad, laptop or cell phone.

Understand the impact of light from devices

Research has indicated that the bright light emitted by electronic devices, including television, smartphones, and iPads and laptops may affect the ability of children and adults to get to sleep early enough, and to get quality sleep. For parents who are concerned about the impact that blue light may have, the Technology Services department has developed instructions for enabling [Night Shift for iPads](#) and [Night Light on Windows laptops](#).



DIGITAL BOOT CAMP for Parents

Educating parents of middle and high school students on best practices for digital citizenship.

Brought to you through the cooperation of:



POPULAR SOCIAL MEDIA APPS

Saturday, October 21

DIGITAL ETIQUETTE

Saturday, November 11

TALKING ABOUT TECH WITH YOUR TEEN

Saturday, January 20

CYBERBULLYING

Saturday, February 17

DIGITAL IDENTITY

Saturday, March 10

POPULAR SOCIAL MEDIA APPS REPEAT

Saturday, April 21

CCAC North Campus
Room 3002
9 to 10 a.m.

Registration and
more information:
www.northlandlibrary.org
412-366-8100, ext. 113

Free Monthly Digital Boot Camp for Parents

Interested in learning more about the best practices for digital citizenship? NA has teamed up with CCAC, North Hills School District, and the Northland Library to provide a free monthly Digital Boot Camp for Parents series. Click [here](#) for more information on this free resource.

Healthy Habits to Practice at Home

As the District continues to explore options to ensure our students are happy and healthy, there are many steps that families can implement at home to ensure children are provided with the fundamentals of a healthy childhood. Take a moment to review some of these easy steps that you can implement in your home.

- Spend time playing board games with your children
- Put away the electronics and turn off the television at dinnertime
- Drop what you're doing when your kids get home from school and talk to them
- Use car time to talk to your kids instead of catching up on phone calls or listening to music
- Replace junk food with fruits and vegetables
 - If your kids are picky and don't like fruits or vegetables, try making a smoothie and throwing in some fresh spinach leaves



2018-2019 School Calendar Approved

At the November 15 Regular Meeting, the School Board voted to approve the 2018-2019 School Calendar. Click [here](#) to view the calendar.

Radon Testing

The safety and well-being of our students and staff will always be our number one priority here at North Allegheny. The District believes it's crucial to be proactive in terms of testing for harmful agents that may negatively impact the health of our stakeholders.

Lead tests were recently conducted on drinking sources in the District's buildings. The results

showed that no drinking fountains or sinks are anywhere near the EPA action level of 20 ppm, with the majority of test results yielding 2.00 ppm or less.

In an effort to continue the proactive approach to health and wellness within the District, radon tests will be conducted in each building starting in November and continuing through February. These tests are made possible through the Pennsylvania Department of Environmental Protection in conjunction with the American Lung Association.

The tests are 5 inch by 4 inch flat plastic wrapped packages with charcoal inside. The tests will be placed in rooms on the ground floors of buildings for two days while the rooms are occupied. There is nothing hazardous or toxic in the detector; however, detectors are not to be moved, disturbed, or otherwise tampered with during the testing process.

Once again, this is simply a proactive measure to ensure the long-term well-being of our students and staff.

Website Accessibility

The North Allegheny School District is committed to providing equal access to all individuals, including those with disabilities, seeking information on our website. The District, in evaluating and planning for accessibility, will comply with the standards of the World Wide Web Consortium's Web Content Accessibility Guidelines (WCAG) 2.0 Level AA and the Web Accessibility Initiative Accessible Rich Internet Applications Suite (WAI-ARIA) 1.0, where applicable for web-based content.

To comply with the Americans with Disabilities Act and the 1973 Rehabilitation Act, North Allegheny School District makes its website more accessible to people with disabilities through a variety of techniques. We use alternative text with photos and images, tags within PDFs, closed captions for videos embedded on the site, and a consistent page structure and headline hierarchy.

We check the site with various evaluation tools, and we provide feedback to our web host when special coding needs to be updated. Our web host, SchoolWires/Blackboard is committed to providing a platform that meets Section 508 requirements and Level AA conformance to WCAG 2.0.

For more information on website accessibility, please visit northallegheny.org/accessibility.

North Allegheny School District | www.northallegheny.org

STAY CONNECTED WITH NA



By unsubscribing from this email, you will not receive future emails from the North Allegheny School District, including Tiger News and other emails pertaining to your student's education