

BEYOND THE STRIPES



January 2018

Welcome to the third 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.

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School Start Times & Grade Weighting Update

At the beginning of the school year, North Allegheny laid out a plan to focus on four things that students noted were causing them stress. The first two items were school start times and grade weighting. The District provided information regarding both topics, hosted public forums, and distributed a survey that engaged 5,530 parents, students, and staff members. During the December School Board meeting the District reviewed the results of the survey in during a [presentation](#).

In terms of grade weighting, the District is not planning any significant changes next school year, but is looking at a few tweaks that might alleviate some of the stress students are experiencing.

In terms of school start times, 74% of survey respondents believed that high school start times should be later at North Allegheny, however only one of the proposed scenarios had support from the community. From these survey results, the District recommended to the Board to adjust high school start times for the 2019-2020 school year from a 7:25 a.m. start time to 8:00 a.m. Delaying implementation one year, the District would have additional time to educate the community and rework our bus schedules.

At the January 24, 2018 School Board Regular Meeting, the School Board tabled this item and requested additional information regarding the costs associated with the proposed start time adjustments. The District will now conduct a transportation study to analyze the routes that would be impacted by the change and continue to explore options that would benefit the overall well-being of North Allegheny students.

The District would like to thank the North Allegheny community for the overwhelming level of engagement regarding this topic.

College in High School

For several years, the North Allegheny School District has partnered with local colleges and universities to provide collegiate credits to students enrolled in specific courses offered right in the high school setting. On January 16, NA expanded the current course offerings to over 50 College in High School courses! We urge you to talk with your son/daughter to find out if any of his/her courses qualify for College in High School credit.



Our District is thrilled to work with La Roche College, University of Pittsburgh, Carlow University, and Duquesne University on this endeavor. Please note that our partnership with La Roche College is the most significant and offers credits in nearly all departments. The full list of available courses from all colleges/universities can be reviewed at northallegheny.org/CollegeInHighSchool. Only students who are currently enrolled in the specified course are eligible for credit. Students who have specific questions about enrollment should speak to their teacher.

Benefits of College in High School Courses:

- Take classes for college credit while in high school (with no change in required curriculum)
- Begin a college transcript before freshman year
- Reach sophomore/junior in college status earlier, which may help with scheduling
- Complete certain college requirements, opening the collegiate schedule up for other interests or a lighter load
- Open space to earn an additional minor
- Save money-College in High School credits are typically cheaper than the costs students may pay in college.



The Dangers of Vaping

Vaping is accomplished using an e-cigarette or "vape pen", an electronic device that atomizes liquids and makes the vapor available for inhaling. Although vaping sometimes consists of flavors and tobacco-less products, the vape devices can be used to inhale THC, the chemical responsible for most of marijuana's mind-altering effects, or even synthetic drugs like flakka.

Vaping devices have long resembled cigarettes and fountain pens, but a new device has gone viral amongst teenagers. The Juul vaporizer (pictured above) looks like a USB flash drive and even charges when plugged into a laptop. There are documented cases where batteries of the vaping devices have exploded and caught fire.

In November 2016, the North Allegheny School Board unanimously voted on a revision to [Policy 227](#) to add vaping devices to the definition section of controlled substances. Students using, possessing, distributing, or being under the influence of any controlled substances during school hours, at any time while on school property, at any school-sponsored activity, and during the time spent traveling to and from school and to and from school-sponsored activities are considered in violation of the policy. Students found in violation of the policy are subject to a ten-

day out of school suspension, placed on social probation, referred to the local police, and referred to the Student Assistance Team. An assessment by a drug and alcohol specialist will be required.

For additional information on vaping, please check out the following resources:

- [Concerns explode over new health risks of vaping](#)
 - [U.S. Food and Drug Administration's website](#)
 - [USA Today: Juul e-cigs: The controversial vaping device popular on school campuses](#)
 - [Pitt study suggests 'vaping' could lead to cigarette use in young adults](#)
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Fight the Flu this Winter

Did you know that young children are at greater risk of serious illness from the flu? According to the CDC, people with flu can spread it to others up to about 6 feet away. Most healthy adults may be able to infect other people beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body, meaning you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.



According to the Allegheny County Health Department, there are several habits you can implement in your household to keep the flu bug away:

- Wash your hands often, with soap and water or alcohol-based hand sanitizers. Rub your hands vigorously during washing for at least 20 seconds with special attention paid to the backs of the hands, wrists, between the fingers and under the fingernails.
 - Avoid people who are sick. Stay home from work and school when you're sick.
 - Keep your distance from others when you're sick.
 - Cover your mouth and nose with a tissue when coughing or sneezing, then throw it away immediately. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
 - Avoid touching your eyes, nose or mouth after touching any objects or surfaces that might be contaminated.
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Changes to Facebook's Algorithm

Did you hear about the latest changes to Facebook? Your news feed will be showing more posts from your friends and family, which means less news from NASD unless you specifically follow the NA Facebook page. Make sure you stay up-to-date with the latest happenings in the District by selecting "See First" under the "Following" tab on our Facebook page. Want even more news? Select "Get Notifications" as well! Check out [this short video](#) that shows you how to customize this setting on both your desktop and mobile app.





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.

North Allegheny School District | www.northallegheny.org

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